



# The Sentinel

N E W S L E T T E R

## My Ice Cream is Mel-I-I-ting

My ice cream is melting this hot sunny day.  
I'm licking it quick, but it's dribbling away.  
My ice cream is melting. It's starting to drip  
all over my fingers, my chin, and my lip.  
My ice cream is melting.  
I can't make it stop.  
It's hitting the ground with a splash and a plop.  
My ice cream has melted and turned into ooze.  
It was on a cone, but it's now on my shoes.

— Kenn Nesbitt

One of my favorite summertime treats is an ice cream cone on a hot summer afternoon or evening. My big decision is whether to eat it quickly and risk a “brain freeze” or lick and enjoy it slowly before it runs down my arm to my elbow and the ground. If only all our decisions were that simple and delicious.



Barbara Wojtczak  
RVSC Board President

We hope you decide (and your decision might be “simple and delicious”) to join us here at River Valley Senior Center for our July events and activities. We care about you and wish you well.

—Barbara Wojtczak

## Summer Picnic With Bingo & Games Friday, July 25, 11 am

Celebrate the summer season at the Senior Center! We'll be grilling hotdogs along with chips and a drink. If the weather cooperates, we'll offer outdoor fun. Try your hand at cornhole, ladder toss, yard tic-tac-toe, flat hoops, and yard dice. You just might win a prize!

Please call the senior center at **269-426-4556** to sign up no later than

**July 18.** We hope to see you on **July 25.**



## How Fraud Affects Seniors Wednesday, July 23, 11 am

Karen Cummings, branch manager of the New Buffalo Horizon Bank, will give a presentation on fraud and how it affects senior citizens on July 23. Senior citizens are often targets of fraud because they tend to be trusting and polite. They also usually have financial



Karen Cummings  
Horizon Bancorp, Inc.

savings, may own a home, and have good credit—all of which make them attractive to scammers. Additionally, seniors may be less inclined to report fraud because they don't know how, or they may be too ashamed at having been scammed.

Karen Cummings has been in the banking industry for 45 years and served Horizon Bank for the last 10 years. She has previously held roles as a teller, customer service representative, and mortgage loan originator. In her current role as branch manager of the New Buffalo office, Cummings manages staff and oversees day-to-day operations of the bank..

Karen is a member of Three Oaks American Legion Auxiliary, past member of the Three Oaks Business Association, and Three Oaks Flag Day Committee. She is a lifelong resident of Three Oaks and enjoys spending time with her family.

Please join us for this informative presentation. Call **(269) 469-4556** for your reservation by **July 16.**

# Euchre Legend



Here's your chance to be a Euchre legend! If you're age 60 or 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 July 7 to add your name to the Euchre list.

Baseball is ninety percent mental  
and the other half is physical.

—Yogi Berra

**July 30, 2025 12:05 pm Start**  
**South Bend Cubs**

**vs**

**Quad Cities  
River Bandits**  
**Minivan Trip**  
**(waiting list only)**



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

**Leave senior center at 10 am.**  
**Reservations: Call (269) 469-4556.**

## Foot Care Clinic

**Monday, July 28, 8 am**

**Wed, July 30, 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.

The human foot is a masterpiece of  
engineering and a work of art.

—Leonardo de Vinci

## 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 (*no class on 7/8*)  
10 am—TOPS (UL 7/1, 7/15)  
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—Euchre (UL) (*starts 7/17*)  
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)



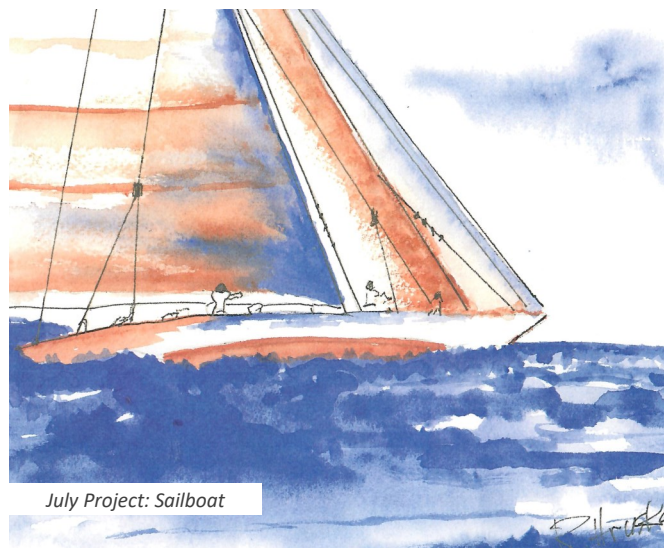
## New RVSC T-Shirts!



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.

## Watercolor: Sailboat Tuesday, July 15, 12-3 pm



July Project: Sailboat

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 **July 7.**

**Fashion Show  
postponed  
until further  
notice.**

## July Bingo

**Friday, July 11, 11 am**

Lifecare will sponsor Bingo and lunch. Please call **269-469-4556** for your reservation by **July 7.**



**Friday, July 25, 11 am**

**Summer Picnic With Bingo & Games**

Please call **269-469-4556** for your reservation by **July 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.

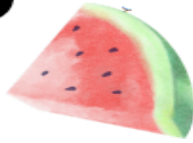
## Important Service Numbers

- 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: 1-888-382-1222  
Do Not Call

# RIVER VALLEY SENIOR CENTER – JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LOCATION KEY</b> (LL) = Lower Level (UL) = Upper Level	<b>1</b> 9:00 Crafts (UL) 10:00 TOPS (UL) <b>10:00 Essentrics (LL)</b> 1:00 Cribbage – (UL) <b>2:00 Choir (LL)</b>	<b>2</b> 9:00 & 10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	<b>3</b> 1:00 Cribbage (UL) 2:00 Alzheimer's Support Group	<b>4 HOLIDAY</b> 
<b>7</b> 9:00 & 10:00 Exercise (LL) *1:30 Yoga, Chair *2:30 Yoga, Beginners <b>*Call to confirm class.</b>	<b>8</b> 9:00 Crafts (UL) <b>10:00 Essentrics-No Class</b> 1:00 Cribbage – (UL) <b>2:00 Choir (LL)</b>	<b>9</b> <b>12:30 USDA Foods (Commodities)</b> 9:00 & 10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	<b>10</b> 1:00 Cribbage (UL) 2:00 Alzheimer's Support Group	<b>11</b> 9:00 & 10:00 Exercise (UL) 10:45 BP Check (UL) <b>11:00 BINGO–Lifecare</b> 1:00 Knitting & Crochet (LL)
<b>14</b> 9:00 & 10:00 Exercise (LL) *1:30 Yoga, Chair *2:30 Yoga, Beginners <b>*Call to confirm class.</b>	<b>15</b> 9:00 Crafts (UL) <b>10:00 Essentrics (LL)</b> 10:00 TOPS (UL) <b>12:00 Watercolor (LL)</b> 1:00 Cribbage – (UL) <b>2:00 Choir (LL)</b>	<b>16</b> 9:00 & 10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards/Games (UL) 1:00 Wii Bowling (UL)	<b>17</b> <b>10:00 Board Meeting (UL)</b> <b>1:00 Euchre (UL)</b> 2:00 Alzheimer's Support Group	<b>18</b> 9:00 & 10:00 Exercise (LL) 10:45 Blood Press. Cks (UL) 1:00 Knitting & Crochet (LL)
<b>21</b> 9:00 & 10:00 Exercise (LL) *1:30 Yoga, Chair *2:30 Yoga, Beginners <b>*Call to confirm class.</b>	<b>22</b> 9:00 Crafts (UL) <b>10:00 Essentrics (LL)</b> 1:00 Cribbage – (UL) <b>2:00 Choir (LL)</b>	<b>23</b> 9:00 & 10:00 Exercise (LL) <b>11:00 Seniors &amp; Fraud (UL)</b> 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	<b>24</b> <b>1:00 Euchre (UL)</b> 2:00 Alzheimer's Support Group	<b>25</b> 9:00 & 10:00 Exercise (UL) 10:45 BP Check (UL) <b>11:00 RVSC Picnic with Bingo and Games</b> 1:00 Knitting & Crochet (LL)
<b>28</b> <b>8:00 Foot Clinic by Appt.(UL)</b> 9:00 Newsletter Folding 9:00 & 10:00 Exercise (LL) *1:30 Yoga, Chair *2:30 Yoga, Beginners <b>*Call to confirm class</b>	<b>29</b> 9:00 Crafts (UL) <b>10:00 Essentrics (LL)</b> 1:00 Cribbage – (UL) <b>2:00 Choir (LL)</b>	<b>30</b> <b>8:00 Foot Clinic by Appt. (UL)</b> 9:00 & 10:00 Exercise (LL) <b>10:00 SB Cubs Van Trip</b> 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)	<b>31</b> <b>1:00 Euchre (UL)</b> 2:00 Alzheimer's Support Group	Senior Nutrition Services Lunch is served at <b>11:30 am.</b> Seniors eat in the (LL) of the center. Please call Mary McCormick at <b>269-426-0912</b> before 10 a.m. the day before you want your meal.

# JULY 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 Agency of



## 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 800 milligrams Sodium 1/3 RDA for Vitamins and Minerals	1 Salsa Chicken over Steamed Rice Fiesta Blend Vegetables Mandarin Oranges	2 Chicken Caesar Pasta Salad with Parmesan cheese and Tomatoes Sliced Cucumbers Mixed Berry Applesauce	3 Hamburger on a Bun Ketchup/Mustard Tomato/Onion/Lettuce Baked Beans Rainbow Pepper Slices w/ Ranch Dip Watermelon	
7 Baked Chicken w/ Cucumber Radish Salsa Potato Wedges Peaches	8 Spaghetti Bake Broccoli + Cauliflower Cherry Crumble	9 Oven Fried Chicken Sauteed Rainbow Swiss Chard Succotash Salad Diced Cantaloupe	10 Pulled Pork on a Bun Three Bean Salad Sliced Cucumbers w/ Ranch Berry Blend	11 Baked Breaded Cod Steamed Green Beans Carrot Coins Blueberries
14 Sausage Mushroom Ragu Roasted Asparagus Spears Peaches	15 Veggie Frittata Sausage Patty Potatoes O Brian Summer Melon	16 Taco Salad with ground beef, cheddar cheese, tomatoes,, blk olives, & Lime Vinegarrette dressing Tortilla Chips and Salsa Yogurt with Fruit	17 Mediterranean Chicken Diced Potatoes Steamed Bell Peppers, Zucchini, Onion, Cherry Tomato Medley Fresh Fruit	18 Teriyaki Meatballs with Brown Rice Normandy Blend Veg Fresh Berries
21 Honey Mustard Chicken Brown Rice Steamed Beets Citrus Mix	22 Sloppy Joe on a Bun Summer Squash Medley Sugar Snap Peas Banana Pudding	23 Brat on a Bun Ketchup, Mustard, Mayo Mediterranean Green Beans Strawberry Rhubarb Crisp	24 Pizza Pasta Steamed Corn Tossed Salad with Italian Fresh Berries	25 BBQ Chicken Warm Potato Salad Peas & Carrots Watermelon Birthday Cake
28 Beef and Black Bean Soft Tacos w/ Cheese, Lettuce, Tomato Fiesta Corn Blueberries	29 Creamy Garlic Chicken with Spinach over Angel Hair Pasta Green Peas Peaches	30 Cobb Salad with Ham, Hard Boiled Egg, Cucumber, Tomato & Italian dressing Whole Wheat Roll Cherry Compote	31 Teriyaki Pineapple Chicken over Rice Steamed Bok Choy Fresh Melon	



### USDA Foods (Monthly Commodities)

**Wednesday, July 9, 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

**Monday, July 28, 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, July 1, 3:30 pm**  
Harbert Community Church
- **Wednesday, July 2, 4:30 pm,**  
Woodland Shores Baptist Church (Bridgman)
- **Monday, July 28, 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.**

**FEEDING**  
**AMERICA**  
West Michigan

### Be Smarter Than A Scammer

As I recover from the side effects of chemotherapy, I stop several times a day to rest. This gives me more time to watch the news, and I saw this CBS news report from South Bend:

Artificial Intelligence (AI) software can make it easier for unethical people to make a quick buck by stealing and selling your property.



Curtiss Alvarez  
RVSC Board Member

Case in point: An elderly lady's wheel chair ramp suddenly disappeared. Scammers were able to take pictures of her ramp and post that picture on social media. The scammer tells a customer to come and get the ramp at the elderly lady's location. (Fortunately, this woman had a security camera installed on her house and police were able to find the buyer who thought he legitimately paid for a wheel chair ramp.)

The purchaser had to return the ramp and was scammed out of his money because he had paid on line and never met the person selling the ramp.

My message to those selling an item on line:

**You need to meet your buyer face-to-face in a safe location.** Pay attention to AARP's Fraud and Scam Reports, as well as local police reports. It also may be worth the money to install a small security camera near your front door.

### Board of Directors' Meeting Thursday, July 17, 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.

## Essentrics With Cecily Mobility • Strength • Flexibility

July 1, 15, 22, 29 River Valley Senior Center  
July 11, 18, 25 New Buffalo Township Library

Bring your exercise mat  
and if you do floor work, bring a towel for cushion.

### 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 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. Participants will feel stronger throughout and experience greater endurance. Half the class is standing and half is floor strengthening and stretching. All are welcome.



Our gardens are starting to grow.



Rose Marie Knight and Ernie Melichar enjoy turkey dinner and the musical Nunsense in Turkeyville.



Join our puzzle masters at the new puzzle table.  
From left: Charlie Simmons, Bill Hedtke, and Betty Mueller.



Billy Burdett of the Harris Family Farm Foundation shares gardening tips with our seniors.



**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](http://www.rvseniorcenter.org)  
Email: [director@rvseniorcenter.org](mailto:director@rvseniorcenter.org)  
Phone: (269) 469-4556  
Fax: (269) 469-0321  
Hours: Monday-Friday  
7:30 a.m. to 4 p.m.

**July 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  
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Donna Pydlek  
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Brian Rochon  
*Maintenance Assistant/Custodian*

Mary McCormick  
*Senior Nutrition Services Site Manager*