

# Senior Services

of Van Buren County

**3rd Quarter 2025**  
**July, August, September**

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Most of us are blessed to have friends in our lives. The older we get, the more friends we collect along the way. Childhood friends, work friends, high school friends, couple friends, life-long friends that come and go and then come back again, etc. One of my wisest friends once told me that people come into our lives in seasons, usually when we need them most. When I look back at the role friends have played in my life, I know something bigger than me has placed them there. Hopefully, I have played an important role in their lives as well. Every once in a while, you have that special friend who becomes more than just a friend; they become family, their family becomes your family, and your family becomes their family, and you know it's a bond that will never end. They drop everything to help you and stand behind you when you need them most. Their presence changes who you are and makes you a better person. These people should never be taken advantage of; they are beyond precious.

I challenge you to think about your special friends and consider how they have changed your life. I would also challenge you to let them know their impact on your life. It's not easy and slightly corny, but we all need to hear it. Life is so fragile, and you don't know what tomorrow holds, but occasionally, those special people come along and change it all.

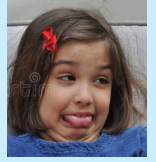
*Diane Rigozzi, Executive Director*

*"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born."*

—Anais Nin

# STAFF SPOTLIGHT-The Office Team

Everyday, I am honored to be surrounded by an amazing group of people who work hard and love what they do. If you've ever been in one of our centers, or had one of our Care Coordinators visit you, you know what I'm talking about. Almost daily, someone comes into my office to tell me about how awesome the staff are, or something they've done that goes above and beyond what was needed. I have NEVER worked anywhere before where there are more devoted, committed and sincerely caring individuals. Even the custodial team tell me how much they love their jobs, and they clean toilets! Thank you John and Dawn and Mitchell.



Going forward, I'll be highlighting different SSVBC departments in this newsletter, and I'd love your help with acknowledging their greatness. If you are at one of our centers, please take a second to let them know how special they are, send them a card or just thank them in person.

I would also love to hear your stories of how they have touched your lives or lifted your spirits. Feel free to send me a note so I can share your stories at our in-services and retreats.

*Diane Rigozzi, Executive Director*



**Kia**

**Originally came to us as an intern 8 years ago.**

**She started as part of the Care Coordination team but has turned into the go-to for many of our staff. Currently Kia's official title is Executive Assistant and I would be lost without this brilliant woman!**

**Davis**

**Going on 7 years with Senior Services, Davis is our Finance Manager. He is usually in the back and only comes out for Lunch.. Lol. Say Hi to this guy next time you see him.**







**Michelle**

**Michelle has been with SSVBC since 2012 and has worn numerous hats while here. She has been the RSVP Director for almost 7 years now. Because of the complexity of the grants that support this program, Michelle has a very hard job but she handles it with grace and professionalism.**



**Destanie**

**You may have seen Destanie in the café over the past two years but she recently changed her position and is now our Medical Transportation Coordinator. If you call for a ride, you will be talking to this happy face**

**We ♥ our Volunteers**



**Clarivel**

**Clarivel has worked for SSVBC for 2 years. She started in our Care Coordination department but recently moved over to be the RSVP Project Manager. She is best known for the personal attachment she develops with her clients.**

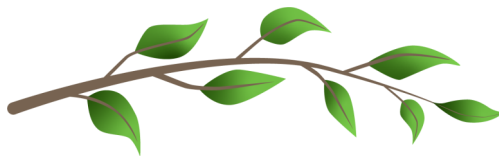
## **RSVP**



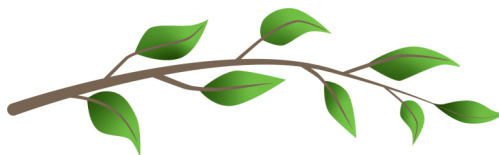
**Senior Services has a wonderful volunteer program (Retired and Senior Volunteer Program) that supports our seniors and their needs. From medical transportation to handicap ramps, musical performances, handyperson services, senior center support, local non-profits, electronic recycling, activity leadership and so much more. These programs and services are managed and coordinated by this amazing team! Patient and caring, they try everyday to make the lives of seniors a little better. Let them know how much you appreciate all they do!**

## STAFF SPOTLIGHT - The Office Team cont.

Tracie joined us 2 years ago and brought a wealth of knowledge about fundraising and grants with her. She is an overachiever who is willing to step in wherever needed. She has quickly become a beloved member of our team.



Laurie– is our Facilities and Operations manager. She has been with SSVBC for 9 years and was instrumental in helping design and manage our new facility in South Haven. From Care Coordination to Cook to Building Maintenance, she has done it all here.



Diane– I've been with Senior Services for 15 years and started as the RSVP Director. I've also filled the role as Assistant Director before becoming the Executive Director 6 years ago. As I said earlier, I am blessed to work with these amazing people and the seniors that come in everyday!







## Make Giving Back Your Second Act

### Wow!

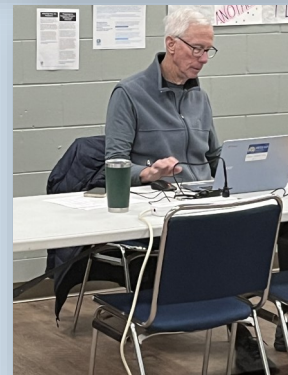
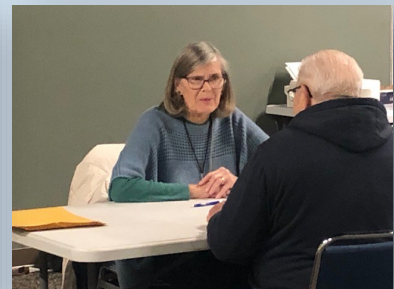
In the past year, our Ride Easy volunteer drivers drove over **47,000** miles to bring seniors to their medical appointments. That is almost the same distance as traveling around the world **TWICE!**  
**THANK YOU VOLUNTEERS!**

To learn more about becoming a volunteer driver, call 269-222-1705.



### Handymen Wanted

We are looking for volunteers to join our Hammerhead volunteers and help seniors with minor home repairs. If you are skilled in this area, we would love to hear from you. We provide you with insurance and the supplies needed. For more information please call Clarivel at 269-468-9410.



Thank you to our tax volunteers who completed another successful tax season. Over 700 people received free tax assistance, generating over \$700,000 in tax returns! Thank you to the United Way of Southwest Michigan for partnering with us and sponsoring this program!

## Meet our Care Coordinators



Rhonda Wilson (269)682-0477

Pearlle Jackson (269)468-9536

Lesley Forrest (269) 468-9556

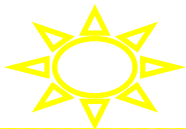
“Don’t Count  
the days,  
make the days  
count.”

Muhammad Ali



### Services Offered

- 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



**FEEDING AMERICA** | **YOUR LOCAL FOOD BANK**  
West Michigan

### CARE

### COORDINATION



**MONDAY, JULY 7TH @12 PM**

BEHIND VILLALOBOS MARKET  
139 W. MONROE ST.  
BANGOR, MI 49013

**MONDAY, AUGUST 4TH @12 PM**

BLOOMINGDALE CHRISTIAN CHURCH  
208 E. PINE ST,  
BLOOMINGDALE, MI 49026

*Thank you to those who donated  
in our incontinence supply drive*

### Testimonial

“I live on a limited budget and I am unable to drive. Senior Services is so helpful to me. They check in on me regularly to see if I need anything. They bring me a box of food commodities once a month and make sure I have meals. I am forever grateful for all of their service and friendship.”

Mary Williams



### Top 5 Summer Health Tips for Senior

1. Hydrate, Hydrate, Hydrate, drink plenty of water through out the day.
2. Wear proper sun protection , SPF of 30 or more and water resistant
3. Dress right, lightweight long-sleeved shirts , pants, wide brimmed hats and UV sunglasses
4. Avoid going out in high temperatures and humidity
5. Know the signs of heat related illnesses





# **Trips for your fun and enjoyment!**

*“Traveling– It leaves you speechless then turns you into a storyteller.”*

*-Ibn Battuta*

## **DAY TRIPS**



### **Cogdal Vineyard– Wednesday, July 9th,2025—\$25**

Enjoy a wine tasting event at Cogdal Vineyard which includes a variety of wines to choose from your choice of wines .Take time to browse their wine selection and take home a bottle or two.

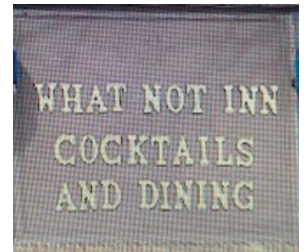
Please contact Amy to register at 269-924-0668 or areiher@ss-vbc.org.

**Departure time from South Haven Center at 1:00 pm**

### **Star of Saugatuck – Thursday, August 7th,2025—\$50**



Two of your favorite things to do...Lunch at What Not Inn and a ride on the Star of Saugatuck! We leave at 11:30am then travel on to the boat for a 2pm ride. We are on the lower deck where you can venture out on the boat bow or sit and enjoy a beverage. Beautiful scenery, with friends in the fresh air. Please note that lunch is not included.



Register today by contacting Amy at 269-924-0668 or areiher@ss-vbc.org

**Departure time from South Haven Center at 11:30 am.**

### **Gilmore Car Museum– Tuesday, August 26th,2025—\$ 40**



We are going cruising!! to the Gilmore Car Museum in Barry County! Enjoy a day dreaming of the 'good' cars, wander through the museum or take a ride in a vintage car. Refresh with a treat at the Blue Moon Diner or the Pedal Car Café. Please note that lunch is not included. This is sure to be a fun day for all! **Lots of walking** . Please contact Amy to register at 269-924

-0668 or areiher@ss-vbc.org.

**Departure time from South Haven Center at 9:00 am and returning after 3pm.**

### **Sarett Nature Center– Thursday, September 4th,2025—\$ 25**

You will want to add this to your calendar—a day spent at Sarett Nature Center. We will enjoy a program featuring the raptors at the center, take a tour through the Butterfly House, have a picnic sack lunch at the center and then have time to walk or visit the main displays. Register for this adventure by contacting Amy at 269-924-0668 or areiher@ss-vbc.org.

**Departure time from South Haven Center at 9:00 am.**



## **...More Trips!**

### **Tiger's Game– Thursday, September 18th, 2025—\$100**

It's Baaack!! Your favorite baseball team against Cleveland on Thursday, September 18th! Senior Services of Van Buren County will take you there and bring you back-100% enjoyment! We leave at 8am for a 1:10 first pitch. Same great Seats same great game! Cost is \$100 and includes a sack lunch for the bus. Sign up now!

Call Amy 269-924-0668 arfeiher@ss-vbc.org PLAY BALL

**Departure time from South Haven Center at 8:00 am**



### **EXTENDED TRIPS**

### **Mackinac Island– September 22nd—26th, 2025—\$ 799 pp dbl**

Nothing like wrapping up your summer with a big Mackinac Island Bow!! We still have availability on our trip to Mackinac Point Lighthouse, Mackinac Island, Soo Locks Cruise and more! 5 days, 4 nights—September 22-26, 2025. Cost is \$799 per person, double. Call now to sign up!! Amy—269-924-0668 or areiher@ss-vbc.org



### **CASINO TRIPS**

### **Gun Lake Casino– Wednesday July 23- \$20**

This casino trip includes \$10 free slots and \$10 dining credit. Call Casino Trip Hotline at 269-468-9423 to reserve a seat on the bus.

**Departure time from the South Haven Center at 8:30 am , Harding's in Bangor at 8:45 am, and Armstrong Corners at 9:00 am.**



### **Four Winds Casino– Wednesday August 20th- \$25**

This casino trip includes 25% off buffet, 100 W Points and visit a kiosk to receive \$10 instant credit or free slot play. Call Casino Trip Hotline at 269-468-9423 to reserve a seat on the bus.

**Departure time from the South Haven Center at 8:30 am , Harding's in Bangor at 8:45 am, and Armstrong Corners at 9:00 am.**

### **Firekeepers Casino– Wednesday September 24th- \$20**

This casino trip includes \$20 in Red Hot Credits and \$5 in points. Call Casino Trip Hotline at 269-468-9423 to reserve a seat on the bus

**Departure time from the South Haven Center at 8:30 am , Harding's in Bangor at 8:45 am, and Armstrong Corners at 9:00 am.**





## Senior Adventures

We have lots of fun on our Trips with Senior Services of Van Buren County. We have lots of options to choose from including Day Trips, Casino Trips, Domestic Trips and Trips to far away places. To sign up for a trip or to get more information contact AMY at 269-924-0668 or [areiher@ss-vbc.org](mailto:areiher@ss-vbc.org)

**Turkeyville 2024**



**Overhiser Orchards 2024**



**Meijer Gardens 2024**



**The Ark Encounter 2024**



**If you have been on one of our wonderful trips and would like to share your pictures please email them to Amy at [areiher@ss-vbc.org](mailto:areiher@ss-vbc.org).**



"Wherever you go becomes a part of you somehow." - Anita Desai



**Growlers Game  
2025**

**AIR Zoo Mystery Trip**

**Henderson Castle 2025**

**Murder Mystery 2025**



**Mystery Trip #1  
2025**



## Gift Card



Seinior Services of Van Buren County  
08337 M-140 Hwy South Haven, MI 49090  
269-637-3607

Gift cards available for purchase for a minimum \$20. These gift cards can be used towards trip payments. If you are interested in purchasing one please contact Kia at 269-468-9487 or [kgray@ss-vbc.org](mailto:kgray@ss-vbc.org).





Presents....

# Irish Splendor

March 7 – 14, 2026



Book Now  
& Save  
**\$550**  
Per Person

**collette**

For more information contact:

Amy Reiher

Email: [areiher@ss-vbc.org](mailto:areiher@ss-vbc.org)

Phone: 269-924-0668

Heather Welsh

Email: [hwelshjohnson@enchantedmem.com](mailto:hwelshjohnson@enchantedmem.com)

Phone: 269-767-3155

- **Double**
- **\$3,699--\$3,149pp after savings**
- **Single**
- **\$4,199--\$3,649pp after savings**
- **Triple**
- **\$3,699--\$3,119pp after savings**

- For bookings made after 9/8/2025 call for rates.
- **Included in Price:** Round Trip Air from Gerald R. Ford International Airport, Air Taxes and Fees/Surcharges, Hotel Transfers
- **Not Included in Price:** Cancellation Waiver and Insurance of \$549 per person
- All Rates are Per Person and are subject to change based on air inclusive package from GRR
- Limerick Medieval Banquet --\$115
- Dublin The Guinness Storehouse and Traditional Irish Night --\$115

*Enchanted*  
MEMORIES  
— TRAVEL —



# Coming October 2026



Be on the lookout for information and a presentation coming soon.



# Bangor



**Simpson United Methodist Church**  
**507 Joy Street**  
**Bangor, MI**

**Join us every 2nd and 4th Monday**



**10:30-12:00 Socialize**

**12:00-1:00 Lunch**

**1:00-2:30 Bingo**



Carole and Dan both enjoyed meeting up with the therapy dog team, Finn and Jennifer.



Come join us for some conversation and lunch then bingo after.

Sharon Mykle - July 3rd

Kim Kester - July 15th

Jeanette Wilson- August 4th

Claud Street - August 8th

Raymond Walter- September 6th

Gwen Hills- September 15th

Daniel Everts-September 16th

Kathleen Cochran-September 19th

Louisa Ringler-September 27th

★ **HAPPY** ★  
**BIRTHDAY!**



**Aurora Cruz - Activity Coordinator**

**Phone-(269) 256-4864**

**Email- [acruz@ss-vbc.org](mailto:acruz@ss-vbc.org)**

# Bloomingtondale

**Bloomingtondale Municipal Building  
109 E Kalamazoo Street  
Bloomingtondale, MI**

**Aurora Cruz- Activity Coordinator  
Phone-(269)256-4864  
Email- acruz@ss-vbc.org**



**Join us every Friday**



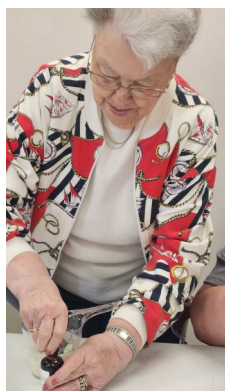
**10:30-12:00 Socialize  
12:00-1:00 Lunch  
1:00-2:00 Activity  
Closed the 3rd Friday of the month**



Peg, Donna, Jan and Sue got creative when making spring wreaths.

## Craft Days

August 1st– Beaded Suncatcher  
September 5th –Resin wooden flower coaster



Peg and Donna enjoyed making their home-made hand cream.



Kalli Marshall from the Van Buren Conservation District will be here on **August 8th** to discuss how VBCD brings conservation to our land, water and air.



**★HAPPY★  
BIRTHDAY!**

***Dianne Sower - July 27th***



Peggy enjoys making crafts. She decided to make a skirt out of her father's ties.





## Activities Schedule



### Monday:

11:00-11:45 am Seated Strength

12:30-3:00 pm Cards

Coffee & dessert served

### Thursday:

11:00-11:45 am Seated Yoga

1:00-3:00 pm Craft/Special Activity/  
Speaker

### Friday:

11:00-11:45 am Fitness Drumming

# Casco



Casco Township Hall

7104 107th Avenue

South Haven, MI

## Exercise



## Bingo



### 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

Please contact Rhonda at (269)682-0477.

★HAPPY★  
BIRTHDAY!

Linda Willett—July 4th

Gloria Smith—July 8th

Jean Ruppel—July 22nd

Linda Teeter—July 23

Dorothy Stennett—August 11th

Mary Campbell—August 20th

Regina Lash—August 27

Harold Carnell—September 3rd

Charles Stennett—September 14th

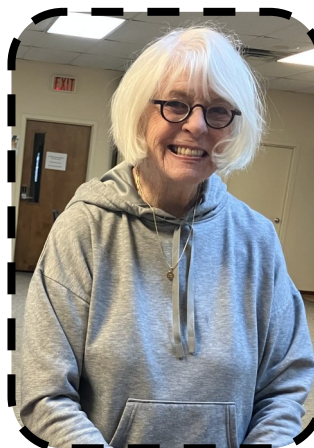
Libby Catt—September 19th

Sherry Grigg—September 21st

## Crafts



## Senior Spot Light!



Maureen is always such a joy to see out at Casco!

She loves to share her craft ideas with all of us and we have so much fun making them with her!

# Covert



**33800 M-140 Hwy  
Covert, MI**

Kalli Marshall from the Van Buren Conservation District will be here on **July 9th** to discuss how VBCD brings conservation to our land, water and air.



## Craft Day

July 7th–Windchimes  
August 11th–Fall Center-piece  
Sept 8th– DIY Picture Frame  
**Guest Speaker**  
Aug. 27th -  
American Legion post 362

Violet & Teresa  
with their  
brown sugar  
body scrub!



**Summer Picnic!! July 23rd**  
Food, games, Music, Moving  
with Misty (social Dance/  
Cardio Drumming)



Michael  
Beard one of  
our regular  
chess players

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

## July

Lenard Berry  
Jo Ann Flowers  
Teresa Jordan  
Katherine Thompson  
Eloise Tripp  
Denise Mason  
Cheryl McCray

## August

Patrice Jackson  
Betty Tosh  
Janice West  
Beverly Moore  
Steven Rayford  
Joyce Smith

## September

Patricia Forrest  
Lillie Watson  
Eva Mahone  
Elizabeth Wildt

## Activities Schedule



### Monday:

9:00-10:00 am Friends, Coffee & Donuts  
10:00-11:30 am Bingo  
12:00-Eat in/Take Out Lunch (\$5)

### Tuesday:

9:00-10:00 am Friends, Coffee & Donuts  
10:00-11:30 am Dominos  
10:00-11:30 am Bid Whist

### Wednesday:

9:00-10:00 Friends, Coffee & Donuts  
9:30-1:30 pm Cornhole  
9:30-1:30 pm Dominos/chess  
10:00-11:00 am Bingo

### Thursday:

9:00-10:00 am Friends, Coffee & Donuts  
10:30am– Bid Whist

## SSVBC Featured Senior

Arnold Baber! Arnold grew up in Covert, MI.



He has ten siblings consisting of six boys and four girls. His favorite childhood hobbies were sports. As an adult his career path led him to truck driving.

When asked what his advice to his younger

self would be; "it's ok to make a mistake, just don't make it twice!"

His favorite quote: "Do what makes you happy!"

★ **HAPPY** ★  
**BIRTHDAY!**



Join us Wednesdays



11:00-12:00 Socialize

12:00-1:00 Lunch

1:00-2:00 Bingo

# Decatur



**New Hope Church**

**3191/2 W. Delaware Street**

**Decatur, MI**



Vernon Wilkinson—July 9th

Ann Barkman—July 20th

Jim Abshagen—August 1st

Joy Martin—August 7th

Genevieve Rankin— August 16th

Barb McKeeby—August 17th

Maxine Buss September 11th

Joe Polomack September 17th



Come visit Finn our super sweet therapy dog the first Wednesday of every month!



Sharon celebrated her birthday with all of us! We had fun singing to her and having lunch, then played some bingo!



**Thank You!**



Jim is always such a big help with serving lunch, calling bingo, and keeping us all laughing!



# Gobles



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

**Join us every 1st Monday**



**11:00-12:00 Socialize**  
**12:00-1:00 Lunch**  
**1:00-2:30 Bingo**

Finn will be leaving his prints  
 at most of the remote sites!  
 Come and meet the therapy  
 dog team Jennifer and Finn.



Come join us for some conversation and Bingo.



Nancy Forrest—September 10th  
 Vicki Clark—September 16th  
 Keith Baker—September 21st



**Aurora Cruz- Activity Coordinator**  
**Phone- (269)256-4864**  
**Email- [acruz@ss-vbc.org](mailto:acruz@ss-vbc.org)**



# Grand Junction



**First Congregational Church**  
**54128 Cr. 388**  
**Grand Junction, MI**

Join us every 2nd Tuesday



**11:00-12:00 Socialize**  
**12:00-1:00 Lunch**  
**1:00-2:00 Bingo**



## *In Loving Memory of*

Sharon Gatto was a woman of great dedication to her family and to her church. She always helped serve and set the tables so nicely for our monthly gatherings. There are not enough pages to write about all the wonderful things she has done. She will be greatly missed! Whenever I hear B6 for bingo, I smile because that was her favorite number!

- Krystal Moore

Richard Curtis—July 24th  
 Larry Majerski—September 12th

★HAPPY★  
 BIRTHDAY!

## Fun Summer Facts & Ideas for Seniors

- **July Is National Picnic Month** A great excuse to enjoy a relaxed meal outdoors with friends or family.
- **Gardening Is a Great Summer Activity** It promotes physical movement and mental well-being—just remember to garden during cooler hours.
- **Senior Discounts Travel Far in Summer** Many attractions, parks, and public transport offer senior discounts—perfect for summer day trips!
- **Water Aerobics Is Ideal in Summer** It's low-impact and refreshing—great for joint health and flexibility.
- **Fruit Is at Its Peak** Summer fruits like watermelon, berries, and peaches are delicious and hydrating.



**Finn our therapy dog,  
 hanging out with Ted right  
 before lunch!**

# Hartford

501 Main St.  
Hartford, Michigan

Aurora Cruz -Activity Coordination

Phone- (269)256-4864

Email- [acruz@ss-vbc.org](mailto:acruz@ss-vbc.org)



Join us every Tuesday & Wednesday



11:00-12:00 Socialize

12:00-1:00 Lunch

1:00-2:30 Activity



Donna, Wanda, Verna, Karen, Carl and Esther enjoyed making their own hand cream.

Jane Danger -July 12th

Karen French - August 10th

Carl Davis- August 21st

Verna Smith- August 25th

Donna Stoneburg- September 7th

John Mashak- September 13th

★HAPPY★  
BIRTHDAY!

Every 3rd  
Wednesday  
join Lisa and  
Sandy for  
music and  
movement.



The therapy dog team, Jennifer and Finn will be at this location every 4th Tuesday of the month before lunch.



## Craft Days

July 9th—Spoon flower

August 13th—Beaded suncatcher

September 10th—Resin wooden flower coaster

Karen (left) and Donna (right) have been friends for many years, but they don't call each other friends, more like sisters. They met through their children who went to grade school together in Hartford. Karen worked in housekeeping in Watervliet Hospital for 19 years. Donna worked with chemistry and health physics, also an EMT and part of the safety group at the Midland Plant and Palisades for 19 years. Karen's favorite activities as a child was tennis, bicycling, and ice skating. Donna grew up as a farm girl, she had farm chores, she took care of so many animals such as sheep, chickens, goats, and pigs. They both enjoy crocheting, knitting and quilting.





# Porter



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

**Join us every Thursday**



**11:00-12:00 Socialize**

**12:00-1:00 Lunch**

**1:00-2:00 Bingo**

## **Upcoming Event Date:**

The first Thursday of every month we will have Jen & Fin SSVBC Therapy Dog team visiting.

**July 24th Guest Speaker**

Leah with our Healthy Habits program

Kalli Marshall from the Van Buren Conservation District will be here on **July 3rd** to discuss how VBCD brings conservation to our land , water and air.



Debbie Bitely, Doranl Samps, Charles Slucus.



Sandra Bolon & Luci Hernandez

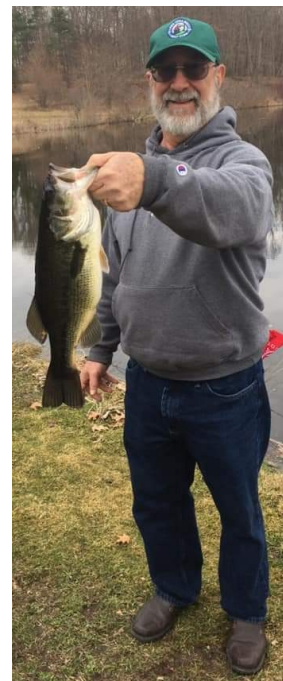
## **Featured Senior of the Quarter:**

Nate Bitely! Nate lived in Anderson , IN until the age of five when his family relocated to Lawton where he presently resides.

He has 3 brothers and enjoys sports as well as fishing. Nates career background consist of Carpentry, Business Management and is currently the Township Trustee. Nate is also a board member with SSVBC. When asked what advice would he give to his younger self he said “stay focused”!

His Favorite quote “if you take care of the pennies the Dollars will take care of themselves”-Ben Franklin

Nates favorite part of Senior Services is the food, Bingo and fellowship.



## **July**

Doranl Samps  
 Virginia Wunderlich

## **August**

Neal Furgason  
 Rolland Rife

## **September**

Keith Rife

★ **HAPPY** ★  
**BIRTHDAY!**

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

# South Haven

## Demystifying Dementia

**Thursday July 10th from 10:30-11:30**

We hear about dementia all the time, but what is it? Learn what dementia is, what you can do to help and how it can impact your or your loved one's daily life. Sign up or just show up to this informational discussion.



**Fraud Prevention Workshop**  
**Wednesday, July 16th**  
**10:00-11:00**

Taught by on the job professional bankers at 5/3 Bank, Tiffany Crain and Aaron Leoni

A one hour workshop featuring:

- The latest, most current scams
- How to discern fraud from reality
- What you can do to protect your accounts
- Actions you can take to protect your identity
- What to do if you are been a victim of fraud
- Steps fraudsters take and how to stop them in their tracks

## The Truth About Hospice

**Presented By Angela LaBarca representative of Corwell Health**

**Thursday, July 17 from 10:30-12:00**

Understanding hospice and palliative care can be overwhelming for patients and their families, with so many myths about hospice care. Join us to learn about specialized care provided by local hospice care teams that include physical, emotional, psychosocial, and spiritual care for anyone experiencing serious illness. To RSVP please call Jamie at 269-468-9448 or sign up at Senior Services of Van Buren County.

## Smart Phone Basics

**Thursday, July 24th 9:30-11:30**

This is a hands on practical workshop for



beginners and those that just need a little more information on their phone. Make sure you bring your phone! This is a hands on workshop. To



register sign up in South Haven or call Jamie at 269-468-9448.

## Blueberry Bliss

**Thursday, July 24th from 1:00-2:00**

July is the perfect time to stock up on one of Michigan's favorite fruits—the blueberry. Blueberries are not only delicious but they add some beautiful color to your dishes. Join us for this free healthy cooking class to learn how to use the humble blueberry! Look for sign ups at Senior Services of Van Buren County South Haven Center or contact Jamie at 269-468-9448.



 **BRONSON**

## **FREE CAREGIVER CLASS STARTING SOON**

*Senior Services*  
of Van Buren County

**DATES:**  
**MONDAYS, 1-3PM JULY 28-SEPTEMBER 2**

**Savvy Caregiver, a free 6 week class designed to help you be the best caregiver you can be.**

Savvy Caregiver will help you to:

- Gain a better understanding of Alzheimer's and related dementias.
- Develop self-care strategies.
- Learn skills and strategies to successfully provide daily activities of 'Contented Involvement' for their family member living with dementia.
- Identify and engage family and other resources for care-related assistance and support.





# South Haven

## Movie Matinee

2nd Friday of the Month at 12:30

Free Popcorn

Candy & Soda \$1

July 11th

August 8th

September 12th



Flight Risk



The Unbreakable Boy



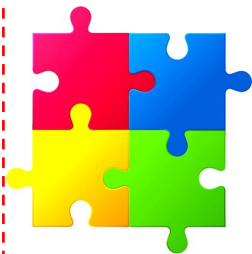
The Luckiest Man in America

## Estate Planning Basics With Bill Westerbeke

Tuesday August 12 at 1:00

What happens to you if your assets if you become incapacitated or pass away? Who will handle your affairs? What is probate? What is a living Trust and do I need one? What is a Lady Bird Deed? Will a young relative, special needs child, or in-law have access to my estate?

Attend this presentation to learn about important aspects of planning your estate.



## ABCD's of Medicare

Thursday, August 14

9:30-11:30

Do you find Medicare confusing? Don't worry the A,

B, C, & D of Medicare presentation covers Medicare basics, including the fall enrollment period, Medigap, Medicare Advantage, Drug plans, and Medicare Savings Plans. The Goal of this presentation is for you to better understand your Medicare options and where to go for assistance.

Sign up at Senior Services of Van Buren County or Call Jamie at (269) 468-9448.

## Farmers Market Picks

Tuesday, August 26th from 1:00-2:00

Produce season is not over yet! Join us in this free class to learn the benefits of buying from local farmers markets and learn how to cook a tasty dish using fresh, local produce. Sign up at Senior Services of Van Buren County - South Haven or contact Jamie at 269-468-9448



 **BRONSON**

## Get to Know the VBCD

Thursday, August 26 1:00-2:00

Meet the Van Buren Conservation District. Join Kalli Marshall Recycling & Materials Management Coordinator. Learn how VBCD brings conservation to our land, water, and air. Find out more about services and how you can get involved. Make sure you bring your questions!



## AARP Safe Driving Course

September 8 and 15 from  
9:30-2:30

Who doesn't like cheaper insurance? Ok I'll wait... Now that I have your attention we wanted you to know we are holding a classroom style course through AARP that could save you money on your car insurance. You will also learn techniques for maneuvering those pesky roundabouts along with many other tips and tricks of the road. This class is a 2 day class held September 8 and 15 from 9:30-2:30 with a lunch break. You have to attend both classes to receive your certificate. The cost

is \$20 for AARP Members and \$25 for non-members.



# South Haven

## Apple of My Eye

**Thursday, September 25th from 1:00-2:00**

Crispy, juicy and fresh. Apples are in season and amazing. Learn how to make a unique apple dish that will satisfy your fall apple haul, while learning why apples are so good for you to eat. Look for sign ups

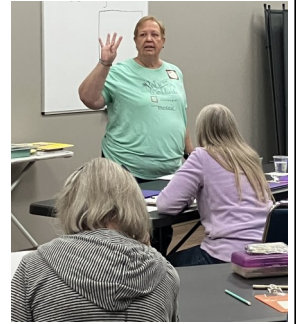
at Senior Services of Van Buren County South Haven Center or contact Jamie at 269-468-9448



## Zentangle Basics

**July 16, August 13 & September 10**

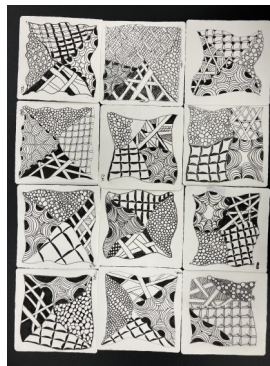
What is Zentangle you ask? Zentangle is an artistic meditation that is drawings composed of patterns. Some people refer to Zentangle as yoga for the mind. Join us for



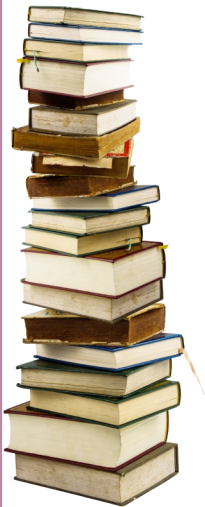
this art class introducing you to Zentangle. This

class is lead by one of our very own members, Lynn!

These classes have limited seating so we highly encourage you to sign up at Senior Services or by calling Jamie at (269) 468-448



## AAUW Book Collection



It's that time of year again. Keep your eye open for the AAUW book collection bin in July. This is a great way to purge some of your old books by donating to a great cause within our own community. All books will go directly to the annual AAUW book sale held August. All proceeds from this sale go to supporting scholarships for local women.

## Summer Vision Boards

**Tuesday, July 9th at 1:00-2:30**

A vision board is a tool used for visualization and goal setting. It is typically a collage of images, words and affirmations that represent the things



you want to achieve, acquire or experience in life. The purpose of a vision board is to create a visual representation of your goals and desires, helping to clarify your intentions and keep them at the forefront of your mind.



## Fall Wreaths with Lillian

**Wednesday September 17 10:00-12:00**

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



**Sign ups for unique classes are available 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 Jamie at 269-468-9448**



# Seniors in Motion!

## Learning and Growing



What started out as an 8 week summer course, is still going strong almost 3 years later! Healthy Habits is a small group that meets at Senior Services of VBC on a weekly basis. We began with our Wednesday group which meets 8:45-9:55. Last January we started a second group that meets on Mondays 11:00-12:00. We study different books such as Tiny Habits, How to Be Well, and Age Joyfully. Our lives are being transformed one small step at a time through better nutrition, more movement, staying hydrated, prioritizing sleep, and even decluttering those closets. Lots of laughter and our newfound friendships make the journey a great one! Join us as we continue to learn and grow together. Onward!

## Enjoying the Outdoors

Summer and fall are a GREAT time to enjoy outdoor experiences in Southwest Michigan!

Join the fun with our **Kayaking Club** which meets two Monday afternoons in July (7/7 & 7/21) and August (8/4 & 8/18) on local lakes and rivers.

**Biking Club** meets two Wednesday mornings each month on our beautiful area bike trails. (7/16, 7/30, 8/13 & 8/27) Schedules are available at the Front Desk or contact Karla!

**Hiking Club** will be meeting again this October on area trails. Watch for the 2025 schedule this September.

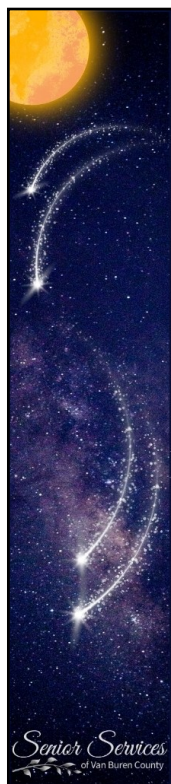


### Questions?

**Contact Karla VanderRoest, Fitness Instructor**

**[kvanderroest@ss-vbc.org](mailto:kvanderroest@ss-vbc.org)**

**269-924-0175**



# GALA

3rd Annual Fundraiser

## THANK YOU

### DIAMOND SPONSOR

Anonymous Donor

### SILVER SPONSORS



### BRONZE SPONSORS

Jensen's Excavating

State Farm - Kevin Hagan

Hernandez Lawn Care & Landscaping

Shurco

The Depot

## THANKS FOR THE INCREDIBLE EVENING!

Over \$35,000 was raised!

These funds enhance our programs by supporting the South Haven Center building fund. Over 6,500 people have participated at our centers, since South Haven Center opened.

We're committed to providing you opportunities for healthy enrichment, enhanced independence and improved quality of life.

Special thanks to our sponsors featured on this page, and to businesses and people who donated nearly \$14,000 in auction and grab bag items. Their commitment made a remarkable impact!

Shout out to the SSVBC Kitchen Team for catering the savory and sweet offerings.

Thank you to the planning committee and event day volunteers, and all who celebrated with us and empowering older adults!



## SIGNING-IN: A SIMPLE ACT WITH BIG IMPACT

When you arrive at our South Haven and Remote centers, please sign in. **While it may seem minor, signing in is vital and makes the work we do possible by:**

- 1. Showcasing Participation:** Your sign in documents participation, so we can tell the story of how older adults are enriching their lives.
- 2. Proving Impact:** With this data, we can demonstrate the positive effects on the community, showing how our programs encourage social connections and healthier, more independent lives.
- 3. Attracting Support:** Accurate participation numbers help secure support from partners, donors, and grant funders. The stronger our data, the better we can make a case for support of programs
- 4. Enhancing Programs:** Understanding participation trends helps us better meet needs and interests.
- 5. Building Community:** Each time you sign in, it's not just a number; it's our community supporting one another, fostering engagement, connection, and belonging.

Please take a moment to sign in during your visits. **Your participation makes a difference, helping us tell our story and strengthen our mission. Thank you for being the ❤️ of SSVBC!**





# GIVING CORNER

## GOLF FUNDRAISER—THANK YOU

We had an amazing day on May 30, raising \$13,200 at our 3rd annual golf outing! ***A big THANK YOU to our sponsors, golfers, and donors for making this happen.*** Sixteen fantastic teams took over the Beeches Golf Club, battling for top scores in men's, mixed, and women's, and mixed categories, along with contests for closest to the pin and longest drive. **Special shout out to these teams for clinching 1st place in their divisions: Moore Family Pharmacy, Eric Russell, and Vicki Purcell!** **Rally a team for our 2026 outing on Friday, May 29!**

## SPONSORS



- Allison, Clarivel & Michelle - RSVP at SSVBC
- Barden's Farm Market
- Boat & Vehicle Storage LLC - Dennis Dascenzo
- Bret Morgan Insurance
- Mayor Annie Brown
- Casco Township Thursday Lunch Group
- Clare & Bill Olney
- Confidential Services, Inc.
- COSY Classic Hits 103.7
- Edible Arrangements
- Deb Eisenlohr - Cougar Bob
- Karen Kiry - In Memory of Benjamin
- Linda LaRocque - The Storytellers Senior Readers Theatre
- The Marcoux Family
- Masters Chiropractic & Rehabilitation
- McFadden's Friendly Motors
- Moondog Productions
- Diane Rigozzi - Happy Anniversary Brian
- South Haven Moose Lodge #697
- SSVBC: Diane, Laurie, Michelle, Kia, Dawn, Tracie
- SSVBC "No Fried Eggs": Amy, Aurora, Jamie, Karla, Krystal, Rhonda



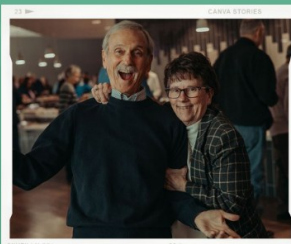
## Empowered Aging

Everyone deserves to age well with health, independence, and dignity.

A donation to Senior Services of Van Buren County is an investment in our community.



Your generosity enriches the community by ensuring seniors have places to engage in empowering activities and services.




SCAN TO DONATE



You will leave a profound and lasting impact on many seniors' lives, offering them opportunities to thrive in their community.


# Senior Services Menu July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Salisbury Steak, Mashed Potatoes w/ Gravy, Peas & Roll Or Salad Bar	2 Roast Beef w/White Cheddar, Lettuce, Tomato, Onion & Horseradish Mayo on Kaiser Buns, Pasta Salad & Fruit Or Salad Bar	3 BBQ Chicken Breast, Potato Salad, Baked Beans & Corn Bread Or Salad Bar	4  Closed  Fourth of July Celebration
7 Pulled Pork Sandwich, Chips & Cole Slaw Or Salad Bar	8 Chicken Parmesan, Spaghetti w/Red Sauce, Green Beans & Garlic Bread Or Salad Bar	9 Ham Steaks, Scalloped Potatoes, Peas & Roll Or Salad Bar	10 Bratwurst on Bun w/Grilled Onions, Macaroni Salad & Chips Or Salad Bar	11 Meatloaf, Mashed Potatoes w/Gravy, Corn & Roll Or Salad Bar
14 Chicken Cordon Bleu, Macaroni & Cheese, Green Beans & Roll Or Salad Bar	15 Baked Pork Chop, Rice Pilaf, Carrots & Roll Or Salad Bar	16 Chicken Pot Pie, Mashed Potatoes w/ Gravy & Fruit Or Salad Bar	17 Bacon Cheese Burger, Onion Rings & Fruit Or Salad Bar	18  Closed Staff In Service
21 SS Grilled Cheese Sandwich, Sweet Potato Fries & Fruit Or Salad Bar	22 Chicken Alfredo, Broccoli & Garlic Bread Or Salad Bar	23 Sweet & Sour Pork On Rice, Asian Vegetables & Egg Roll Or Salad Bar	24 Chicago Style Beef Hot Dog, Chips & Macaroni Salad Or Salad Bar	25 Fried Chicken, Mashed Potatoes, Green Beans & Biscuit Or Salad Bar
28 Meatball Sub, Potato Salad & Fruit Or Salad Bar	29 Baked Chicken, Garden Rice, Peas & Roll Or Salad Bar	30 Country Fried Steak, Mashed Potatoes w/Gravy, Broccoli & Roll Or Salad Bar	31 Cuban Sandwich, French Fries & Cole Slaw Or Salad Bar	

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




# Senior Services Menu August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Swedish Meatballs On Noodles, Green Beans & Roll Or Salad Bar
4 Chicken Burrito in Cream Sauce, Spanish Rice & Refried Beans Or Salad Bar	5 Patty Melt, Pasta Salad & Fruit Or Salad Bar	6 Lasagna, California Vegetable Blend & Garlic Bread Or Salad Bar	7 Meatloaf, Mashed Potatoes w/Gravy, Corn & Roll Or Salad Bar	8 Sweet & Sour Chicken on Rice, Peas & Egg Roll Or Salad Bar
11 Chicken Cordon Bleu, Carrots & Roll Or Salad Bar	12 Chili Cheese Dog, Wedge Fries & Cole Slaw Or Salad Bar	13 Pork Chop, Mashed Potatoes w/Gravy, Green Beans & Roll Or Salad Bar	14 Fried Chicken, Mac & Cheese, Peas & Corn Bread Or Salad Bar	15 <b>Closed Staff In Service</b>
18 SS-Grilled Cheese, Waffle Fries & Pickle Spear Or Salad Bar	19 Chicken Pot Pie, Mashed Potatoes w/Gravy & Fruit Or Salad Bar	20 Beef Stew w/Potatoes, Carrots & Onions, Fruit & Roll Or Salad Bar	21 Spaghetti and Meatballs, Roasted Zucchini & Garlic Bread Or Salad Bar	22 Crispy Chicken Sandwich, Kettle Chips & Cole Slaw Or Salad Bar
25 Hot Roast Beef on Bread, Mashed Potatoes w/Gravy & Peas Or Salad Bar	26 Cuban Sandwich, Pasta Salad & Fruit Or Salad Bar	27 Stuffed Shells, Italian Sausage w/Red Sauce, Carrots & Garlic Bread Or Salad Bar	28 Salmon in Creamy Dill Sauce, Broccoli & Roll Or Salad Bar	29 BBQ Pulled Pork Sandwich, Sweet Potato Fries & Cole Slaw Or Salad Bar

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

# Senior Services Menu September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Closed</b> <b>Labor Day</b>	2 Chicken Parmesan, Spaghetti w/Red Sauce, Green Beans & Garlic Bread Or Salad Bar	3 Cheeseburger, French Fries & Pickle Spear Or Salad Bar	4 Meatloaf, Mashed Potatoes w/Gravy, Corn & Roll Or Salad Bar	5 Beef Burrito, Spanish Rice & Refried Beans Or Salad Bar
8 Orange Chicken on Rice, Broccoli & Eggroll Or Salad Bar	9 Chicago Style Beef Hot Dog, French Fries & Cole Slaw Or Salad Bar	10 Chicken Pot Pie, Mashed Potatoes w/Gravy & Fruit Or Salad Bar	11 Cuban Sandwich, Chips & Pasta Salad Or Salad Bar	12 Scalloped Potatoes w/Ham, Green Beans & Roll Or Salad Bar
15 SS Grilled Cheese Sandwich, French Fries & Fruit Or Salad Bar	16 Salisbury Steak w/Mushroom Gravy, Mashed Potatoes, Corn & Roll Or Salad Bar	17 Grilled Brats w/ Onions & Peppers On Bun, Baked Beans & Chips Or Salad Bar	18 Fried Chicken, Mac & Cheese & Coleslaw Or Salad Bar	19 <b>Closed</b> <b>Staff</b> <b>In-Service</b>
22 Cheesy Potato Broccoli Soup, Grilled Cheese Sandwich & Fruit Or Salad Bar	23 Patty Melt on Rye, Potato Salad & Pickle Spear Or Salad Bar	24 Tuscan Chicken, Wild Rice, Green Beans & Roll Or Salad Bar	25 Lasagna, Roasted Zucchini & Garlic Bread Or Salad Bar	26 Hot Turkey on Bread, Mashed Potatoes w/Gravy & Green Beans Or Salad Bar
29 Chicken Alfredo, Fettuccine Noodles, Carrots & Bread Sticks Or Salad Bar	30 Fried Shrimp, French Fries, & Cole Slaw Or Salad Bar			

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



# South Haven Center Summer 2025 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Classes:</b> Classes are subject to change (day, time, and/or location) Thank you for your flexibility.	<b>Walking Path:</b> The walking path is available to you all day Monday through Friday 8:00am until 3:00pm.  11 times around equals <b>1 MILE</b>	<b>PICKLEBALL:</b> 8-12 M-F All Skills- rotate in 12-3 M-W-F Beginner/Intermediate 12-3 T-TH Intermediate Women	<b>COMPUTER LAB:</b> Open all days – with skilled help On site: M-T-W 10-3 Th-F 9:30-11:30  Or by appointment.	
8:00-9:30 Coffee Time 9:30-10:15 Chair Yoga or Standing Pilates 10:00-3:00 Cards & Games your choice 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-3:00 Cornhole	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 10:45-11:30 Core & Cardio 1:00-2:00 YOGA 1:00-3:00 Cornhole	8:00-9:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 12:30-3:00 Euchre 12:30-3:00 Friday Knitters	8:00-9:30 Coffee Time 9:15-10:30 Yoga 10:30-11:30 BINGO 10:45-11:30 Welcome to Fitness 12:00-3:00 Euchre 12:30-3:00 Friday Knitters
8:00-9:30 Coffee Time 9:30-10:15 Chair Yoga or Standing Pilates 10:00-3:00 Cards & Games your choice 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-3:00 Cornhole	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 10:45-11:30 Core & Cardio 1:00-2:00 YOGA 1:00-3:00 Cornhole	8:00-9:30 Coffee Time 8:15-9:00 Pilates 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 9:15-10:30 Yoga 10:30-11:30 BINGO 10:45-11:30 Welcome to Fitness 12:00-3:00 Euchre 12:30-3:00 Friday Knitters
8:00-9:30 Coffee Time 9:30-10:15 Chair Yoga or Standing Pilates 10:00-3:00 Cards & Games your choice 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-3:00 Cornhole	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 10:45-11:30 Core & Cardio 1:00-2:00 Visually Impaired Persons 1:00-2:00 YOGA 1:00-3:00 Cornhole	8:00-9:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:40 Line Dancing 12:30-1:15 Fitness Drumming	<b>Closed</b> <b>Staff In-Service</b>
8:00-9:30 Coffee Time 9:30-10:15 Chair Yoga or Standing Pilates 10:00-3:00 Cards & Games your choice 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-3:00 Cornhole	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 10:45-11:30 Core & Cardio 1:00-2:00 YOGA 1:00-3:00 Cornhole	8:00-9:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming	8:00-9:30 Coffee Time 9:30-10:15 Tai Chi Refresh 10:30-11:30 BINGO 10:45-11:30 Welcome to Fitness 12:00-3:00 Euchre 12:30-3:00 Friday Knitters



08337 M-140 Hwy, Ste.1

South Haven, MI 49090

NON-PROFIT  
STANDARD PAID  
PERMIT NO.48

## Attention Credit/Debit Card Users

Beginning July 1, 2025

Any Credit or Debit charge of  
\$100 or more

will be assessed a 5% fee

*If you are paying for a larger item, you may  
only divide it into 2 payments.*



*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](http://www.seniorservices-vbc.org)

**If you are over 60 and not receiving our news-  
letter, 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:

July 4th—Independence Day

July 18th— In Service

August 15th—In Service



September 1st—Labor Day

September 19th—In Service