



The Sentinel

N E W S L E T T E R

Message from the Board President

Hello Seniors!

It's June, the sixth month of the year, and it's time to serve up some fun facts. June is the first month of summer in the Northern Hemisphere. June includes the Summer Solstice, the longest day of the year in our Northern Hemisphere. In June we celebrate Father's Day, Flag Day, and



Juneteenth (the emancipation of enslaved people in the US). June also features the Strawberry Moon and the Arietids meteor shower.

June is dedicated to raising awareness about Alzheimer's disease and other dementias. It's a time to educate, support those affected, promote brain health, and support the caregivers.

June is also Men's Health Month. Gentlemen, your health is SO important. Is it time for that check-up you might be putting off? We want you around for a long time. You can arrange a ride to your doctor's office through the River Valley Senior Center. We will even deliver you to the front door.

On a more personal note....

June Reminders

- Make time for Fun, Rest, and Love.
- Authenticity makes you Shine.
- You are worthy of Love and Attention.
 - Be Kinder than you need to be.
 - You always have a Choice.
- Growth is not always Visible.

—From OurMind-
fullife.com

Please remember that all of you are important to us. Please be well and stay safe.

—Barbara Wojtczak



**Jack's my name.
Euchre my game.**



You'll want ME in your hand! If you're age 60 and over, join us for Euchre starting on Thursday, July 17, at 1 pm. Euchre players of all skill levels are welcome. Call us at (269) 469-4556 by to add your name to the Euchre list.



Father's Day Breakfast

Note date changed

Monday, June 16 at 9:30 am

Come and enjoy breakfast

made especially for you!

Please call for reservations by June 9.

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.

**Join Us for Our
Tea & Fashion Show**
River Valley Senior Center
July 1st, 1:00pm

Complimentary
Finger Sandwiches,
Tea and Desserts

Fashions from
The Clothes Horse

Please call for Reservations
by June 20th
269-469-4556



Foot Care Clinic

Monday, June 23, 8 am

Friday, June 27, 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.



When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, 'I used everything you gave me'.

—Erma Bombeck

Weekly Recurring Activities

Monday

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

Tuesday

9 am—Crafts (call for reservations) (UL)
10 am—Essentrics
10 am—TOPS (UL 6/3, 6/17)
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)

July 30, 2025 12:05 pm Start

South Bend Cubs

vs

Quad Cities River Bandits

Minivan Trip

(for first 8 sign-ups)



**\$20 Ticket
includes
hot dog & drink**

Leave senior center at 10 am.

Reservations: Call (269) 469-4556.

Upstairs or Downstairs Exercise Class? Depends on Bingo

- If it is a **Bingo Friday**, the **9 & 10 am Exercise Group** will hold their class **upstairs** in the **Red Arrow Room**.
- If it is **not** a Bingo Friday, the **9 & 10 am Exercise Group** will hold their class in the **lower level**.

You can do it!

New RVSC T-Shirts!



Add pizzazz to your summer wardrobe with the **new** River Valley Senior Center T-Shirt! You'll find these t-shirts displayed on both the upper and lower levels of the senior center. The short sleeve t-shirt is made of 100 % cotton, and the RVSC logo is on the front left. Priced right at **\$10** and available in size **Medium, Large, X-Large, 1XL, and 2XL**.

Great colors for summer wear: **Heather Blue** and **Heather Athletic Grey**. Sizes and colors are limited.

June Bingo

Friday, June 13, 11 am

Lifecare will sponsor Bingo and lunch. Please call **269-469-4556** for your reservation by **June 6**.

Friday, June 27, 11 am

RVSC with lunch. Please call **269-469-4556** for your reservation by **June 21**.



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: Sunset/Sunrise Tuesday, June 17, 12-3 pm



June Project: Sunset/Sunrise

Join Roy and Peg Hruska, both Madden Certified Teachers, for an afternoon of relaxation. 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 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 **June 10**.

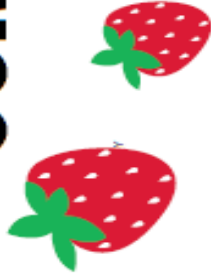
Important Service Numbers

- | | |
|---------------------------------|----------------|
| • 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 – JUNE 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 9:00 &10:00 Exercise (LL) *1:30 Yoga, Chair *2:30 Yoga, Beginners *Call to confirm class	3 9:00 Crafts (UL) 10:00 TOPS (UL) 10-11:15 Essentrics (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL)	4 9:00 &10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	5 1:00 Cribbage (UL) 2:00 Alzheimer's Support Group	6 9:00 & 10:00 Exercise (LL) 10:45 BP Check (UL) 1:30 Knitting & Crochet LL					
9 9:00 &10:00 Exercise (LL) *1:30 Yoga, Chair *2:30 Yoga, Beginners *Call to confirm class.	10 9:00 Crafts (UL) 10-11:15 Essentrics (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL)	11 12:30 Monthly USDA Foods/Commodities 9:00 &10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	12 1:00 Cribbage (UL) 2:00 Alzheimer's Support Group	13 9:00 & 10:00 Exercise (UL) 10:45 BP Check (UL) BINGO - Lifecare 1:30 Knitting & Crochet (LL)					
16 Fathers Day Breakfast - 9:30 9:00 & 10:00 Exercise (UL) *1:30 Yoga, Chair *2:30 Yoga, Beginners *Call to confirm class.	17 9:00 Crafts (UL) 10:00 TOPS (UL) 10-11:15 Essentrics (LL) 12:00 Watercolor (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL)	18 9:00 &10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards/Games (UL) 1:00 Wii Bowling (UL)	19 10:00 Board Meeting (UL) 1:00 Cribbage (UL) 2:00 Alzheimer's Support Group	20 9:00 & 10:00 Exercise (LL) 10:45 Blood Press.Cks (UL) 1:30 Knitting & Crochet (LL)					
23 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.	24 9:00 Crafts (UL) 10-11:15 Essentrics (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL)	25 9:00 &10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	26 9:00 Newsletter folding (LL) 1:00 Cribbage (UL) 2:00 Alzheimer's Support Group	27 8:00 Foot Clinic by Appt (UL) 9:00 & 10:00 Exercise (UL) 10:45 BP Check (UL) 11:00 BINGO RVSC with lunch 1:30 Knitting & Crochet (LL)					
30 9:00 &10:00 Exercise (LL) *1:30 Yoga, Chair *2:30 Yoga, Beginners *Call to confirm class			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.					

JUNE 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 IV

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Sloppy Joe on a Bun Cheesy Potatoes Zucchini Coins Fresh Fruit	3 Black Bean Chicken Sauce over Steamed Rice Broccoli Apple	4 BBQ Pork on a Bun Potato Salad Broccoli & Cauliflower Mandarin Oranges	5 Turkey Breast Mashed Potatoes w/ Gravy Creamed Spinach Peaches	6 Fish Creole over Rice Three Bean Salad Okra Tropical Fruit
9 Italian Baked Chicken Potato Wedges Stewed Tomatoes Peaches	10 Beef Veggie Spaghetti Bake Seasonal Vegetable Cherry Crumble	11 Taco Salad with ground beef, cheddar cheese, tomatoes,, blk olives, & Ranch dressing Tortilla Chips Fruit Fluff	12 Veggie Frittata Sausage Patty Potatoes O Brian Cinnamon Applesauce	13 Teriyaki Pineapple Chicken over Rice Oriental Blend Veggies Mandarin Oranges
16 Sausage Mushroom Ragu Green Beans Carrot Coins Banana Pudding	17 BBQ Chicken Diced Potatoes Peas & Carrots Seasonal Fruit	18 Pasta Fagioli Soup Cooked Greens Baked Apples and Raisins	 closed for Juneteenth	20 Beef Soft Tacos w/ Cheese, Lettuce, Tomato Succotash Black Beans Fruit Cocktail
23 Honey Mustard Chicken Brown Rice Meadow Blend Veggies Citrus Mix	24 Pork Fried Rice Sugar Snap Peas Peaches	25 Brat on a Bun Ketchup & Mustard Mediterranean Green Beans Mandarin Oranges	26 Butternut Squash & Black Bean Enchilada Skillet Steamed Corn Fresh Fruit	27 Turkey Burger w/ Mayo, Mustard, Ketchup Macaroni Salad Green Peas Seasonal Fruit Birthday Cake
30 Cheeseburger Casserole Normandy Blend Veg Mixed Berry Applesauce		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	

USDA Foods (Monthly Commodities) Wednesday, June 11, 12:30–2 pm

USDA Foods works to improve the health of low-income persons who are at least 60 years of age by supplementing their diets with nutritious 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 June 26, 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

- **Thursday, May 29, 4:00 pm**
New Troy Community Center
- **Tuesday, June 3, 3:30 pm**
Harbert Community Church
- **Wednesday, June 4, 4:30 pm**,
Woodland Shores Baptist Church (Bridgman)
- **Thursday, June 19, 3:30 pm**
Harbert Community Church
- **Monday, June 30, 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.

We offer our heartfelt thanks to **DeRuiter's Greenhouses of Three Oaks** for their generous donation of beautiful flowers for our Mother's Day Luncheon.



Essentrics With Cecily Mobility • Strength • Flexibility

**Essentrics Gentle (Beginner), Tuesdays, 10-10:45 am
River Valley Senior Center
45 minutes, standing and chair use**

This class is a 0 impact full body gentle workout to improve mobility through increased range of motion, increased balance and improved posture. Participants report a greater sense of well being, decreased stress, increased energy and decreased pain.

**Essentrics (Floor Stretch)
Tuesdays, 10:45-11:15am
River Valley Senior Center**

This extension of Essentrics Gentle is for those who want a deeper, relaxing stretch for the hips, glutes, and hamstrings resulting in increased range of motion and mobility and agility.

**Essentrics Gentle (Beginner), 10-10:45 am
Essentrics (Intermediate), Fridays, 11:00-12:00 Noon
New Buffalo Township Library
Standing and chair use**

This class is for those who are looking for a faster paced, more rigorous, deeper muscle workout. It is designed to tone the full body and build core, through unlocking and strengthening the muscles in the lengthened position.



Board of Directors' Meeting Thursday, June 19, 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.



Summer Holidays



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

August
barbecue
beach
biking
bonfires
books
camping

canoeing
cottage
family
friends
games
hammock
hiking

holidays
ice cream
July
lake
lemonade
memories
picnics

pool
popsicles
puzzles
reading
relax
road trips
sports

sprinkler
strawberries
summer camp
swimming
traveling
vacation
watermelon

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.

June 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

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Facility Maintenance Technician

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Susan Buckingham
Transportation Coordinator
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Ashlei Jones
Senior Services Coordinator
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Brian Rochon
Maintenance Assistant/Custodian

Mary McCormick
Senior Nutrition Services Site Manager