

4th Quarter 2025 October, November, December

Senior Services

of Van Buren County

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At just about every in-service and retreat that our staff participates in, we take a few minutes and share a high of the month. Sometimes the high is about a co-worker that they or how they witnessed the co-worker do something above and beyond for a member. However, most of the time the high is about you, our members! The seniors who come into our doors everyday, or one of our homebound clients who received services. Your kindness to the staff does not go unnoticed! You share with us all the time about how much we impact your lives, but what you may not know, is that you affect our lives too. I can't believe the blessings we receive through your smiles, stories, gratitude and kindness. We share stories all the time about interactions with our members and the success stories you share. When we share these stories it always comes from a place of love, and let me assure you it is genuine.

I know I say this all of the time but the culture of the staff and the seniors that attend our centers is like nothing I've ever experienced. We've become somewhat of a family with all of you. We share in your joys and care about your pain and mourn when someone is no longer with us.

If you are missing something in your life or you are looking for a home where people really care about you, please stop in to any of our ten Senior Centers. I promise you will not be disappointed. You will find people who want to hear your stories, and have fun with you.

Diane Rigozzi, Executive Director

"Caring for others is the highest expression of humanity."

-Harriet Beecher Stowe

STAFF SPOTLIGHT-The Kitchen



Shirley

Meet Shirley! Oh yea, if you've been here for lunch you probably already have. She and Kim make all of the main dishes and they also serve them from the front café. Shirley is dependable, pleasant, and one of the kindest women you'll every meet.



Nikki

Nikki has been at SSVBC almost since we reopened in 2022. She makes over 340 desserts a day and she is our "quality control" specialist. Nothing goes out without Nikki's OK. She also has the best smile in the place.

Kim

Kim joined our crew about 10 months ago. She has become the perfect addition to our amazing kitchen crew. When I come in early in the morning and hear the laughter coming out of the kitchen from these three women, it really warms my heart. Thank you Kim for being the perfect final puzzle piece to our kitchen staff.

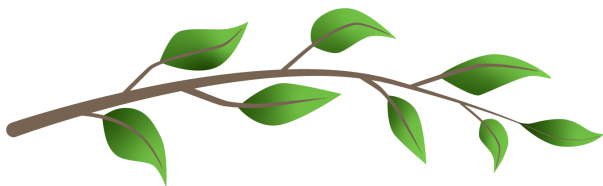


STAFF SPOTLIGHT - Kitchen cont'



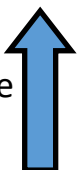
Katie

Katie is the famous face behind our 36 item Salad Bar. She is meticulously clean with preparing and maintaining our salad bar. Katie has been with us over a year and she takes pride in what she does. She also enjoys talking with all of our wonderful members. Thank you Katie for all you do.



Thomas

Thomas joined our staff in April and although he is a man of little words, his smile and work ethic make it a pleasure to have on our team!



STAFF SPOTLIGHT-Café Team



Peggy

You may have seen Peggy around for years as a volunteer, but did you know that she recently joined our staff? Peggy is hard working and always eager to please and we are so glad she is on our team!



Becky

Truly one of the kindest and happiest people I've ever met! Becky won't let you pass the Café area without saying hi or asking how your day is. Becky has been with SSVBC since 2022 and we are so blessed to have her working with us.



Some of our favorite Pickleballers resting after a fun time on the courts! Come on down and meet some new friends, even if it's just for lunch. We are kind of fun around here!



Make Giving Back Your Second Act

The American Red Cross will be at two of our senior center locations to sign seniors up to receive free smoke detectors installed by the fire department. The fire department will also provide fire safety information and inspections. If you are unable to make it to the site, please call 269-468-9410 for an appointment.



Hartford-Oct 14 @ 11:30
501 Main St, Hartford
Bangor-Oct 20 @ 11:30
507 Joy St, Bangor

Computer Help Needed

We are looking for volunteers to help seniors in the South Haven Computer Lab. If you are interested in learning more about this growing team, please call Clarivel at 269-468-9410.



Mark Your Calendars!

Our annual Volunteer Appreciation Luncheon is just around the corner. Mark your calendars for Friday, October 24th. All of our sites will be closed as staff celebrates all of our wonderful volunteers! Watch for your invitation in the mail. It's our favorite day of the year, and this year we want to celebrate all of our **AMAZING DIFFERENCE MAKERS!**

Medicare Open Enrollment

Open Enrollment for Medicare clients is October 15 through December 7. If you are considering making a change to your Medicare plan, Open Enrollment is the time when these changes can be made. Senior Services has trained, impartial counselors to



Navigating Medicare

help you make the best decision for your situation. We will have appointments available starting October 20. Please call Clarivel at 269-468-9410 to make an appointment.

Food Drive for Covert Food Pantry

We are hosting a food drive for the Covert Food Pantry the week of October 20 through October 24 at the South Haven and Covert Senior Centers. Items requested are canned vegetables, beans, ravioli, chicken, tuna, chili, soups, tomatoes, tomato sauce, spaghetti, boxed pastas, mac and cheese, ramen noodles, pancake mix, syrup, cereal, peanut butter, jelly, boxed potatoes, canned fruit, and rice.

The Covert Food Pantry is located in Lily of the Valley Church, and we are happy to be joining with them as they serve their community!



Care Coordination

Keeping Your Home Warm This Winter

Staying cozy in the colder months doesn't have to be difficult. Here are a few simple tips:

- **Seal leaks and drafts** to keep warm air in and lower energy bills.
 - **Add insulation** to make your home more energy efficient.
 - **Set your thermostat** between 68–70°F for comfort and savings.
 - **Use curtains or plastic sheeting** to block drafts and retain heat.
 - **Lay down rugs** to cover cold floors and reduce heat loss.
- These small steps can go a long way in helping seniors stay warm, comfortable, and safe all winter long.

Support Our Medical Loan Closet

Donating gently used medical equipment—like wheelchairs, crutches, or incontinence supplies—helps neighbors regain independence and improves quality of life. Your generosity ensures these essentials are available to those in need while keeping valuable resources in use. Together, we can make a lasting difference!



Monday, October 6th at 12pm
Gobles United Methodist Church
210 Exchange St
Gobles, MI

Monday, November 3rd at 12pm
SSVBC
08337 M-140 Hwy
South Haven, MI



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

Care Coordinators Service Areas:

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.



Adventure Policy

The goal of Senior Services "Adventure Policy" is to offer our members wonderful, safe memories at an affordable price while in a structured environment. So, sit back and relax, we hope you have fun and enjoy making new friends and memories!

- All trips will require a non-refundable deposit when signing up. The deposit will be based on the total price of the trip.
- You are strongly encouraged to take the insurance for our larger trips. This way, if you have an emergency or can no longer go, you will be refunded most of the cost.
- You must be a member of Senior Services or be traveling with a member. Our members will always take precedence over a non-member when the trip is full.
- Senior Services will rate trips based on activity levels, so please be mindful when signing up to see whether you can participate.
- Please arrive 15 minutes before the bus is scheduled to leave and if the trip leaves from our South Haven site, please park on the furthest west side of our lot. Also be sure to lock the doors of your car as Senior Service is not responsible for damage or theft.
- There will most always be a chaperone on our trips. The chaperone is responsible for keeping the trip safe and fun. There should be no fighting, bullying, or profanity on our trips and the chaperone has the authority to resolve problems by any means necessary if there is a problem. Please remember that everyone has paid for these trips and it is their right to enjoy themselves without others creating problems.
- It is our policy that everyone sits in the same seat from the beginning to the end of the trip unless both parties agree to switch seats.
- You will be given a lanyard ID while attending our trips. We ask you please wear it when out on excursions and return at the end of the trip.

Senior Services of Van Buren County thanks you for entrusting us with your travel experience. We want you to have new adventures and make friends along the way. Please let our travel planner know about your experience when you return so we can continue providing high quality trips in the future.

DAY TRIPS



Overhiser Orchards—Wednesday , October 1st, 2025—\$25

Experience a beautiful day in the open air at the Orchard! We will take a ride through the farm, learn about the production, crops and have a chance to choose some apples and other farm fresh fare. Might even see a cute animal or two....

Departure time from South Haven at 12:45 pm.

Turkeyville's Joseph & the Amazing Technicolor Dreamcoat—Thursday, October 9th, 2025—\$85

Join us to experience this amazing musical about A lively and colorful journey through ancient Egypt, Andrew Lloyd Weber's beloved biblical masterpiece follows the rags to riches story of Joseph, his eleven brothers, and the coat of many colors. While also enjoying a turkey dinner with all the trimmings.

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



GERALD R. FORD



Gerald R. Ford Museum—Thursday, November 6th, 2025—\$25

Step into History!!Join us this November for a fascinating visit to the Gerald R. Ford Presidential Museum. Explore exhibits, uncover presidential stories, and experience a day filled with history. Later we will stop at Boat Werks Restaurant in Holland for a late lunch.

Departure time from South Haven Center at 9:30am.

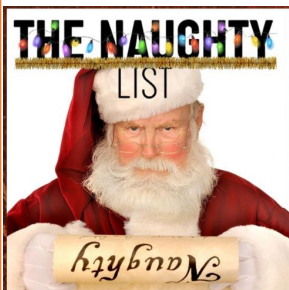
Mystery Trip?—Wednesday, November 19th, 2025—\$30

Where will go? Pack your sense of adventure. The destination's a secret, but we promise fun, surprises and memories you won't want to miss.

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



Turkeyville's The Naughty List—Thursday, December 11th, 2025—\$85



Sparkles the Elf dances like a snowflake and has the voice of a snow angel, and she is *always* the star of the annual Christmas Pageant at Santa's Workshop. But when a new and talented elf comes onto the scene and threatens to steal the spotlight, Sparkles is overwhelmed with feelings of jealousy that threaten to land her on... the Naughty List! While enjoying a turkey dinner with all the trimmings

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

DAY TRIPS CONTINUED

The Felt Estate—Thursday, December 4th, 2025—\$30

Join us for a festive trip to the Felt Mansion, where the halls are decked in breathtaking Christmas displays! Each room is beautifully adorned with lights, garlands, and elegant holiday décor that captures the spirit of the season. Stroll through this historic mansion and soak in the charm, warmth, and wonder of a truly magical Christmas experience. Don't miss this unforgettable holiday outing!



Departure time from South Haven Center at 9:15am, Harding's in Bangor at 9:30 am and Armstrong Corners at 9:45 am.

CASINO TRIPS



Gun Lake Casino— Wednesday October 22nd- \$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.

Casino Trips Update

Our casino trips will wrap up for the season at the end of October. They'll return in March 2026—so mark your calendars and get ready for another exciting season of fun!

EXTENDED TRIPS

Irish Splendor Travelers— Final Payment Reminder!



Don't forget — your **final payment for the Irish Splendor trip is due December 7th!**

Mark your calendars for a **Traveler Comingle on Monday, February 24th at 1:00 PM** in the **South Haven Senior Center Auditorium.**

Come meet your fellow adventurers, receive important trip updates, and build the excitement for the unforgettable journey ahead!

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



October 2nd-12th 2026

Greece Island Hopper

11 days | 14 meals



Get Ready for GREECE!

Dreaming of the Greek Isles?

Join us **Monday, January 6th at 1:00 PM** in the **South Haven Senior Center Auditorium** for a lively **Greece Island Hopper Presentation!**

Discover stunning islands, savor delicious cuisine, and imagine unforgettable adventures — your perfect getaway begins here!

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

Heather Olney
heather.emtravel@gmail.com

269-906-7166

Enchanted
MEMORIES
— TRAVEL —

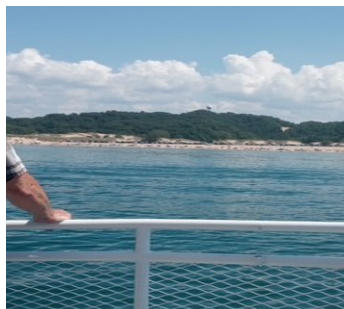
Senior Adventures!

A Perfect Summer Outing

In July, our group spent a relaxing day at **Cogdal (Little Man) Vineyard & Winery**. The patio offered the perfect setting to enjoy the fresh air, share laughs, and soak in the peaceful atmosphere. Guests sipped wine, enjoyed a tasty cheeseball snack, and made wonderful memories together. It was such a delightful experience — and one we look forward to doing again!



Our Seniors had a great trip to What Not Inn restaurant and Star of Saugatuck Boat ride in August. They enjoyed a great views on the beautiful Kalamazoo river and Lake Michigan...Mt. Baldy, and more. It's always fun to enjoy one of our trips with Senior Services of Van Buren County! No Worries!!



**Need the perfect Christmas Gift for
family or friends over the age of 60?**

SSVBC Gift Cards

Senior Services now offer s gif t card s for a moun ts of \$25 and mor e. They can b e u se d for lunches or trips!



Donate to SSVBC in honor of your loved ones.

Consi de r a lea f or bird with their n a me on it for our giving tr ee,
or a fa m i ly flowe r with your whole fa m i ly's n a me on it .



Bangor



Simpson United Methodist Church
507 Joy Street
Bangor, MI



Kalli with Van Buren Conservation District visited us to share her knowledge about the benefits of recycling.

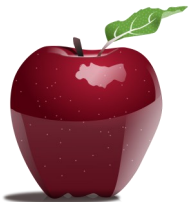
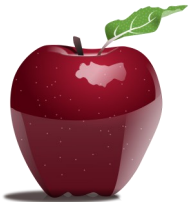
Join us every 2nd and 4th Monday



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



Dominos in the morning
 brightens the day!



Senior Spotlight

Jane Rainey

We're proud to shine this month's spotlight on Jane Rainey from our Bangor site! Jane brings warmth, wisdom, and a wonderful sense of humor to our community. Her kind spirit and positive energy make her a joy to be around. Thank you, Jane, for being such an inspiring part of our Bangor family!



Birthdays:

October:

Mary Burnside
 Mary Maurer
 Jerome Muenzer
 Jean Tucker

November:

Jane Rainey
 Marlene Sharpsteen

December:

Carole Jane Pumfery



Meet Your Site Coordinator – Heather Olney

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

Special thanks to **Sue Deryke** and **Kim Kester** for their mentorship and kind support — you've made my transition so smooth!



Phone: 269-256-4652



Email: holney@ss-vbc.org

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



Rose has been leading our Friday fitness class in Bloomingtondale for the last 2 years with her helper Pat. They dedicate their time every 4th Friday of the month. Come and join us as they teach us

a few exercise routines, that you can do at home.



Everyone had a great time making windchimes. We have craft day every first Friday of the month.



Craft Days

October 10th

Pumpkin floral arrangement

November 14th

Hand lettered wood slice keychain/magnet

December 5th

Snow globes



Aurora Cruz - Activity coordinator

Phone- (269) 256-4864

Email - acruz@ss-vbc.org



Casco



Casco Township Hall
7104 107th Avenue
South Haven, MI

Bingo!!Join us the 1st,2nd and 4th
 Thursday of the month!!



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

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.

This will be a 5 week trial and will continue based
 on senior participation. Fridays classes are subject
 to change based on senior preference

Are you looking for a fun effective way to
 improve mobility and strength? We offer exer-
 cise classes three days a week and we would
 love to see you!! Pictured below is our amazing
 volunteer Deane instructing our chair yoga
 class!!



Craft Days

October 16th

DIY Picture
 Frames

November 20th

Sip & Canvas

December 18th

Woodburning
 Bags & Bows

What a great day to make some Windchimes!!



Covert



33800 M-140 Hwy

Covert, MI

Senior Spotlight



Teresa Sawyer also known as Mrs. T , grew up in Englewood ,Chicago. She is a retired CCU nurse. As a child her favorite hobbies were dancing and skating . When asked what advice she would give her younger self she said “ be obedient”. Teresas favorite things about Senior Services is that it gives her a chance to socialize with friends, enjoy bingo and gives her something to look forward to!

Activities Schedule



Monday

9:00-10:00 am Friends, Coffee & Donuts
10:00-2:00 pm Open Play!
12:00 pm Eat in/Take Out Lunch (\$5)

Tuesday

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

Wednesday

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

Thursday

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

Friday

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



Curtis & Valerie socializing!

Sam enjoying his puzzles.



Craft Days

October 14th

DIY Picture Frames

November 18th

Sip & Canvas

December 9th

Woodburning

Bags & Bows



We had a great group of seniors join us making windchimes in July!



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

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!



Decatur



New Hope Church

319 1/2 W. Delaware Street

Decatur, MI



Birthdays

October

Karen Baham

Dorothy Hemenway

Sharon Marcinek

November

Pat Cray

Donna Laskovy

Bobbie Rex

Thomas Stull

Gloria Vliek

December

Rosemary Stull



Meet Your Site Coordinator – Heather Olney

I'm thrilled to be your **Activities Coordinator** for the Decatur site. Special thanks to **Jim Karr** for always delivering lunches with a smile!



Phone: 269-256-4652

Email: holney@ss-vbc.org

Senior Spotlight

We're happy to recognize Becky Elmore for all the ways she helps out around our site. Whether it's serving lunches, lending a hand with daily tasks, or simply offering a kind word, Becky is always ready to step up. Her generosity and positive spirit make a big difference every day. Thank you, Becky!



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!

Gobles



Gobles Methodist Church

210 Exchange Street

Gobles, MI

Come join our group at our Gobles location for some good conversations, lunch and Bingo right after. We also have visits from the therapy dog team Jennifer and Finn.



Reminder:

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



Senior Spotlight

Susan (Sue) DeRyke! Sue grew up in Battle Creek MI, and graduated from Battle Creek Central. She has two siblings, one brother and one sister. One of her favorite childhood memories, was spending time at the lake. She is a retired teacher of 37 years at Bloomingdale Public Schools, where she taught middle school, high school, and 3rd grade students. Sue has been a volunteer for SSVBC for almost 3 years. She volunteers at 4 of our 9 remote site centers. Sue has such a kind heart, and her help does not go unnoticed.



“ I enjoy life, and hope to bring joy to others.”

Aurora Cruz - Activity coordinator

Phone- (269) 256-4864

Email - acruz@ss-vbc.org

Grand Junction



First Congregational Church

54128 CR 388

Grand Junction, MI



Todd
VanGrouw
does an
amazing job
calling BINGO
for us!

Bingo time with our friends in Grand Junction!



Join us every 2nd Tuesday



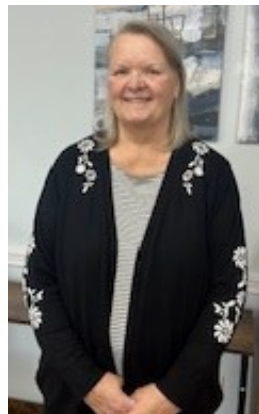
11:00 am – 12:00 pm Socialization

12:00 pm – 1:00 pm Lunch

1:00 pm—2:00 pm BINGO!

Senior Spotlight

This month, we'd like to recognize Rose Morrison from our Grand Junction site.



Rose is a steady, kind presence and always thoughtful with those around her. We appreciate all she brings to our community.

Birthdays

October

Mary Katherine Curtis
Rose Morrison
Todd VanGrouw

November

Ted Gatto



**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!

****This site will be closed
November 4th and 5th****



Isabel Hinton, a health educator from Bronson Wellness Center, hosted a **Food Smart** class. The class focused on helping seniors make healthier choices by learning what foods support healthy aging and why, how to plan, shop for, and prepare nutritious meals, and how to read food labels and ingredient lists. Hinton also demonstrated several easy and healthy recipes, including a smoothie, guacamole, and a pasta salad.



Loved seeing the creativity of making windchimes. Everyone really enjoyed making this craft.



Craft days

October 8th

November 12th

December 10th

Activity Coordinator -Aurora Cruz

Phone-269-256-4864

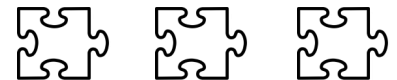
Email- acruz@ss-vbc.org

Fun Fact about puzzles!

Puzzles were invented in the 1760's by John Spilsbury, a map-maker who cut maps into pieces as a teaching aid.

Did you know?

Working on a puzzle reinforces connections between brain cells, improves mental speed and can help improve short term memory.



Wednesday, October 8th

We're excited to welcome Kalli Marshall from the Van Buren Conservation District! She will share how the VBCD works to bring conservation practices to our land, water, and air.

Porter



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



Exciting changes are happening at our Porter site! Construction is in full swing, and we can't wait to share the updates with you as progress continues.



Every Thursday



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



Gwen Hultquist proudly displayed a quilt she created 18 years ago, featuring heat transfers of treasured family heirloom photos.

Birthdays

October

Martha Wright
Tim Hultquist
Charles Slucas
Elaine Rife

November

Douglas Noble
Gary Osbon

December

Frances VanMeter



Senior Spotlight

Elaine and Rolland Rife have been incredibly kind and welcoming, especially as I've transitioned into the Activities Coordinator role. Their dedication to visiting remote sites and their warm, supportive presence have made a meaningful difference. I'm truly grateful for their encouragement and generosity.



Meet Your Site Coordinator – Heather Olney

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

Special thanks to **Luci Hernandez** for your volunteerism.



Phone: 269-256-4652

Email: holney@ss-vbc.org

South Haven

Peace of Mind Seminar

Thursday, October 2 at 12:30

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us to learn more about pre-arrangements, veterans benefits, cremation, burials and more.

PRESENTED BY



Get to Know Your Smart Car

Smart Driver TEK

Thursday, October 9th 9:30-11:30

Smart Driver TEK is a workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can increase your confidence behind the wheel. To register sign up in South Haven or call Jamie at 269-468-9448.



Pumpkin Patch

Join us on Thursday, October 9th for a not so spooky craft from 10:00– 12:00. We will be learning how to make these cute little pumpkins. If you have a fabric you would like to use you are more than welcome to bring it and if not all supplies will be provided.



Squash Season

Tuesday, October 14 from 1:00-2:00

Fall is here - and that means squash season! In this class, you'll learn how to prepare a delicious and satisfying squash dish packed with fiber, vitamins and seasonal flavor. Look



 **BRONSON**

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

Dementia Caregivers

Thursdays from October 16-30th, 12:30-2:30

This workshop is once a week for 3 weeks for those who are caring for a person with dementia or Alzheimer's. This group will assist you in reducing the stress of caregiving by providing useful tools and information.



FREE CAREGIVER CLASS STARTING SOON

Senior Services
of Van Buren County

Mondays 1:00-2:30 October 20 through November 24th

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

Smart Phone Basics

Thursday, November 13th 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.

Holiday Trees

Thursday, November 13th from 10:00-12:00

Join us to make one of these beautiful trees. We will supply everything you need however if you have a special thinner fabric or embellishments you want to use feel free to bring them in.

There is limited space so signup is recommended!



Love Your Leftovers

Thursday, November 13th from 1:00-2:00

Do you have a bunch of leftovers you do not know what to do with? If so join us in this class where you'll discover creative ways to make a tasty dish by transforming your leftovers into new delicious meals.

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



Bags & Bows

**Wednesday,
November 19
10:00-12:00**



Join Lillian to create some beautiful bags and bows to use this holiday season. All supplies will be provided.

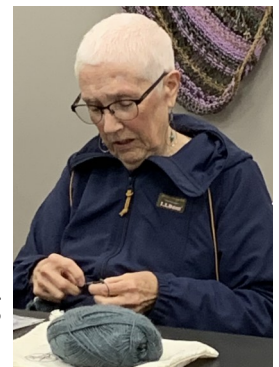
Stitched with Love

If you are just learning or are a seasoned seamstress bring your ideas, fabric, and patterns on Thursday mornings from 9:00-12:00. This is a great way to get out and socialize while getting your projects done.



Knitting & Crocheting

We invite you to join us on Tuesdays and/or Fridays from 12:30-2:30 at our South Haven Center for our knitting & crocheting groups. This group has a lot of heart. They create everything from hats and mittens to blankets and shawls. No matter what you are making we are sure you will have a great time laughing and chatting with this group.



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 Jamie at 269-468-9448

South Haven

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.

October Hiking Club Returns

Wednesdays in October 1:30-3:00

10/8 Black River Preserve

10/15 Ross Coastal Marsh Preserve

10/22 Wau-Ke-Na Preserve South

10/29 Saugatuck State Park

For more information contact Karla at Kvanderroest@ss-vbc.org or 269-924-0175



Flu Clinic

Hosted by Moore Family Pharmacy

Wednesday, October 1st from 10:00-2:00

Are you ready for flu season?

None of us like that pesky virus so schedule an appointment or stop in to this walk in clinic to get your flu shot.



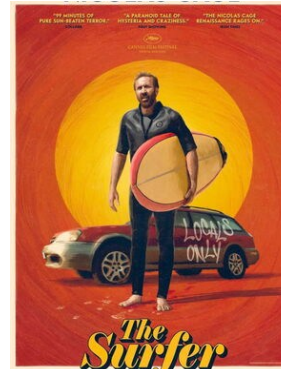
Movie Matinee

2nd Friday of the Month at 12:30

Free Popcorn

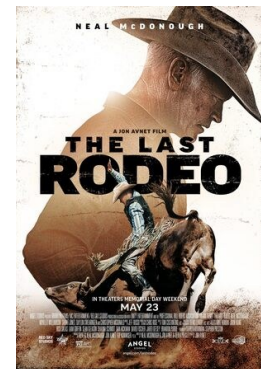
Candy & Soda \$1

October 10th



The Surfer

November 14th



The last Rodeo

Steel Pan Drumming Workshop

You may have been here in July when this amazing steel pan group was here to entertain us at lunch. The director and founder of Pan De Monium along with a few members will be offering a workshop to teach you how to play. Join us October 7 & 8 for a 2 day workshop to learn how to play the steel pans. We will be offering 2 different time slots **class A is October 7 & 8 from 10:00-11:00** and **class B is October 7 & 8 from 1:00-2:00.**



Fall Painting

Wednesday, October 8th from 1:00-2:30

Join us during this canvas painting class to learn simple techniques to make these fall pumpkins. This class is lead by one of our very own members.



Seniors in Motion!

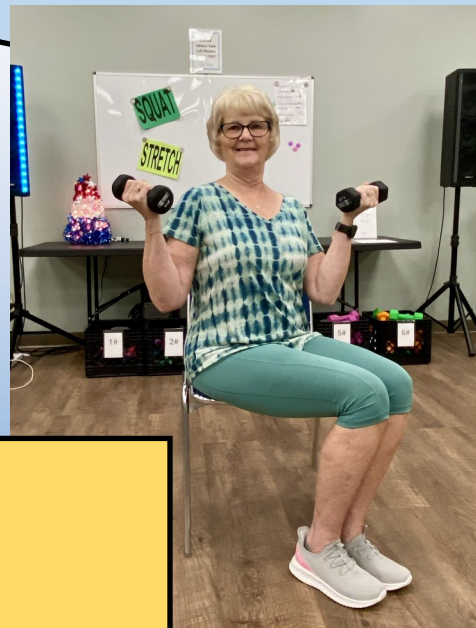
Stronger Than Ever



Karlyn March lives in Covert Township. Karlyn worked in printing for 25 years and at Palisades for 13 years. She currently enjoys her work at Corewell Hospital. Karlyn had never before tried fitness classes or lifting weights. After reading the SSVBC Newsletter, she decided to stop by for a visit. She has been coming to Senior Services since July 2023 and now attends fitness classes 4 days each week. Since exercising regularly, Karlyn (who is 67) has no problem keeping up with her coworkers in their 20s and 30s. Their job requires a lot of pushing, pulling, squatting and lifting. Karlyn has the confidence to do her work knowing her body has the strength and flexibility required. Karlyn enjoys the energy and laughter with others at Senior Services. She makes sleep a priority, uses positive self talk, and removes obstacles with confidence. Way to go Karlyn!

Don't Give Up, No Matter What

Nancy Grabovac was born and raised in Bangor. She and her husband Dan enjoy the home and life they have built together. Nancy retired 10 years ago as a counseling secretary with Bangor Public Schools. In 1996, Nancy was diagnosed with multiple sclerosis. She is managing the MS well and attributes that success to making physical strength and movement a priority. Nancy says that Senior Services of VBC has made a big difference in her life. Nancy enjoys fitness classes 3 days each week and walking regularly. Since Nancy started lifting weights at Senior Services, she is playing the best golf of her life, driving the ball further than ever! With regular exercise, Nancy has been able to stop using medication for leg cramps related to MS. Nancy enjoys keeping up with her 3 kids and 8 grandchildren. Nancy reminds us "Don't give up on yourself, no matter what you're facing. Whether physical or mental challenges, Senior Services makes a difference!" So proud of you Nancy.



Questions about our Fitness Classes?

Contact Karla VanderRoest, Fitness Instructor

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

GIVING CORNER



EMPOWERED AGING

"Seeing people come to lunch, meet new friends, sit down with old friends....is so positive."

"This to me is a place where you can find out anything that you need to with what they have available for seniors."

"Come and try it out for yourself. Come and see, see what they have for you. What they can offer you."

WAYS YOU CAN MAKE A TAX DEDUCTIBLE GIFT BEFORE DECEMBER 31ST

- ♦ **Online at** www.bit.ly/SSVBC-ReimagineCampaign.



SCAN ME

- ♦ **Scan QR Code** to give with a debit or credit card, eCheck or Apple Pay.
- ♦ **Phone** Tracie Wheeler at 269-256-4332 to give by debit card, credit card or eCheck.

- ♦ **Mail a Check** payable to Senior Services of Van Buren County to 08337 M-140 Hwy, Suite 1, South Haven, MI 49090. Attention Tracie Wheeler.
- ♦ **In Person or Donation Envelope** at the South Haven Center.
- ♦ **Ask about other Giving Options** by calling Tracie at 269-256-4332.

YOUR GIFT EMPOWERS AGING

Senior Services of Van Buren County is a 501 (c)(3) non-profit organization.



MEMBERS & PROGRAMS



Connecting people with healthy
aging & independent living programs.
Your New, Larger South Haven Center
opened February 2022.

*"This is a great place to do things, to meet
people, to make new friends."*



MEMBERS

4,759 people have
become new members
since 2019.

7,732 people participated
in programs since 2019.



MEALS

50,032 meals were
provided in 2024.

A 271% increase from
2019.



FITNESS

People participated in
fitness activities 35,796
times in 2024.

A 486% increase from
2019.



ACTIVITIES

People participated in
healthy aging activities
173,141 times in 2024.

A 381% increase from
2019.



SERVICES

1,176 people improved
their ability to live
independently in 2024.

A 64% increase from
2019.



**WE LOVE
SSVBC
MEMBERS**



South Haven Center

November 24 - December 17

9:00 am to 2:00 pm - weekdays

No Market on November 24 & 25

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

Interested in donating
items for the market?

We are accepting
new or gently used
holiday items &
handcrafted items
November 3 - 19 only.

Call Jamie at
269-468-9448.



2025 GOLF FUNDRAISER—THANK YOU

We want to take a moment to recognize some important
hole sponsors we missed in our last newsletter. Thank you
for supporting SSVBC!

- SSVBC Care Coordination: Lesley, Rhonda, Jodi
- SSVBC Kitchen: Katie, Kim, Nikki, Shirley, Thomas
- Sturgis Bank
- Rod Westerfield Construction
- Women of the Moose #868
- Woodhams Ford

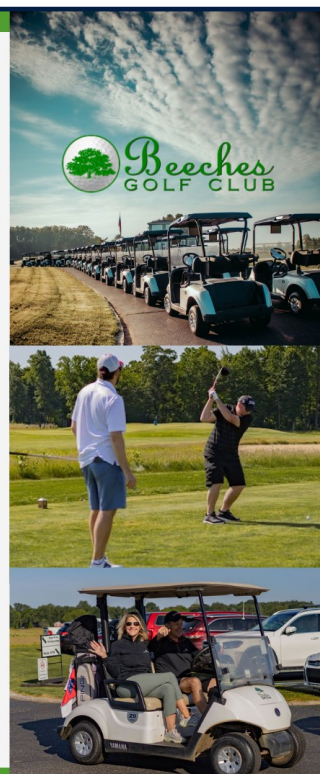
Senior Services
of Van Buren County

**4TH ANNUAL
GOLF
FUNDRAISER**

FRIDAY MAY 29, 2026

Beeches Golf Club, South Haven

**SAVE THE DATE
RECRUIT YOUR TEAM**



READERS THEATER COULD BE YOUR SECOND ACT

The Story Tellers, Senior Services' Readers Theater group, is making a real difference in Southwest Michigan! This fun, creative troupe is made up of everyday people—not professional actors. There's no memorization required; members simply read on stage and bring stories to life with their own unique flair.

Founded over 10 years ago at Senior Services of Van Buren County by award-winning playwright Linda LaRocque, the group has evolved over the years while continuing to make a powerful impact through their performances. Their plays focus on the challenges and triumphs of aging, giving audiences a deeper appreciation of the senior experience.

What began as a local initiative has grown into a highly respected program. Today, The Story Tellers regularly perform for medical students at Andrews University and Western Michigan University. Instructors at these institutions consider the program an invaluable tool, helping future healthcare professionals gain a greater understanding and empathy for the aging process.



The Storytellers Senior Readers
Theater Presents:

THE CHRISTMAS GATHERING

A touching play for the entire family.

Saturday, Nov. 22 @7pm
Sunday, Nov. 23 @3pm

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

Tickets are \$10 and available at the Senior Services' welcome desk or at the door.

Sponsored by
Senior Services
of Van Buren County

Thank you
South Haven Moose Lodge
for generously sponsoring a
Free Holiday lunch at our
South Haven Center
Wednesday, December 17th, 2025
11:00 am to 1:00 pm.




Gala

4TH ANNUAL

SAVE THE DATE
Saturday
July 18, 2026

Senior Services Menu

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Salisbury Steak, Mashed Potatoes, Green Beans & Roll Or Salad Bar	2 Orange Chicken on Rice, Carrots & Egg Roll Or Salad Bar	3 Baked Pork Chop w/Gravy, Wild Rice, Cauliflower & Roll Or Salad Bar
6 Pulled Pork Sandwich, Kettle Chips & Cole Slaw Or Salad Bar	7 Chicken Pot Pie, Mashed Potatoes w/Gravy & Fruit Or Salad Bar	8 Spaghetti & Meatballs, Broccoli & Garlic Bread Or Salad Bar	9 BBQ Chicken Breast, Macaroni & Cheese, Corn & Roll Or Salad Bar	10 Cheeseburger, French Fries & Pickle Spear Or Salad Bar
13 Swedish Meatballs On Egg Noodles, Peas & Roll Or Salad Bar	14 Rubeen Sandwich, Waffle Fries & Pickle Spear Or Salad Bar	15 Seasoned Baked Chicken Breast, Wild Rice, Green Beans & Roll Or Salad Bar	16 Meatloaf, Mashed Potatoes w/Gravy, Carrots & Roll Or Salad Bar	17 Closed Staff In-Service
20 SS Grilled Cheese Sandwich, French Fries & Fruit Or Salad Bar	21 Lasagna, Cauliflower & Garlic Bread Or Salad Bar	22 Country Fried Steak, Mashed Potatoes, Green Beans & Roll Or Salad Bar	23 Cheesy Potatoes w/Ham, Mixed Vegetables & Roll Or Salad Bar	24 Closed Volunteer Luncheon
27 Polish Sausage on Bun w/Peppers & Onions, Potato Salad & Fruit Or Salad Bar	28 Chicken Alfredo, Fettuccine Noodles, Carrots & Garlic Bread Or Salad Bar	29 Meatball Sandwich, Pasta Salad & Chunky Applesauce Or Salad Bar	30 Vegetable Beef Soup, Grilled Cheese Sandwich & Fruit Or Salad Bar	31 Fried Chicken, Mashed Potatoes, Corn & Biscuit 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

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Crispy Chicken Sandwich, Chips & Fruit Or Salad Bar	4 Chili con Carne, Corn Bread & Fruit Or Salad Bar	5 Chicken Pot Pie, Mashed Potatoes w/Gravy & Fruit Or Salad Bar	6 Patty Melt on Marble Rye, Onion Rings & Pickle Spear Or Salad Bar	7 Beef Stew w/Potato, Carrots & Onion, Crusty Roll & Applesauce Or Salad Bar
10 Salisbury Steak Macaroni & Cheese, Green Beans & Roll Or Salad Bar	11 Closed In Honor Of Veteran's Day	12 Spaghetti & Meatballs, Broccoli & Garlic Bread Or Salad Bar	13 Meatloaf, Mashed Potatoes w/Gravy, Peas & Roll Or Salad Bar	14 Sweet & Sour Pork On Rice, Asian Vegetables & Egg Roll Or Salad Bar
17 SS Grilled Cheese Sandwich, Tortellini Salad & Fruit Or Salad Bar	18 Country Fried Steak, Mashed Potatoes w/Gravy, Carrots & Roll Or Salad Bar	19 Lasagna, California Mixed Vegetables & Garlic Bread Or Salad Bar	20 Fried Chicken, Macaroni & Cheese, Green Beans & Biscuit Or Salad Bar	21 Closed Staff In-Service
24 Open Faced Pot Roast Sandwich, Mashed Potatoes w/Gravy & Corn Or Salad Bar	25 Goulash, Corn & Garlic Bread Or Salad Bar	26 Pork Chop, Garden Rice, Peas & Roll Or Salad Bar	27 Closed Happy Thanksgiving	28 Closed Happy Thanksgiving

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

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Crispy Chicken Sandwich, Chips & Macaroni Salad Or Salad Bar	2 Meatloaf, Mashed Potatoes w/Gravy, Green Beans & Roll Or Salad Bar	3 Sweet & Sour Pork On Rice, Peas & Egg Roll Or Salad Bar	4 Chicken Alfredo, Fettuccine Noodles, Broccoli & Garlic Bread Or Salad Bar	5 Bacon Cheese-Burger, Onion Rings & Pickle Spear Or Salad Bar
8 Salisbury Steak, Macaroni & Cheese, Carrots & Roll Or Salad Bar	9 Meatball Sub, Chips & Fruit Or Salad Bar	10 Chicken Breast in Creamy Garlic Sauce, Wild Rice, Peas & Roll Or Salad Bar	11 Beef Pot Pie, Mashed Potatoes & Fruit Or Salad Bar	12 Chicken Fajita's, Spanish Rice & Refried Beans Or Salad Bar
15 SS Grilled Cheese Sandwich, Pasta Salad & Fruit Or Salad Bar	16 Cheesy Scalloped Potatoes w/Ham, Green Beans & Roll Or Salad Bar	17 Christmas Meal Roast Beef, Mashed Potatoes w/Gravy, Corn & Fresh Baked Bread	18 Butternut Squash Soup, Grilled Cheese & Fruit Or Salad Bar	19 Pork Chop, Sweet Potatoes, Peas & Roll Or Salad Bar
22 Closed	23 Closed	24 Closed	25 Closed Merry Christmas	26 Closed
29 Closed	30 Closed	31 Closed		

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 Fall 2025 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Classes: Classes are subject to change (day, time, and/or location) Thank you for your flexibility. Look for more class specific information on our monthly calendars	Walking Path: The walking path is available to you all day Monday through Friday 8:00am until 3:00pm. 11 times around equals 1 MILE	PICKLEBALL: 8-12 M-F All Skills- rotate in 12-3 M-W-F Beginner/Intermediate 12-3 T-TH Intermediate Women	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 9:30-10:15 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 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 12:30-1:15 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 YOGA 1:00-3:00 Cornhole	8:00-9:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 12:30-1:15 Grief Support	Closed Staff Inservice
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 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 12:30-1:15 Grief Support	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



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

www.seniorservices-vbc.org

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

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

October 17th—In Service

October 24th—Volunteer Appreciation

November 11th—Veteran's Day

November 21st—In-Service

November 27th-28th— Thanksgiving Holiday

December 17th—Moose Lodge Luncheon

December 22nd—January 2nd—
Holiday Break

