



The Sentinel

N E W S L E T T E R



Yes, You Can Be a Gardener

As we grow older, it becomes more of a challenge to exercise and spend time outdoors. Spring is the perfect time to enjoy the out doors and gardening. It offers an ideal way for seniors to stay active, reduce stress, and enjoy nature.

An easy way to begin gardening is by using raised garden beds. Seniors can tend to their plants without bending down too much, reducing the risk of back strain and injuries. Gardening is a low impact form of exercise that can

improve strength, flexibility, and endurance. Tasks like planting, weeding, and watering engage multiple muscle groups, promoting cardiovascular health.

Gardening has many hidden benefits. The act of tending your plants has been shown to lower cortisol levels, reduce anxiety, and elevate your mood. Spending time in



the fresh air and sunlight can boost your vitamin D levels,

which can improve overall mental health. Better yet, your garden gives you something to focus on and care for.

Raised garden beds also make it easier for seniors to manage a variety of plants, because the soil is contained in one area and can be more easily maintained. You can aerate the soil, without it becoming water-logged.

You don't need specialized skills to plant in a raised garden bed, but you can learn from your fellow gardeners. With the right tools and rich soil, anyone can soon be tending a rewarding garden.

The Senior Center purchased eight raised garden beds that are ready for our seniors to start their gardening experiences. **New gardeners are most welcome.** We will have experienced gardeners ready to help you start your experience. Call 269-469-4556 to sign up for one of the planting beds. Planting space will be assigned on a first-come basis. **We will call you when planting begins.**



27th Annual SENIOR EXPO

10 a.m. to 3 p.m.
Friday, May 9, 2025

Mendel Center at
Lake Michigan College

www.AreaAgencyonAging.org/Senior-Expo



Mother's Day Luncheon

Friday, May 9 at 11:30 am

Come and enjoy a lovely lunch prepared
for our precious

Mothers, Grandmothers,
Great Grandmothers, Stepmothers,
Aunts, and Godmothers.

Please call (269) 469-4556
by May 2nd for reservations.

Must be 60 years old.

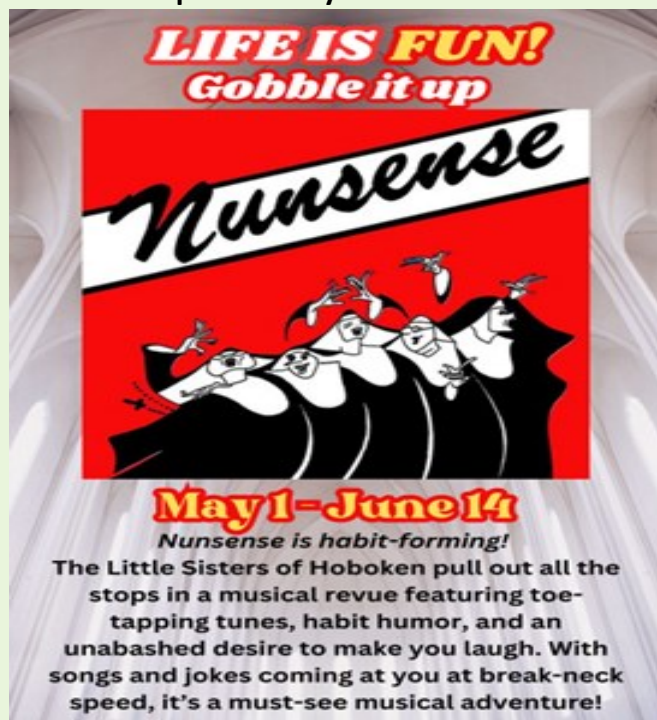
RVSC Mission Statement: To offer residents of our service area who are 60 years and older a range of educational, recreational, social, transportation, and referral services.

Board the Bus to Turkeyville!

Thursday June 5, Reservations due by May 15.

Cost: \$95/person - No refunds

Complete turkey dinner included.



Foot Care Clinic

Monday, May 19, 8 am

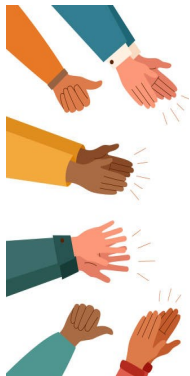
Friday, May 23, 8 am

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**. The Foot Clinic is by **appointment only**.



Great Efforts

Mary McCormick and Ashlei Jones coordinated the AARP Tax Program this year. The Tax Team was comprised of Bob Miller, the on-site volunteer trainer, Peter Elliot, the quality reviewer, and tax preparers Rhonda Griffiths, Wendy Lyford, Mary Gish, Mary McCormick, and Ashlei Jones. Together, these volunteers spent 745 hours to complete more than 156 client tax returns. RVSC recognizes their efforts on behalf of our clients.



HAPPY
FATHER'S
DAY

Father's Day Breakfast

Friday, June 13 at 9:30 am

Served at the Senior Center

Please call for reservations by June 9

Phone 269-469-4556

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 *(Starts April 1)*

10 am—TOPS (UL 5/6, 5/20)

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)

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)

1:30 pm—Knitting & Crocheting (LL)

Essentrics with Cecily

River Valley Senior Center, 10 am, May 6, 20, 27

New Buffalo Township Library, 11 am, May 2, 23, 30

Kiosk Pays Off for Seniors

During the month of March, every time you entered the senior center and beeped your key card into the kiosk,



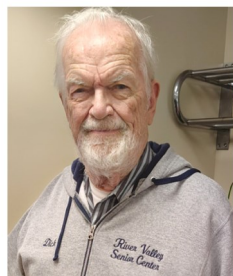
Sherry Curry

you were entered into a random contest to win a gift card. Our March winners of \$10 gift cards were Sherry Curry and Dick Hedman. Next month **it could be you!** All you need to do is remember to beep into the kiosk each time you visit the senior center, and you might be the winner.

Sherry Curry is a

frequent senior center visitor and volunteer from Three Oaks. You'll rarely see her without a big smile and she is always ready to help.

Dick Hedman is a long time RVSC van driver and a resident of Sawyer. He has taken many seniors to their appointments and delivered them back home safely.



Dick Hedman

Few things in the world are more powerful
than a positive push.

A smile.

A world of optimism and hope.

A 'you can do it' when things are tough.

-Richard M. DeVos

May Bingo

Friday, May 23, 11 am

RVSC with lunch. Please call **269-469-4556** for your reservation by **May 18**.



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.

Watercolor: The Mallards Tuesday, May 20, 12-3 pm



May Project: The Mallards



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 by **May 13**.

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 – MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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. the day before you want your meal.		1 1:00 Cribbage (UL) 1:30 No Tai Chi 2:00 Alzheimer's Support Group	2 9:00 & 10:00 Exercise (LL) 10:45 BP Check (UL) 1:30 Knitting & Crochet LL
5 9:00 & 10:00 Exercise (LL) *1:30 Yoga, Chair *2:30 Yoga, Beginners *Call to confirm class.	6 9:00 Crafts (UL) 10:00 TOPS (UL) 10:00 Essentrics (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL)	7 9:00 & 10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	8 1:00 Cribbage (UL) 1:30 No Tai Chi 2:00 Alzheimer's Support Group	9 9:00 & 10:00 Exercise (LL) Senior Expo @ Mendal Center 9 to 3 10:45 BP Check (UL) 11:30 Mothers Day Luncheon 1:30 Knitting & Crochet (LL)
12 9:00 & 10:00 Exercise (LL) *1:30 Yoga, Chair *2:30 Yoga, Beginners *Call to confirm class.	13 9:00 Crafts (UL) 1:00 Cribbage – (UL) 2:00 Choir (LL)	14 12:30 Monthly Commodities 9:00 & 10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards/Games (UL) 1:00 Wii Bowling (UL)	15 10:00 Board Meeting (UL) 1:00 Cribbage (UL) 1:30 No Tai Chi 2:00 Alzheimer's Support Group	16 9:00 Crafts (UL) 9:00 & 10:00 Exercise (LL) 10:45 Blood Press.Cks (UL) 1:30 Knitting & Crochet (LL)
19 8:00 Foot Clinic by Appt.(UL) 9:00 & 10:00 Exercise (LL) *1:30 Yoga, Chair *2:30 Yoga, Beginners *Call to confirm class.	20 9:00 Crafts (UL) 10:00 Essentrics (LL) 10:00 TOPS (UL) 12:00 Watercolor (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL)	21 9:00 & 10:00 Exercise (LL) 12:30 Quarterly Commodities 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	22 1:00 Cribbage (UL) 1:30 No Tai Chi 2:00 Alzheimer's Support Group	23 8:00 Foot Clinic by Appt (UL) 9:00 & 10:00 Exercise (LL) 10:45 BP Check (UL) 11:00 Bingo: RVSC with lunch 1:30 Knitting & Crochet (LL)
26 Memorial Day Holiday 	27 9:00 Crafts (UL) 10:00 Essentrics (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL)	28 9:00 & 10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	29 9:00 Newsletter Folding 1:00 Cribbage (UL) 1:30 No Tai Chi 2:00 Alzheimer's Support Group	30 9:00 Crafts (UL) 9:00 & 10:00 Exercise (LL) 10:45 Blood Press.Cks (UL) 1:30 Knitting & Crochet (LL)

MAY 2025



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 01

MEALS ON WHEELS OF SOUTHWEST MICHIGAN GENERAL MENU - CONGREGATE & PACE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals provide: (weekly average): 800 Calories 75 grams Carbohydrate 19 grams Protein Less than 30% Calories from Fat	Meals provide: (weekly average): 800 milligrams Sodium 1/3 RDA for Vitamins and Minerals			
5 Cheesy Turkey Taco Pasta Santa Fe Blend Fruit Crisp	6 Chicken Primavera Seasonal Vegetable Warm Peaches	7 Sloppy Joe on a Bun Cheesy Potatoes Scandinavian Blend Vegetable Fresh Fruit	1 Turkey Breast Mashed Potatoes w/ Gravy Rustic Root Blend Peaches	2 Salmon Burger on a Bun w/ Tartar Sauce Three Bean Salad Normandy Blend Tropical Fruit
12 Spaghetti w/ Meatballs Green Beans Dill Carrot Coins Banana Pudding	13 Chicken Mashed Potato Bowl Peas & Carrots Corn Fruited Jello	14 Biscuits w/ Sausage Gravy Cooked Greens Baked Apples and Raisins	8 Cheese Omelette Sausage Links Potatoes O Brian Cinnamon Applesauce	9 Beef & Broccoli Stir Fry over Rice Oriental Blend Veggies Pineapple
19 Honey Mustard Chicken Brown Rice Meadow Blend Veggies Citrus Mix	20 Beef Pepper Steak over Rice Spinach Sugar Snap Peas Peaches	21 Brat on a Bun Ketchup & Mustard Mediterranean Green Beans Mandarin Oranges	15 Pork Loin w/ Mushroom Gravy Mashed Sweet Potatoes California Blend Veggies Apple	16 Beef Soft Tacos w/ Cheese, Lettuce, Tomato Succotash Black Beans Fruit Cocktail
	27 Cheeseburger Casserole Normandy Blend Veg Mixed Berry Applesauce	28 Chef Salad w/ Turkey, Tomatoes, Cucumbers, Egg, & Cheddar w/ Italian dressing Whole Wheat Bread Fruit Fluff	22 Vegetable Lasagna Scandinavian Blend Texas Toast Fresh Fruit	23 Turkey Burger w/ Mayo, Mustard, Ketchup Maple Baked Beans Green Peas Tropical Fruit Mix Cookie
			29 Turkey Pot Pie Noodles Asparagus Banana	30 BBQ Roast Beef on a Bun Potato Wedges Broccoli & Cauliflower Mandarin Oranges Birthday Cake

Monthly Commodities

Wednesday, May 14, 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**.

Newsletter Folding

Thursday, May 29, 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.

Mobile Food Pantry Schedule

Feeding America's West Michigan Foodbank

- **Tuesday, May 6, 3:30 pm**
Harbert Community Church
- **Wednesday, May 7, 4:30 pm,**
Woodland Shores Baptist Church (Bridgman)
- **Friday, May 16, 12:00 p.m.**
New Buffalo American Legion
- **Monday, May 19, 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.
 - ♦ **Location: Bread of Life Food Pantry at Our Lady Queen of Peace Church, 3903 Lake Street, Bridgman.**
Tues. 10 am–12 Noon.

Quarterly Commodities

Wednesday, May 21, 12:30–2 pm

To qualify for quarterly commodities, the maximum household income differs from monthly requirements for Certified Food Service Professionals (CFSP). Anyone who meets federal income guidelines can come on the **third Wednesday of the month** and pick up their food allotment. If you think you qualify or know someone who does, please come during the pick-up time and sign the self-certification form. If you are unable to come during this time, you may stop by the following **Monday, from 12:30 to 1:30 pm**. Please come inside the Senior Center and let us know if you are there to pick up commodities. You can also sign a proxy form to have someone else pick up the commodities if that is easier.

Board of Directors' Meeting

Thursday, May 15, 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.

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.





UNKNOWN SOLDIER
DECORATION DAY
MEMORIAL DAY
DESERT STORM
REMEMBRANCE
COMMEMORATE
ACKNOWLEDGE
WORLD WARS
OBSERVANCE
KOREAN WAR



GRATITUDE
CIVIL WAR
MONUMENT
MILITARY
CEREMONY
CEMETARY
TRIBUTE
SOLDIER
SERVICE
RESPECT
FREEDOM
FLOWERS
DIGNITY
COUNTRY
SALUTE
HEROES
MEDAL
HONOR
FLAG

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



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



NON-PROFIT
ORGANIZATION
US POSTAGE
PAID
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.

May 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*



River Valley Senior Center Staff

Tim Hawkins, Executive Director
director@rvseniorcenter.org

Mike Deeds
Facility Maintenance Technician

Donna Pydlek
Health & Wellness Coordinator
healthyseniors@rvseniorcenter.org

Susan Buckingham
Transportation Coordinator
transpo@rvseniorcenter.org

Ashlei Jones
Senior Services Coordinator
services@rvseniorcenter.org

Brian Rochon
Maintenance Assistant/Custodian

Mary McCormick
Senior Nutrition Services Site Manager