



The Sentinel

N E W S L E T T E R

For the Chipmunk in My Yard

by Robert Gibb

I think he knows that I'm alive, having come down the three steps of the back porch and given me a good once over.



All afternoon he's been moving back and forth, gathering odd bits of walnut shells and twigs. While all about him the great fields tumble to the blades of the thresher. He's lucky to be where he is, wild with all that happens.

He's lucky he's not one of the shadows living in the blond heart of the wheat. This autumn when trees bolt, dark with the fires of starlight, he'll curl among their roots, wanting nothing but the slow burn of matter on which he fastens like a small, brown flame.

Autumn is my favorite time of year. The intense, prolonged heat of summer is waning. The angle of the sun continues to change. The blue in the sky becomes more intense. The aroma of dried grass and leaves makes me a little melancholy. The wild animals are getting ready to hibernate. Autumn is a season of change for everyone and everything. Please know that we care about you and wish you well.



Barbara Wojtczak
RVSC Board President

—Barbara Wojtczak

MARK YOUR CALENDAR – October 8, 2025



11 am to 2:30 pm
Michigan Secretary of State
Mobile Office
River Valley Senior Center

will be here to provide services to patrons of the River Valley Senior Center.

To schedule an appointment, call (614) 469-4556.

Come With Us to the Casino!

Bus Trips to Four Winds Casino are back. It's time to have a great lunch and a fun afternoon.

Dates of Casino Trips:

9/24, 10/22, 11/19, and 12/17

Cost per trip: \$30 cash (round trip)

Time: Leave RVSC at **10 a.m.**

Return at **3 p.m.**

Four Winds will provide:

\$15 Instant Slot Credit

\$10 Food Voucher

Call (269) 469-4556 to make your trip reservations.



Explore New Beading Class

Wednesday, Sept. 18

Kim and Mary are starting a new class at RVSC on Wednesday, **September 18 at 10 am.**

This month's bead craft is a Fairy Wand. Fairy wands are often used in floral arrangements. You can place one next to a favorite houseplant, or pop one in your garden. Wand sizes come in 10, 12, or 16 inches. The **small wands** are **\$10 each** or **two for \$18**. The **larger wand** is **\$13**. Fees should be paid to the instructors.

Beads are European-style glass, plastic, and wood. You can also add charms.

Please join us for a fun, quick craft you can keep for yourself or share with a friend. Call for reservations by **September 11 at (269) 469-4556.**



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.

A Good Hand



Millie Evans is planning her strategy.



Ron Jelenik shuffles the deck for his team.

Euchre players have a great time at the senior center on Thursday afternoons at 1 pm. If you're age 60 or over, we'd be happy to have you join us. Euchre players of all skill levels are welcome. We can also help you learn the game. Call us at (269) 469-4556 to sign up.

Join Us for Our Tea & Fashion Show River Valley Senior Center October 9th 1:00pm

Complimentary
Finger Sandwiches,
Tea and Desserts

Fashions from
The Clothes Horse

Please call for Reservations
by October 3rd
269-469-4556



Oktoberfest

Thursday, Oktober 16, 4-7 pm, Lower Level

Heart and Soul Band along with Will & Marilyn Smaka will be at the senior center to entertain us. Put on your dancing shoes and join us for an afternoon of great entertainment, food, and fellowship. Please call the center at (269) 469-4556 for reservations by October 9.



Foot Care Clinic

Monday, Sept. 22 & Friday, Sept. 24

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**.



"I wish I could tell you it gets better.
But, it doesn't get better. You get better."
— Joan Rivers

Weekly Recurring Activities

Monday

9 am—Exercise Class (LL)
10 am - Exercise Class (LL)
1:00 pm—Trash Can Card Game (UL)
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
10 am—TOPS (UL 9/9 & 9/23)
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 (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)

Watercolor: Sea Turtle Tuesday, September 16, 12-3 pm



September Project: Sea Turtle

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 **September 9**.

September Bingo

Friday, Sept. 12, 11 am

Lifecare will sponsor Bingo and lunch. Please call **269-469-4556** for your reservation by **September 5**.



Friday, Sept. 26, 11 am

RVSC Bingo with lunch

Please call **269-469-4556** for your reservation by **September 19**.

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.

Elvis Night


Alvie Ellenwine, an Elvis Tribute Artist and the Sweet Sensations will soon be performing at the Senior Center on **September 27**. Donations are **\$10 person**. We will have limited seating, so we encourage you to purchase tickets in advance. Think about your memories of Elvis, your favorite songs, and his movies. For reservations and further information, please call the Center at 269-469-4556 by **September 20**.



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-SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2 9:00 Crafts (UL) 10:00 Essentrics 1:00 Cribbage – (UL) 2:00 Choir (LL)</p>	<p>3 9:00 & 10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)</p>	<p>4 1:00 Euchre (LL) 2:00 Alzheimer's Support Group</p>	<p>5 9:00 & 10:00 Exercise (LL) 10:45 Blood Press.Cks (UL) 1:00 Knitting & Crochet (LL)</p>	
<p>8 9:00 & 10:00 Exercise (LL) 1:00 Trash Can Card Game *1:30 Yoga, Chair *2:30 Yoga, Beginners *Call to confirm class.</p>	<p>9 9:00 Crafts (UL) 10:00 TOPS 10:00 Essentrics 1:00 Cribbage – (UL) 2:00 Choir (LL)</p>	<p>10 9:00 & 10:00 Exercise (LL) 12:30 USDA Foods (Commodities) 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)</p>	<p>11 1:00 Euchre (LL) 2:00 Alzheimer's Support Group</p>	
<p>15 9:00 & 10:00 Exercise (LL) 12:30-1:30 2nd Pick Up Monthly USDA Foods 1:00 Trash Can Card Game *1:30 Yoga, Chair *2:30 Yoga, Beginners</p>	<p>16 9:00 Crafts (UL) 10:00 Essentrics (LL) 12:00 Watercolor (LL) 1:00 Cribbage – (UL) 1:00 Cribbage – (UL) 2:00 Choir (LL)</p>	<p>17 9:00 & 10:00 Exercise (LL) 1:00 Line Dancing (LL) 1:00 Cards/Games (UL) 1:00 Wii Bowling (UL)</p>	<p>18 10:00 Bead Class 10:00 Board Meeting (LL) 1:00 Euchre (UL) 2:00 Alzheimer's Support Group</p>	
<p>22 8:00 Foot Clinic by Appt. (UL) 9:00 & 10:00 Exercise (LL) 1:00 Trash Can Card Game *1:30 Yoga, Chair *2:30 Yoga, Beginners</p>	<p>23 9:00 Crafts (UL) 10:00 TOPS 10:00 Essentrics (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL)</p>	<p>24 8:00 Foot Clinic by Appt (UL) 9:00 & 10:00 Exercise (LL) 10:00-3:00 4 Winds Casino 1:00 Line Dancing (LL) 1:00 Cards / Games (UL) 1:00 Wii Bowling (UL)</p>	<p>25 8:30 Newsletter Labeling 1:00 Euchre (LL) 2:00 Alzheimer's Support Group</p>	
<p>29 9:00 & 10:00 Exercise (LL) 1:00 Trash Can Card Game *1:30 Yoga, Chair *2:30 Yoga, Beginners *Call to confirm class</p>	<p>30 9:00 Crafts (UL) 10:00 Essentrics (LL) 1:00 Cribbage – (UL) 2:00 Choir (LL)</p>		<p>26 9:00 & 10:00 Exercise (UL) 10:45 BP Check (UL) 11:00 RVSC Bingo 1:00 Knitting & Crochet (LL) REMINDER - Elvis Night Tomorrow 9/27 6-8 pm</p>	
<p>LOCATION KEY (LL) = Lower Level (UL) = Upper Level</p>				<p>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.</p>

SEPTEMBER 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 8 Sweet Potato Breakfast Casserole Green Beans Cinnamon Baked Apples w/ Raisins	2 Chicken & Broccoli Alfredo Bake Asparagus cuts & tips Plum or Seasonal Fresh Fruit	3 Taco Salad w/ Ground Beef, Tomatoes, Onions, Cheese & Ranch Dressing Tortilla Chips & Salsa Mandarin Oranges	4 Stir Fried Rice w/ Chicken (Shredded) Carrots, Onions, Sugar Snap Peas) Steamed Bok Choy Apricot	5 Stuffed Green Peppers Roasted Yellow Beans Seasonal Fruit
15 Cheesy Spinach Chicken Casserole Brussels Sprouts Pineapple	9 Pork Tenderloin w/Pear & Thyme Mashed Potatoes Green Peas Beet Salad Seasonal Melon	10 Tuna Casserole Roasted Radishes Sliced Cucumbers with Ranch Grapes	11 Cheese Tortellini Roasted Squash Medley Berry Crisp	12 Parmesan Crusted Chicken with Creamy Garlic Sauce over Pasta Honey Roasted Carrots Peach, Cucumber, Basil Salad Fresh Fruit
22 Meatloaf Diced Butternut Squash Spinach Salad w/ Vinaigrette Seasonal Fresh Fruit	16 French Dip w/ Swiss Cheese on a Hoagie Potato Wedges Broccoli Salad Banana	17 Egg Roll in a Bowl over Rice Asian Cucumber Salad Fruit Crumble	18 Creamy Beef & Garlic Butter Pasta Lima Beans Yogurt with Berries	19 Zucchini Boats w/ Ground Turkey Steamed Rainbow Carrots Seasonal Fruit
29 Cheeseburger Mushroom Casserole w/ Mushrooms Green Beans Apples	23 Zucchini Lasagna with Ground Chicken Kale & Brussels Salad Peach Cobbler	24 Fall Cobb Salad w/ Chickpeas, Apple, Squash, Cheese Crumbles & Vinaigrette Whole Wheat Bread Yogurt w/Fruit	25 25 Pulled Pork on Bun Mac & Cheese Steamed Seasonal Vegetable Apple Birthday Cake	 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

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 —

Serve Nutrition Services Region 18

USDA Foods (Monthly Commodities)

Wednesday, September 10, 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 Labeling

Thursday, September 25, 8:30 am

We label newsletters in the lower level at **8:30 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, September 2, 3:30 pm**
Harbert Community Church
- **Wednesday, September 3, 4:30 pm,**
Woodland Shores Baptist Church (Bridgman)
- **Friday, September 18, 12:00**
Harbert Community Church
- **Monday, September 29, 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.



Volunteer to Support

Apple Cider Century Bike Tour SAG Stop

**September 28, 2025
8 am–3 pm**



The Friends of New Troy needs volunteers to support a SAG (Stop and Gear) stop at this year's Apple Cider Century Bike Tour. Volunteers help set up, prep and serve food, and keep the bike rest area clean. They also clean up after the event. This is a great time to meet other seniors and neighbors while welcoming bikers along the route. If interested, please call Terry Hanover at (269) 369-1897.

Trash Can Card Game



Betty Mueller will introduce a fun and easy card game called **Trash Can** on **Mondays at 1 pm**. Ten cards are dealt face down, and the first person to turn up all ten, wins the round. She'll be glad to teach you or a small group how easy the game is to learn. Find

Board of Directors' Meeting Thursday, September 18, 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 reservation. Our service is partially supported by the Area Agency on Aging.

Essentrics With Cecily Mobility • Strength • Flexibility

September 2, 9, 16, 23, 30

River Valley Senior Center

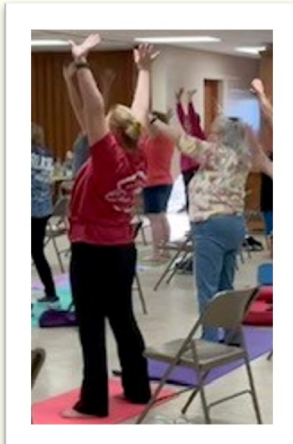
September 5, 12, 19, 26

New Buffalo Township Library

Essentrics Gentle (Beginner), Tuesdays, 10-10:50 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, 11:00-11:30 am 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), 10-10:50 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.

Telephone Reassurance

The River Valley Senior Center provides a Telephone Reassurance program for those that live alone and would appreciate a daily friendly call to check on their welfare. If you would appreciate such a call, or have an elderly relative who lives alone, and might be reassured to hear a friendly voice on a daily basis, please call the Senior Center at 269-469-4556. If you would be like to be a volunteer caller, let the Senior Center know.

Autumn



WORD SEARCH



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



SCARF
TREE
ACORN
HAY

APPLE
FALL
PUMPKIN
SWEATER

BOOTS
RAKE
PIE
LEAF

Board of Directors Nominations

The River Valley Senior Center Nominating Committee is currently accepting applications for election to the Board of Directors. Residential requirements of Board Membership includes geographic service area which includes Townships of Chikaming, Lake, New Buffalo, Three Oaks, parts of Galien and Weesaw Township, and west of Cleveland Avenue. This includes the following cities/villages: Michiana, Grand Beach, New Buffalo, Three Oaks, Union Pier, Lakeside, Harbert, Sawyer, New Troy, and Bridgman.

Applications are available at the River Valley Senior Center, 13321 Red Arrow Highway, Harbert, MI 49115 or contact Elna (Ellie) Rogers, Committee Chairperson, (269) 756-9596 or edelrogers@sbcglobal.net for further information. **Applications are due by October 1, 2025.**

RVSC Annual Meeting Thursday, October 16, 9 am

(Regular monthly Board Meeting to follow.)

The River Valley Senior Center will hold its **Annual Meeting** on **October 16 at 9 am** in the **Lower Level** of the Senior Center. The Nominating Committee will present their recommendations to fill open and expired seats on the Board of Directors. The Board will open the floor for nominations. The financial report will be given by **Rebecca Gloe of Advantage Accounting** and the Board will recap their activities of the past year and future plans. The regular **monthly Board Meeting** will follow in the **Upper Level** with election of officers.

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



NON-PROFIT
ORGANIZATION
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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.

September 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