

3rd Quarter 2026 July, August and September



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The life of RSVP at SSVBC-

September, 2010, that was when I started my career with SSVBC. The previous Director, Jennifer Carver, approached me about becoming the director of a new grant she had won for a volunteer program through AmeriCorps called RSVP-Retired and Senior Volunteer program. My first week was a trip to Washington, D.C., to learn about regulations, inputs, outputs, FFR's, and PPRs, not to mention the repercussions of not following the regulations correctly. I don't mind admitting that I was overwhelmed and not so sure I could handle it. But I think what surprised me most as we began developing the programs and recruiting volunteers was how receptive people in Van Buren County were to helping others, no questions asked. Within our first year, we had 117 volunteers, by the end of year 2, we had 261 volunteers, and by the end of our third year, we had 326 volunteers working for non-profits in our communities. These numbers have little to do with our efforts, but it has everything to do with the type of community we live in. People WANT to help, seniors WANT to help. I am in awe at the commitment and teamwork that have made this program so strong. Some of the volunteers I signed up 16 years ago are still going strong today. RSVP and our volunteers will ALWAYS have a special place in my heart.

When I moved to my current position 8 years ago, Michelle Davis took on the role of RSVP Director. She managed to fine-tune it into something even more special. Michelle has been with Senior Services for 14 years. As many of you know, she has recently experienced some health issues (she is doing great now!); however, this prompted her to make some changes to her position here. Michelle will now be our Senior RSVP consultant on a part-time basis. Her leadership will be invaluable as we move into the next stage of the RSVP life with SSVBC.

With that change, we made the very easy decision to promote Clarivel Contreras to RSVP Director. Clarivel has been with SSVBC for over 3 years and has been a huge asset to the program, especially during Michelle's medical leave. Clarivel is very kind, compassionate, and has a wonderful vision for making RSVP her own. Continued on page 2

Here are a couple of examples of the impact our volunteers make in our communities:

One of our volunteers recently got some pay-back when they were in need of a ramp after surgery. This volunteer and her friends were instrumental in producing over 100,000 masks during the time of COVID and she runs one of our support groups. "The guys did a wonderful job with my ramp!, I would really like to thank them, can you let them know for me?" It's so nice when we are able to help those who help us on a regular basis! It takes a team.

On June 6th, the South Haven Community was blessed to have a Free Family Fun Fest at the Maritime Museum. The committee that hosts the event reached out to us and requested some of our volunteers to help. We were able to provide 25 of our volunteers that went above and beyond to make it a memorable day for so many families. I spoke with one of the organizers, Ruth Wiser after the event and she told me that so many of their committee members said they have never worked with such amazing, organized, fun group of volunteers before.

This year's Volunteer Appreciation Luncheon will be held on Friday, August 28. The theme this year is Stronger Together, which is so appropriate for what just took place at the Family Fun Fest. When we help our community, whether it be other seniors, the American Red Cross or the dozens of other community projects our RSVP volunteers are involved in, it makes us all a stronger community.

Diane Rigozzi, Executive Director

Save the Date: Friday, August 28, 2026

15th Annual

Volunteer Appreciation Luncheon

Stronger Together as a Team

Working together to make a positive
impact in our communities!





Retired Senior Volunteer Program

Senior Services
of Van Buren County

Thank you to the Senior Services of Van Buren County and the American Red Cross for hosting a blood drive in April. We had a great turnout, with 22 donors, including 14 first-timers. According to the ARC, blood supplies remain critically low.

Thank you to all the donors!



To Senior Services of Van Buren County and United Way of Southwest Michigan,
THANK YOU!

We had another great tax year. We were able to service 469 clients throughout Van Buren County with Federal returns totaling \$424,729 and State returns totaling \$486,972.

A BIG THANK YOU

to all our amazing volunteers who continue to give their time year after year to assist others.



Food Drive

We will be hosting a food drive for our local food pantries from August 10th to August 14th at the South Haven Senior Center. Items requested, but not limited to, are canned vegetables, beans, chicken, tuna, soups, tomatoes, non-perishables; pancake mix, dry cereal, oatmeal, rice, canned fruit, etc.



About RSVP

The Retired Senior Volunteer Program is the largest volunteer network in the United States for individuals 55 and older. In partnership with SSVBC, RSVP offers volunteers the chance to put a lifetime of knowledge, wisdom, and experience to good use. You can decide how much time to give and whether to use your existing skills or develop new ones. We have a variety of opportunities, including medical rides, tax assistance, food trucks, handyman, ramp building, and SHIP (Medicare assistance).
Call Clarivel 269-468-9410 for more information.

CARE COORDINATION

**Bee Kind
Bee Courageous
Bee a Friend
Bee Strong**

Commodity Distribution:

South Haven
Every 3rd Thursday

Covert
Every 4th Friday

SERVICES AVAILABLE

- MEDICAL RIDES
- COMMODITY SIGN UP & DISTRIBUTION
- HANDYMAN SERVICE REFERRALS
- HANDICAP RAMP REFERRALS
- MEAL PROGRAMS & FOOD PANTRY REFERRALS
- REFERRALS ON BEHALF OF ANOTHER PERSON
- MEDICAL LOAN CLOSET
- CONTINUAL MONITORING & FOLLOW-UP PHONE CALLS
- HOME VISITS
- HELP WITH PAPERWORK FOR VARIOUS PROGRAMS
- NOTARY SERVICES (BY APP.)

CARE COORDINATORS

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

Lesley Forrest (269) 468-9556
Columbia Twp./Geneva Twp./South Haven City
South Haven Twp

Rhonda Prim (269) 743-6653
Bloomingdale Twp./Decatur Twp./Gobles City/Porter Twp.

FEEDING[®] AMERICA | **YOUR LOCAL FOOD BANK**
West Michigan

FOOD TRUCK SCHEDULE

July 14, 2026 - First Cong. Church 54128 CR
388, Grand Junction, MI 49056

August 11, 2026 - Covert Senior Center
33800 M-140, Covert, MI 49043

September 8, 2026 - Bangor, MI Behind
Lupita's in the
back parking lot

Day Trips



Cogdal Vineyard - Thursday, July 9th, 2026 -\$45

Join Senior Services and get your friends together for a relaxing day on the Vineyard patio, tasting the delicious fruits of Cogdale's labor. You enjoy ~ we drive!

Departing from South Haven at 1 pm - returning around 3 pm.

Escape to Margaritaville - Thursday, July 16th, 2026 - \$90

Sign up for your Turkeyville in Paradise! Taking reservations now for a blast of music and fun with Jimmy Buffett's Escape to Margaritaville. You and your friends can enjoy your meal, then sit back and let the moment feel like a vacation... where worries fade, and the laughter is easy.

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



FOOD and CRUISE- Thursday, August 20th, 2026 - \$50

You love a good cruise! It's time for our annual day trip to What Knot Inn for lunch and then to the Star of Saugatuck for our cruise on the Kalamazoo River and into Lake Michigan. You will experience great food, beautiful views, good company, and the fun of a traditional paddlewheel boat. Lunch is not provided

Departing from South Haven at 11:00 am.

TIGER BASEBALL - Wednesday, September 23rd, 2026 - \$160

Come out to watch the Detroit Tigers go up against the Washington Nationals. Your ticket includes Tiger's Club, with free food and a cash bar, plus easy access to the seating area.

Departing from South Haven at 8 am with a pick up at the Paw Paw Park & Ride.



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

Casino Trips



Your Casino Trips Are Waiting!

***JULY - Wednesday the 22nd GUN LAKE**

***AUGUST - Wednesday the 17th FOUR WINDS NEW BUFFALO**

***September - Wednesday the 16th GUN LAKE**

Call the Casino Trip Hotline to register!! 269-468-9423

Extended Trips

Maine - September 20-26,2026 - \$1,260 per person double occupancy



Maine ...where 'LOBSTAH Dinnah' dreams come true!! Still a few seats left! Discover the charm of New England's coast on this trip to Portland, Kennebunkport, and Boothbay Harbor. Rugged shoreline views, rich maritime history wrapped in crisp fall beauty...waiting for you! Call AMY at Senior Services of Van Buren County --269-924-0668-- to reserve your seat on this luxury bus trip.

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

The cost is only \$150 per year

This membership is designed to provide seniors who live outside of our service areas the opportunity to go on all of our trips, with this membership, you will get all of the trip perks that our regular members do.



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



Senior Services
of Van Buren County


PRINCESS CRUISES



Princess Alaska 14 Day Land & Sea Tour

Join us as we venture into Alaska for a 14-day Explorer Denali Cruisetour with 7 days on land and 6 days at sea. Pricing starts at \$4,064pp based on Double Occupancy. A deposit of \$250 by December 19th to secure your spot! Final payments due January 19, 2027.

Heather Olney 269-767-3155

Amy Reiher 269-924-0668 ext: 1013

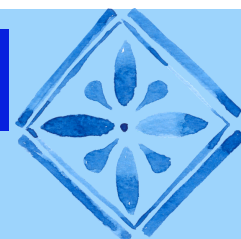
Enchanted
MEMORIES
— TRAVEL —



GREECE ISLAND HOPPER

10 SPOTS LEFT!

Deposit \$698



*Greece Commingle set for all Greece travelers
September 22nd, 2026 at 1pm in the Auditorium.
Join us for greek snacks, games, prizes and all of your
travel documents.*

Senior Services
of Van Buren County

Enchanted
MEMORIES
— TRAVEL —



FOR BOOKINGS CONTACT

HEATHER AT 269-767-3155 HEATHER.EMTRAVEL@GMAIL.COM

OR

AMY AT 269-924-0668 AREIHER@SS-VBC.ORG

Senior Services of Van Buren County presents SPOTLIGHT ON TUSCANY

March 31 – April 8, 2027

Book Now
& Save
\$200
Per Person

Presentation
July 21st at
1pm
In the SSVBC
Auditorium

Senior Services
of Van Buren County

Enchanted
MEMORIES
— TRAVEL —

collette



TOUR HIGHLIGHTS

- Montecatini Terme stay in a famous spa town
- Guided walking tour of Florence
- Visit Pisa & see the Leaning Tower
- Explore Lucca's Renaissance walls
- Discover San Gimignano medieval village
- Enjoy a winery visit & tasting
- Traditional Tuscan cooking experience
- Optional truffle hunting excursion



PRICING (PER PERSON)

Double: \$4,179*
Single: \$4,479*
Triple: \$4,129*

*Save \$200 per person if booked early



Deposit: \$698 per person
Final Payment Due:
December 31, 2026



ITINERARY AT A GLANCE

Day 1: Overnight Flight
Days 2–8: Montecatini Terme (hotel stay with excursions)
Day 9: Return Home



WHAT'S INCLUDED

- Round-trip airfare from Chicago (ORD)
- Hotel accommodations
- Guided tours & transportation
- 10 meals (7 breakfasts, 3 dinners)
- Professional Tour Manager

Not Included: Cancellation waiver & insurance (\$599)



EXTEND YOUR VACATION



**Optional 3-Night
Rome Pre Tour Extension**
From **\$1,599** double
\$1,999 single



**Optional 2-Night
Famous Food & Ferrari:
Emilia Region Post Tour Extension**
From **\$999** double
\$1,199 single



Activity Level: Moderate
Walking required on uneven
surfaces and hills.



Valid passport required
with at least 6 months
validity beyond travel dates.



Rates subject to change
after October 1, 2026.

RESERVE YOUR SPOT TODAY!



Enchanted Memories Travel
Heather Olney
269-767-3155
heather.emtravel@gmail.com



Senior Services Contact
Amy Reiher
269-924-0668
areiher@ss-vbc.org

Bangor



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



Honored to have Reverend Ray Bartels
of Bangor say grace before lunch.

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

**May Craft - Pinecone Flowers
June Craft - Hummingbird Houses
July Craft - Beach & Sea Turtles Art**

Senior Spotlight



Born in Poland and raised in the United States, Genevieve Bournay is proud of her Polish heritage. Her immigration journey taught her resilience and the importance of doing what it takes to overcome hardship. She loves needlework and finds great joy in making special items for her family. Through Senior Services, Genevieve has stepped out of her comfort zone, built meaningful friendships, and appreciates the added support members receive, such as rides to appointments and help with home projects.



Making Memories
every time we meet!



The “Guys” of our Bangor site always
bring the jokes and laughter.



Activity Coordinator

Heather Olney

269-256-4652

holney@ss-vbc.org

Join us every Friday



11:00 am – 12:00 pm Socialization

12:00 pm – 1:00 pm Lunch

1:00 pm—2:00 pm BINGO

Senior Spotlight



Donna has called Bloomingdale home for an impressive eighty-one years. She enjoyed a joyful marriage that lasted 68 years and is a proud mother of 2, grandmother of 3, and great-grandmother of 3 great-grandchildren.

Throughout her professional life, Donna worked as a lab technician and also supported her father in his hardware store. She took great pleasure in refinishing antique furniture.

Donna values the diverse range of programs offered by Senior Services, benefiting not only herself but also her friends and all seniors in the community. She often visits various locations across Van Buren County.

Bloomingdale



Municipal Building

109 E. Kalamazoo St.



**Meet your Care
Coordinator
July 10th!**



**Peg, Donna, Jan, and Sue showing us
their smiles with this months craft.**



Contact Info

Cindy - Activity Coordinator

Phone: 269-256-6793

Email: cknight@ss-vbc.org

Casco



Casco Township Hall
7104 107th Avenue
South Haven, MI

Activities Schedule



Monday
11:00-12:00 - Cardio Drumming
2:00 -3:00 - Cards and snacks

Thursday
11:00 -12:00 - Chair Yoga
12:00 -3:00 - Bingo or Craft

Friday
11:00 -12:00 - Tai Chi



It has been an honor to serve the Casco seniors over the past couple of years. Thank you for your overwhelming response to our programs and services. We are at the NEW Senior Center at the Casco Township Hall three days a week, and you are welcome to join us at the South Haven Center five days a week (M-F 8 am-3 pm). Below is the schedule for the Casco Center; keep an eye out for special events as well.

If you have any questions or concerns, I’m always available at 269-637-3607 ext. 1002.

Diane Rigozzi, Executive Director

Casco Township Stats 3/1/22 - 12/31/25				
	Unduplicated Membership	Total Activities	Total Meals Served	Care Coordination
Casco Twp	576	35,255	9,580	63

Covert


33800 M-140 HWY
Covert, MI



Everyone playing their favorite Bingo!!



Sam with his
beautiful mosaic art.



Painting with Elaine

Activities Schedule

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

9:00-11:00 Friends, Coffee & Donuts
 11:15-1:00 pm Open Play!!
 1:00-2:30 pm Bingo

Come Join us for canvas
 painting July 13th with
 Jackie!!



Senior Spotlight

We are proud to spotlight Calla (Mrs. Bunnie), an inspiring woman with a remarkable story. Calla is 104 years young and will be celebrating her 105th birthday on May 4th! She has raised 5 boys on her own, showing incredible strength and dedication. She has also pursued her education, becoming a dental technician and medical librarian, an accomplishment she is very proud of. Calla also enjoys word searches and believes in staying active to feel young. She has shared 16 wonderful years of marriage with her husband, Jerry. We are so grateful to have Calla as a member of Senior Services. Her strength and spirit inspire us every day. Happy 105th Birthday, Calla!



Decatur



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



Decatur members enjoyed a relaxed, creative canvas painting session.



Senior Spotlight

Dorothy Hemenway treasures family traditions, friendship, and community. Dorothy has loved knitting since she was 10 years old, when she helped make blanket squares for soldiers during World War II. She enjoys attending Senior Services lunches in Decatur for the friendships and camaraderie she has found.

Activity Coordinator

Heather Olney

269-256-4652

holney@ss-vbc.org

Join us every Wednesday



10:30 am – 12:00 pm Socialization

12:00 pm – 1:00 pm Lunch

1:00 pm—2:30 pm BINGO

Crafts

May Craft - Pinecone Flowers

June Craft - Hummingbird Houses

July Craft - Beach & Sea Turtles Art

Seated Strength 1st & 3rd Wednesday



Members had a fun time learning Euchre, playing Pick Up Sticks, and Mancala.



**Meet your Care
 Coordinator
 August 5th !**

Join us every 1st Monday



11:00 - 12:00 Socialization

12:00 - 1:00 Lunch

1:00 - 2:00 Bingo

Gobles



Gobles Methodist Church

210 Exchange

Gobles, MI

Senior Spotlight



Jan was born in Canada and relocated to Gobles in 1967. She cherished a wonderful 43-year marriage and takes pride in being the mother of three children and a delightful granddaughter. With a profound love for travel, Jan enjoys participating in the Senior Services Turkeyville trips. Among her many hobbies, she adores knitting and fondly recalls her time spent working with plastic canvas.

**Meet your Care
Coordinator
August 3rd !**



**Sue, Vicki and Donna Rocking music
movement. Come join in the fun!!**



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

Grand Junction



First Congregational Church
54128 CR 388
Grand Junction, MI



Enjoyed fresh Florida faces as some of our snow bird members return from their winter homes. Glad to have you all back!!

Senior Spotlight

Larry and Carol Majerski are celebrating 60 years of marriage this year. As part of a military family, Larry is proud of his family. A Marine veteran who also worked in the telephone industry, Larry enjoys sharing jokes, including one about his uncle being “the very first telephone pole” because of his Polish heritage. Larry and Carol say they miss the “good old days” when people loved one another more and let religion guide their lives. They love being part of Senior Services of Van Buren County, especially the delicious meals, cornhole games, and friendships they have made.



Join us the second Tuesday of the month



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

Members enjoy socializing before the Bingo game gets started. New friends and old ones too always makes for a great day.



One of the rules of Bingo in Grand Jct. is that you must be a joyous winner when you yell BINGO! Pastor Todd always brings the fun with his sense of humor to the Bingo game!



Activity Coordinator

Heather Olney

269-256-4652

holney@ss-vbc.org

www.seniorservices-vbc.org

Hartford



**501 Main Street
Hartford, MI**

Senior Spotlight



Marie discovered her home in Hartford in 1965. She was married for forty-three years and is the proud mother of two children and grandmother to five grandchildren. Marie expressed her enjoyment of chair volleyball at our Hartford location, as well as the opportunities for socialization it offers.

**Meet your Care
Coordinator
July 28th!**

Join us the second Tuesday of the month



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

AWESOME CRAFTS

We all had fun painting our American flags, and others used their imaginations and created other masterpieces. Come and join the fun!!



Contact Info

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



Porter



Porter Township Offices
88040 M-40 Lawton, MI



Packing the house for Bingo! Steadily growing crowds in Porter Township have made for lots of fun with our jokester crowd!

Senior Spotlight

Mary and Tony Bentley spent years traveling the Midwest doing craft shows with their handmade fabric photo crafts and barnwood picture frames. They loved hosting gatherings at their home and believe traditions like street dances and “pop-in” visits after church should make a comeback. The Bentleys stay positive by staying creative and busy. Tony especially enjoys playing Bingo at Porter Township and says Senior Services of Van Buren County has helped them meet many new friends.



Join us every Thursday



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



Members Bob & Sue Wagner enjoying his birthday with us while Sue pretended to nap after a deliciously filling lunch.



Neal giving us a balancing act during bingo.

Activity Coordinator

Heather Olney

269-256-4652

holney@ss-vbc.org

www.seniorservices-vbc.org

South Haven



Join us for Summer/ Fall wreath
making class on
July 8th 10:00-11:30



Getting to know your smart phone security_

Thursday, July 16,
from 10:30-11:30

***Basic cell phone knowledge
recommended**



Movie Matinee

2nd Friday of the month starting at 12:30

July 10th



August 14th



**MOVIE
Time!**

**Free movie!
Free popcorn!
Candy&Pop \$1**



September 11th



Flourishing Friends

This group was started by 2 widows who had the idea of gathering other widows to create a safe place to share their feelings and make new friends. Join us to play games, have lively discussions, go out to eat, and go to the movies. We welcome you to join us at the Senior Center on the 2nd and 4th Mondays of each month.

**Call Alice at 269-767-2828 for more
information.**

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

South Haven



Canvas painting

Jakki will be leading two more canvas painting classes this quarter. Don't worry If you miss out on one, you can always sign up for the next one. Supplies are provided.



Upcoming classes

July 22nd 12:30-2:30

September 23rd 12:30-2:30



"You can't use up creativity. The more you use, the more you have."

-Maya Angelou

Peachy Keen

Thursday August 6th at 1:30-2:30

August is National peach month. Join us for a **free** cooking class packed with peachy fun. In this class learn the health benefits to peaches, celebrate their juicy sweetness and sample a dish that is brushing with summer flavor



Staying Connected and Protected

August 13, 2026 10:30-11:30

Identity theft is a widespread and varied. While there are many ways for fraudsters to poach your identity, there are also many simple steps you can take to help keep them at bay. Join this free event to review your ID protection checklist and to learn steps you can start using today to help protect your identity .



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

www.seniorservices-vbc.org

South Haven



Speaker Series

We will have some upcoming guest speakers coming to the center. Look out for the question box that will be set out at the South Haven center. Have a question for one of these guest speakers? Write it down, and drop it off in the box. The day the speaker is scheduled to come. Your questions could be answered. Look out for speakers and dates/times at the South Haven center.

Bill Westerbeke Law Firm

Senior Survival Tip

September 8th from 1:00-2:30

In this presentation, attorney Bill Westerbeke shares practical tip and live demonstrations to help seniors navigate the life changes that come with aging. He begins with the latest technology insights, highlighting helpful apps, tech tools and gadgets.

He will also cover topics such as healthcare, medical devices, guidance on taxes and finances, safety and much more.



Steel Pan Drumming performance & Workshop

Jean and the members of the Bloomingdale youth steel band **Pan de Monium** will be returning this year to perform on August 3rd. Jean will also be leading another 2- day Steel Pan Drumming Workshop in September. There will be sign-ups for 2 different times for each day.

***Class A is September 29th & 30th at 10:00-11:30.**

***Class B September 29th & 30th at 1:00-2:30**



Creative Card Making Class

Every 1st Wednesday of the month

Interested in learning how to create cards for different occasions?

Please join us as Marian shows you step by step how to create those cards.

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

Seniors in Motion!

CHAIR VOLLEYBALL

In the Fitness Room

Mondays 9:00-10:00

Fridays 12:30-1:30

All are welcome, no experience needed!



"Chair Volleyball is as much fun to watch as it is to play!" Melanie

"The most laughs we have all week! We never keep score and everyone plays." Jeanette and Ralph

"A nice way to meet new people, especially when you get a cheek violation." Bill

"A great chance for adults to play." Jennifer

"Exciting and fun! Motivating way to get up and do something." Vicki

"Great exercise and a lot of fun. We have met a lot of new people." Joyce and Ed

"The best part is you don't have to be athletic and you don't get hurt." Amanda

"Chair Volleyball is FUN!" Terry



Questions about our Fitness opportunities?
Contact Karla VanderRoest, Fitness Instructor
kvanderroest@ss-vbc.org 269-924-0175

GIVING CORNER



SENIOR SERVICES OF VAN BUREN COUNTY
GALA
4TH ANNUAL
Saturday, July 18, 2026 | 5:00 pm
08337 M-140 Hwy | South Haven
FOOD DANCING AUCTIONS

TICKETS ON SALE

\$25 EACH

One free ticket when you
buy a reserved table for
6 or 8 people

AVAILABLE AT

South Haven Senior Center
269-256-4332
<https://bit.ly/SSVBC-2026-Gala>

Scan with Phone



6 - \$125

8 - \$175

Must be 21 or older to attend.

DOORS OPEN AT 5:00

Food Dancing
Cash Bar Auctions



**4TH ANNUAL
GOLF
2026 FUNDRAISER**
\$17,500 RAISED
 **Senior Services**
of Van Buren County
Beeches Golf Club South Haven

2027 Save the Date: June 4



TOP LEVEL SPONSORS

FAIRWAY



CART



**Diane & Brian
Rigozzi**

CART



**MICHIGAN
GAS UTILITIES®**

LUNCH



**HOLE-IN-ONE
CONTEST**



Woodhams

Longest Drive:

- **Men:** Alec Washegesic
- **Women:** Sarah Washegesic
- **Senior:** Tim Manley

Closest to Pin:

- **Men:** Rick Thompson
- **Women:** Liana Bodtke

GIVING CORNER

WE REIMAGINED SENIOR SERVICES...NOW WE ENSURE IT THRIVES.

The vision of the Reimagine Campaign is a reality.

With community support, Senior Services of Van Buren County has grown from a single gathering place at the Warren Center in the 1980s **to ten centers serving thousands of older adults** in the area.

Our path forward continues with the Momentum Campaign to:

- **strengthen** what's been built.
- **expand** outreach to more older adults.
- **prepare** for the future needs of seniors.

"We are excited to enter this next chapter. The Momentum Campaign is the beginning of a secure future for generations to come."

Diane Rigozzi, Executive Director



Led by our **Path Forward Committee**, the **Momentum Campaign's** top fundraising priorities are to:

- Retire the \$2,000,000 mortgage for the South Haven Center in two years.
- Pay off \$180,000 towards the newly renovated Porter Township Senior Center.

"Being debt-free is important. The Path Forward Committee invites past, current, and new donors, community members, and businesses to consider making Senior Services of Van Buren County their priority during the next two years."

Linda Teeter, Special Project Coordinator

Future projects include:

- Remodeling the South Haven center kitchen
- A new senior center to serve older adults in Gobles, Bloomingdale, and Grand Junction.

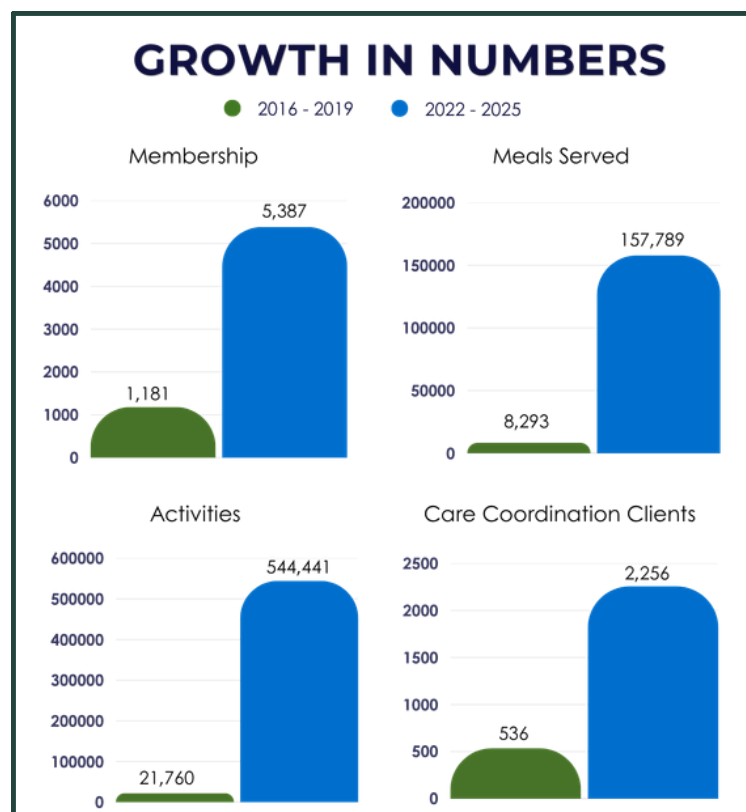
"As our senior population continues to grow, the importance of the services, opportunities, and caring support provided by Senior Services of Van Buren County cannot be overstated."

I'm proud to support their mission."

Representative Joey Andrews (D-St. Joseph)

Support generations to come!

- **Make a gift** at <https://bit.ly/SSVBC-Momentum> or scan the QR code.
- **For other ways to donate, pledge forms or questions** contact Tracie at 269-256-4332 or twheeler@ss-vbc.org.



Senior Services Menu July 2026

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

Salad Bar available at South Haven location only

Senior Services Menu August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Crispy Chicken Sandwich, Potato Salad & Chips	4 Patty Melt, Pasta Salad & Fruit	5 Chicken Burrito in Creamy White Sauce, Spanish Rice & Refried Beans	6 Sweet & Sour Porkon Rice, Peas & Egg Roll	7 Meatloaf, Mashed Potatoes w/Gravy, Corn & Roll
10 Chicken Cordon Bleu, Garden Rice, Carrots & Roll	11 Chili Cheese Dog, Wedge Fries & Cole Slaw	12 Pork Chop, Mashed Potatoes w/Gravy, Green Beans & Roll	13 Fried Chicken, Mac & Cheese & Corn Bread	14 Swedish Meatballs On Egg Noodles, Peas & Roll
17 SS Grilled Cheese Waffle Fries & Pickle Spear	18 Chicken Pot Pie, Mashed Potatoes w/Gravy & Fruit	19 Beef Stew w/Potatoes, Carrots & Onions, Fruit & Roll	20 Reuben Sandwich, Macaroni Salad & Chips	21 Closed Staff In-Service
24 Hot Roast Beef OnBread, Mashed Potatoes w/Gravy & Peas	25 CubanSandwich, Pasta Salad & Fruit	26 Stuffed Shells Italian Sausage w/ Red Sauce, Carrots & Garlic Bread	27 Fried Shrimp, French Fries & Cole Slaw	28 Closed Volunteer Appreciation Luncheon
31 Goulash, California Blend Vegetables & Garlic Bread				

Salad Bar available at South Haven location only

Senior Services Menu September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheeseburger, French Fries & Pickle Spear	2 Chicken Parmesan, Spaghetti w/Red Sauce, Green Beans & Garlic Bread	3 Meatloaf, Mashed Gravy, Potatoes & Peas & Roll	4 Scalloped Potatoes w/Ham, Green Beans & Roll
7 Closed In Honor of Labor Day	8 Chicago Style Beef Hot Dog, French Fries & Cole Slaw	9 Chicken Pot Pie, Mashed Potatoes w/Gravy & Fruit	10 Cuban Sandwich, Chips & Pasta Salad	11 Beef Burrito Spanish Rice & Refried Beans
14 Creamy Lemon Chicken w/Gnocci & Spinach Baby Carrots & Roll	15 Salisbury Steak w/Mushrooms Gravy, Mashed Potatoes, Corn & Roll	16 Grilled Brats w/ Onions & Peppers on Bun, Baked Beans & Chips	17 Fried Chicken, Mac & Cheese & Cole Slaw	18 Closed Staff In-Service
21 SS Grilled Cheese Sandwich, French Fries & Fruit	22 Patty Melt on Rye, Potato Salad & Pickle Spear	23 Tuscan Chicken, Wild Rice, Carrots & Roll	24 Lasagna, Zucchini & Garlic Bread	25 Hot Turkey on Bread, Mashed Potatoes w/Gravy & Green Beans
28 Chicken Alfredo, Fettuccine Noodles, Carrots & Garlic Sticks	29 Fried Shrimp, French Fries, & Cole Slaw	30 BBQ Chicken Breast, Mac & Cheese, Peas & Corn Bread		

Salad Bar available at South Haven location only

South Haven Center Generic Summer 2026 Activities Calendar

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



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



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

www.seniorservices-vbc.org

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

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

July 3rd – Independence Day

July 17th – Staff In-Service

July 18th – 4th Annual Gala

August 21st – Staff In-Service

August 28th - Volunteer Appreciation Luncheon

September 7th – Labor Day

September 18th – Staff In-Service

October 5th – 9th – Staff Retreat Week

