



The Sentinel

NEWSLETTER

A Little Mental Housecleaning

*Sometimes the pat on the back
we need the most is our own.*

—Christine Organ
Upworthy Staff, 2/5/25

I was preparing for the first day of spring by taking on some “mental housecleaning.” I came across a grandmother’s advice that had gone viral and wanted to share it with you.

“My grandmother once gave me a tip. In difficult times, **move forward in small steps**. Do what you have to do, but do it little by little. Don’t think about the future, or what may happen tomorrow.

- Wash the dishes.
- Remove the dust.
- Write a letter.
- Make a soup.

You see?

- Advance step by step.
- Take a step and stop.
- Rest a little.
- Praise yourself.
- Take another step.
- And then another.



Barbara Wotjczak

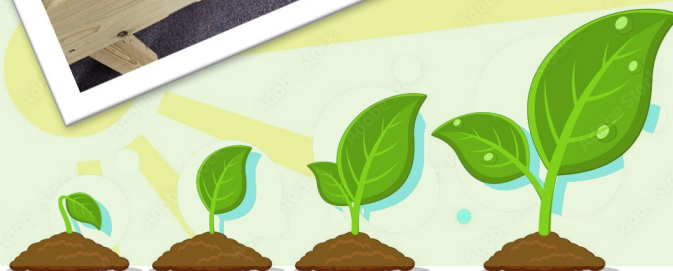
You won’t notice, but your steps will grow more and more. And the time will come when you can think about the future without crying.”

—Author: Elena Mikhalkova

Dig Up Something New This Spring

Another reason for you to look forward to spring: the senior center will install eight (8) individual elevated, raised beds that will be located on the south side of the building next to the RVSC parking lot. (A new storage shed will be placed near the garage.) The raised beds will be provided for seniors who would like to plant their own vegetables, flowers, or herbs. The beds will be filled with rich soil, and seniors will have a water source nearby. Our plans include that the raised beds will be accessible by wheelchair or walker, so members can enjoy gardening regardless of disability.

The beds have been ordered from the St. Joseph Lincoln Senior Service Center, and will be available for planting after May 15. The beds are 4’ x 2’ and 6’ x 2’, and space will be assigned on a first-come basis. Call 269-469-4556 to sign up for one of the planting spaces.



RVSC Mission Statement: To offer residents of our service area who are 60 years and older a range of educational, recreational, social, transportation, and referral services.

RVSC Senior Choir & American School of Music Bring Joy to West Woods Residents

The RVSC Senior Choir extended their voices much further than their practice room. On Tuesday February 4, the choir traveled to West Woods of Bridgman Nursing Home to entertain patients with a sing-along. The choir prepared Love Songs for Valentine's Day and the residents turned out and enjoyed it.

Nine choir members from the River Valley Senior center joined 22 West Woods residents to spread a little Valentine joy! Many thanks to choir director, Tom Fischer, for leading a great event! You're never too old for a love song. Thank you, Tom.

If you would like to join the River Valley Senior Choir, call (614) 469-4556 to sign up. We meet on Tuesdays at 2 p.m. and would love to have you join us.



**No Essentrics Classes in March.
Cecily Crowthers
will be back in April.**

Weekly Recurring Activities

Monday

- 9 am—Exercise Class (LL)
- 1:30 pm—Yoga, Chair (LL)
- 2:30 pm—Yoga, Beginners (LL)

Tuesday

- 9 am—Crafts (call for reservations) (LL)
- 10 am—Essentrics (*No classes in March*)
- 10 am—TOPS (UL 3/4, 3/18)
- 1 pm—Cribbage (UL)
- 2 pm—Choir (LL)

Wednesday

- 9 am—Exercise Class (LL)
- 10 am—Exercise Class (LL)
- 12:30 pm—Monthly Commodities (2nd Wed.)
- 12:30 pm—Quarterly Commodities
(3rd Wed.) Nov., February, May, and August
- 1 pm—Line Dancing (LL)
- 1 pm—Cards/games (UL)
- 1 pm—Wii Bowling

Thursday

- 1 pm—Cribbage (UL)
- 1:30 pm Tai Chi (LL)
- 2 pm—Alzheimer's Caregiver Support (UL)

Friday

- 9 am—Exercise Class (LL)
- 10 am—Exercise Class (LL)
- 10:45 am—Blood Pressure Checks (UL)

*You can't help getting older,
But you don't have to get old.*

—George Burns

Watercolor: Best Friends Tuesday, March 18, 12-3 pm

Join Roy and Peg Hruska, who are both Madden Certified Teachers. Classes are geared to those who have never tried watercolor before or who like the loose paintings of TV teacher, Terry Madden. Create something beautiful in a relaxed, positive, and fun atmosphere. Cost is **\$20 per session**, and everything you need is provided for your finished painting. Please call **(269) 469-4556** for your reservation.



March Project: Best Friends

Foot Care Clinic

Monday, March 24, 8 am

Friday, March 28, 8 am

RVSC offers Foot Clinic services by Jane Sherwin, RN of Blessed Feet, LLC. Prior to receiving services, you must bring a signed release form from your Health Care Provider. No exceptions. If you are a new Foot Clinic client, please call **(269) 469-4556** to have one mailed to you. A patient's first visit is **\$40**, and their return visit is **\$30**.



St. Patrick's BINGO!

Friday, March 14, 11 am

Celebrate St. Patrick's Day with your Bingo friends and enjoy lunch. Please call **269-469-4556** for your reservation by **March 10**.



Friday, March 28, 11 am

Lifecare serves lunch. Please call **269-469-4556** for your reservation by **March 24**.



Neighbor by Neighbor

Need help with food, rent, utilities, car or home repairs? Call Neighbor by Neighbor at **(269) 231-0648**. Neighbor by Neighbor links residents of Chikaming, New Buffalo, Three Oaks Township, the Village of Three Oaks, and the City of New Buffalo with resources and services. We have access to funds to keep people from getting behind on rent/mortgage payments, and/or utility bills. There are no age restrictions on who we serve. We will serve those of any age within our boundaries who are at or below 225% of the federal poverty level.

*If you are not willing to learn,
No one can help you.*

*If you are determined to learn,
No one can stop you.*

—Zig Ziglar

St. Patrick's Day Party It's Corned Beef, Cabbage, and BINGO! Friday, March 14, 11 am

If it's St. Patty's Day, time for corned beef and cabbage. Everyone is Irish with this hearty and savory meal. Join us for this Irish-American dish of corned beef brisket, slow cooked with cabbage, potatoes, and carrots. We'll be serving it in a tasty way to celebrate St. Patrick's Day.



Remember to wear your green. Call **(269) 469-4556** for reservations by **Monday, March 14**.

Important Service Numbers

- Alzheimer's Help Line 1-800-272-3900
- Area Agency on Aging 1-800-654-2810
- Benton Harbor VA Clinic 1-269-934-9123
- Elder Abuse Prevention 1-855-444-3911
- Eldercare Locator 1-800-677-1116
- Lakeshore Legal Aid 1-888-783-8190
- Long Term Care Ombudsman 1-866-485-9393
- Medicaid Hotline 1-800-642-3195
- Medicare Questions 1-800-633-4227
- Medicare/Medicaid Asst. Prog. 1-800-803-7174
- Northern Indiana V.A. Clinic 1-574-272-9000
- PACE 1-855-243-8876
- Senior Nutrition Service 1-855-925-0137
- Social Security 1-800-772-1213
- Telemarketer: Do Not Call 1-888-382-1222

RIVER VALLEY SENIOR CENTER – MARCH 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 9:00 & 10:00 Exercise (LL) 1:30 Yoga, Chair (LL) 2:30 Yoga, Beginners (LL)	4 9:00 Crafts (UL) 10:00 TOPS (UL) 1:00 Cribbage – (UL) 2:00 Choir (LL)	5 9:00 & 10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	6 1:00 Cribbage (UL) 2:00 Alzheimer's Support Group	7 9:00 & 10:00 Exercise (LL) 10:45 BP Check (UL) 1:30 Knitting & Crochet LL					
10 9:00 & 10:00 Exercise (LL) 1:30 Yoga, Chair 2:30 Yoga, Beginners	11 9:00 Crafts (UL) 1:00 Cribbage – (UL) 2:00 Choir (LL)	12 9:00 & 10:00 Exercise (LL) 12:30 Monthly Comm. 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	13 1:00 Cribbage (UL) 2:00 Alzheimer's Support Group	14 9:00 & 10:00 Exercise (LL) 11:00 St Patrick's Day Party Bingo: RVSC with Lunch 10:45 BP Check (UL) 1:30 Knitting & Crochet (LL)					
17 9:00 & 10:00 Exercise (LL) 1:30 Yoga, Chair (LL) 2:30 Yoga, Beginners (LL)	18 9:00 Crafts (UL) 10:00 TOPS (UL) 12:00 Watercolor (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL)	19 9:00 & 10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards/Games (UL) 1:00 Wii Bowling (UL)	20 10:00 Board Meeting (UL) 1:00 Cribbage (UL) 1:30 Tai Chi (LL) 2:00 Alzheimer's Support Group	21 9:00 & 10:00 Exercise (LL) 10:45 Blood Press. Cks (UL) 1:30 Knitting & Crochet (LL)					
24 8:00 Foot Clinic .(UL) 9:00 & 10:00 Exercise (LL) 1:30 Yoga, Chair (LL) 2:30 Yoga, Beginners (LL)	25 9:00 Crafts (UL) 1:00 Cribbage – (UL) 2:00 Choir (LL)	26 9:00 & 10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	27 9:00 Newsletter Folding 1:00 Cribbage (UL) 1:30 Tai Chi (LL) 2:00 Alzheimer's Support Group	28 8:00 Foot Clinic .(UL) 9:00 & 10:00 Exercise (LL) 10:45 BP Check (UL) 11:00 Bingo: Lifecare with Lunch 1:30 Knitting & Crochet					
31 9:00 & 10:00 Exercise (LL) 1:30 Yoga, Chair 2:30 Yoga, Beginners			LOCATION KEY (LL) = Lower Level (UL) = Upper Level	Senior Nutrition Services Lunch is served at 11:30 am. Seniors eat in the (LL) of the center. Please call Mary McCormick at 269-426-0912 before 10 a.m.					

MARCH 2025

MEALS ON WHEELS OF SOUTHWEST MICHIGAN GENERAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Honey Lime Chicken over Cilantro Rice Rustic Root Veggies Blueberry Compote	4 FAT TUESDAY Not Too Spicy Gumbo Squash Red Beans & Rice Banana Pudding	5 Meatball Sub on Whole Wheat Bun w/ Mozzarella Baked Diced Sweet Potatoes Mushrooms Fruit Cocktail	6 Chicken Teriyaki Chow Mein Oriental Vegetables Mandarin Oranges	7 Meatless Goulash w/ Beans Broccoli Apple Slices
10 Smothered Pork Loin Rice Pilaf Asparagus Cuts Apple Crisp	11 Shepherd's Pie Diced Beets Creamed Spinach Tropical Mixed Fruit	12 Spinach Salad w/ Chicken, Kidney Beans, Radish, Carrots & Vinaigrette Cornbread Vanilla Yogurt with Strawberries	13 Spanish Chicken over Rice Mixed Veggies Carrot Coins Peaches	14 Baked Potato with Black Beans & Cheese Broccoli Florets Mandarin Oranges
17 Corned Beef & Cabbage Red Potatoes & Carrots Biscuit Irish Fluff	18 Sweet & Sour Chik'N over Rice Oriental Veg Blend Pineapple Tidbits	19 Lentil Stew Whole Wheat Bread w/ Margarine Tossed Salad w/ Ranch Fruit Crisp	20 CheeseBurger on a Bun w/ Ketchup, Mustard Potato Wedges Green Peas Berry Applesauce	21 Chickpea Spaghetti with Marinara Sauce Italian Green Beans Fruit Crisp
24 Meatloaf over Mashed Potatoes Broccoli Peaches	25 Chicken Alfredo with Spinach Green Beans & Bell Peppers Tropical Fruit Mix	26 White Bean Chicken Chili Carrot Coins Crackers Warm Cinnamon Apples	27 Beef & Cheese Enchiladas Veggie Blend Green Peas Pineapples	28 Vegetable Frittata Sweet Potato Hash Banana Birthday Cake
31 BBQ Pork Ribette on a Bun Mac and Cheese Italian Green Beans Fruit Cocktail	Meals provide: (weekly average) 800 Calories 75 grams Carbohydrate 19 grams Protein Less than 30% Calories from Fat 800 milligrams Sodium			



YOUR
DONATION
TOWARD THE
COST OF A
MEAL HELPS
TO KEEP OUR
MEAL
PROGRAM IN
PLACE.
PLEASE BE AS
GENEROUS AS
YOU CAN!
WE THANK
YOU!



MEALS on WHEELS
— OF SOUTHWEST MICHIGAN —

Senior Nutrition Services Region III

Monthly Commodities

Wednesday, March 12, 12:30–2 pm

The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income persons who are at least 60 years of age by supplementing their diets with nutritious USDA foods. Any senior who meets federal income guidelines can come on the **second Wednesday of the month** and pick up their food allotment. Pick up time is from **12:30 pm–2 pm**. For more information, please call (269) 469-4556.

Mobile Food Pantry Schedule

Feeding America's West Michigan Foodbank

- **Tuesday, March 4 , 3:30 pm**
Harbert Community Church
- **Wednesday, March 5 , 4:30 pm**
Woodland Shores Baptist Church , Bridgman MI.
- **Thursday, March 20 3:30 pm**
Harbert Community Church
- **Monday, March 24 , 4:00 pm**
Galien American Legion
- **Cupboard Mobile Food Pantry**
This food pantry serves those who meet federal guidelines and live in the service areas of Bridgman, Baroda, Stevensville, Glendora, New Troy, Sawyer, and St. Joseph.
 - ♦ **Location: Bridgman Fire Department or Woodland Shores Baptist Church in Bridgman** during the summer months.
 - Thursdays, 10 am–12 pm and 6:15 pm–7:30 pm.**
 - First and third Sundays** of each month.

Drive A Van for River Valley Senior Center

Do you know that the Senior Center provides transportation for medical, shopping, and other necessary trips from seniors' homes (for those over 60 years) within our service area?

If you are someone who enjoys visiting with seniors and driving, then we are looking for you. Our pool of drivers have provided over 1,000 trips this year. We need a few more drivers to volunteer their time. Our staff will work hard to accommodate your schedule. Come to the senior center, talk to other drivers, and learn what it takes to be a valuable van driver. Call Susan Buckingham at (269) 469-4556 for more information.



Tai Chi Returns to Senior Center

Thursday, March 20, 1:30 pm

Janet Snelgrove, a Tai Chi instructor, will return to the Senior Center on Thursday, March 20. **Eight (8) sessions are \$60** or you can choose a **\$10 drop-in fee**.

Tai Chi is an ancient Chinese practice that combines gentle, flowing movements with deep breathing and meditation. It originated as a form of martial arts but has evolved into a popular exercise and wellness practice. Call **269-469-4556** to sign up for class.



Board of Directors' Meeting

Thursday, March 20, 10 am

The River Valley Senior Center Board of Directors' will hold their **monthly meeting** in the **Upper Level** of the Senior Center at **10 am**. All are welcome.

Newsletter Folding

Thursday, March 27, 9 am

We fold newsletters in the lower level at **9 am**. Open to anyone with a willingness to volunteer. It's a great time to work with your friends.

Transportation & Services

Please allow 10-14 business days advance notice to reserve transportation. Emergency service will be addressed on a case-by-case basis.

The Senior Center provides many services for those 60 years and older. They include transportation for medical, shopping, and other necessary trips. The Center has a wide service area that includes Bridgman, New Buffalo, Lakeside, Union Pier, Sawyer, Harbert, Three Oaks, New Troy, Grand Beach and Galien. Call **(269) 469-4556** to make a transportation reservation.

Our volunteer drivers will see that you get to your doctor's appointment located in Berrien County, LaPorte, Michigan City and parts of South Bend on time between 8:30 am and 1 pm (Eastern Standard Time).



St. Patrick's Day Word Search

S	L	S	S	U	P	O	T	A	T	O	X	I	H	G
E	H	D	Z	T	C	W	D	L	O	G	L	D	V	K
V	Y	A	N	Y	N	F	O	U	R	M	R	P	L	E
E	P	Q	M	A	R	C	H	B	B	O	B	E	W	C
N	C	R	R	R	L	I	J	A	N	L	X	Q	A	S
T	M	Q	P	T	O	E	P	V	W	I	I	L	O	I
E	L	S	F	P	R	C	R	P	Z	Y	A	N	X	I
E	M	A	C	O	J	E	K	I	D	D	W	R	R	S
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N	A	N	S	T	Q	Y	K	J	A	P	T	P	C	P
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H	S	I	R	I	O	C	N	M	N	L	G	N	D	W
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D	S	H	I	L	L	E	L	A	G	H	K	B	Z	N

DUBLIN
FOUR
GOLD
GREEN
IRELAND
IRISH

LEPRECHAUN
LUCKY
MARCH
ORANGE
POTATO
RAINBOW

SAINT
SEVENTEEN
SHAMROCK
SHILLELAGH
ST PATRICK



River Valley Senior Center
P.O. Box 275
13321 Red Arrow Highway
Harbert, MI 49115



NON-PROFIT
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HARBERT, MI
PERMIT No.2

RETURN SERVICE REQUESTED

Website: www.rvseniorcenter.org
Email: director@rvseniorcenter.org
Phone: (269) 469-4556
Fax: (269) 469-0321
Hours: Monday-Friday
7:30 a.m. to 4 p.m.

March 2025



River Valley Board of Directors

Barbara Wojtczak, *President*
Ellie Rogers, *Vice President*
Sue Rogers & Evia King, *Co-Treasurers*
Sharon Phillips, *Secretary*
Curtiss Alvarez
Marilyn Griffiths
Dianne Kirk
Dorothy Palen
Elizabeth Palulis
Sandy Rosenthal
Frank Schmidt
Peggy Wagner
Tim Hawkins, *Executive Director*



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Mary McCormick
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