



## Advisory Board Members:

How are we doing? What can we do to serve you better? Your feedback is what will continue to improve our program and we want to hear from you.

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### TOWNSHIP SENIOR SERVICES

***October - December 2022***

**We are going electronic!**

#### WE ARE ASKING FOR AN EMAIL TO SEND YOU THE NEWSLETTER! YOU CAN ALSO FIND IT ON OUR WEBSITE

**Kchopp@antwerptownship.com**

**UPCOMING EVENTS**

Oct. 5 Blood Pressure/Glucose testing from 11:00am-11:45am

Oct. 12 Senior Advisory Board Meeting 1:00pm

Oct. 14 Fall dance

Oct. 19 Craft Day 1:00pm

Oct. 26 1PM Flu Shot Clinic/Halloween costume contest at lunch.

Nov.2 Blood Pressure/Glucose testing from 11:00am-11:45am

Nov. 7&8 Building closed for Election

**Nov. 9**  **Drive thru lunch**/Dr. G foot doctor 1:00pm/Senior Advisory Board meeting 1:00pm

Nov. 16 Thanksgiving Luncheon

Dec.7 Blood Pressure/Glucose testing from 11:00am-11:45am

Dec. 21 Christmas luncheon

Jan. 18 Annual Board Senior Services Board meeting – elect Board Chair and Vice Chair

**FALL DANCE Oct 14-sign up, so we have enough snacks!**

**FLU CLINIC Oct. 26** we will be posting on our website how to sign up or give Karol a call at 668-2615 Ext 208

**Thanksgiving Luncheon November 16** -Full thanksgiving meal~ **Need to sign up by November 2.**

**Christmas Luncheon December 21 -Sign up by December 8**

###### Join us for lunch, every Wednesday at 11:45 This luncheon is for seniors who reside/are taxpayers in Antwerp Township, contribute to the Antwerp Senior Millage and are **60** years of age or over. Residents of Antwerp Township are asked to donate whatever they can afford. Anyone **60** years of age and over attending a luncheon who resides outside of Antwerp Township **must** pay $6 for a meal.

**Where**: Antwerp Activity Center

**OPEN ENROLLMENT** is October 15- December 7

Medicare/Medicaid counseling appointments can be made with Karol, or you can go to medicare.gov to review your insurance needs.

**Antwerp Township Senior Services is on Facebook! Log-in to your Facebook page and type in the search bar -Antwerp Township Senior Services. “Like” our Facebook page to stay current on events and activities hosted by senior services.**

We will have the **Activity Center closed on November 7 for election set up and November 8 for election and November 9 until 1:00pm** where it will be open for knitters & crocheters as well as Foot Dr and Senior Advisory Board Meeting.

Lunch will be a drive thru on this day**, please come though the back entrance to pick up your meals.**

**When**: Wednesdays at 11:45 am

#### YOU MUST CALL BY WEDNESDAY THE WEEK BEFOREHAND TO RSVP FOR LUNCH the following week by 3pm

**Watch for Menu’s and updates@ Antwerptownship.com**



**Classes listed on this page meet in the Antwerp Township Activity Center**

***24821 Front Ave. – back building***

***There is no fee to attend but you must be a*** senior who resides/is a taxpayer in Antwerp Township and contribute to the **Antwerp Senior Millage** and are **60** years of age or over.

# Cardio Drumming

**Our fitness classes are being held**

***Tuesday at 10:00am*** and ***Thursday at 11:30am***

This can be done standing up or sitting in a chair!

We have the equipment you just need to show up and

Fun!

# Stretch & Tone

This class will help to release muscle tension, increase flexibility, and improve range of motion. Combining body firming exercises, you will work on toning your body. This class will incorporate Pilates movements to help strengthen the muscles that support the spine and neck. You will need a yoga mat for this class. If you have a Pilates ball, and muscle roller at home please bring them to class with you.

**When**: Thursday 9:00am-9:50am

**Instructor**: Seong-Hee Kim

# Healing Yoga

This class is instructed by Seong-Hee Kim, she incorporates the practice of Asana (Yoga posture) and Pranayama (Yoga breathing exercise). This yoga emphasizes alignment of the body, the strength of the core muscles and the circulation of body energy.

 A yoga mat is needed for this class!

**When**: Tuesday 9:00-9:50am and Thursdays 10:00-10:50am

**Instructo**r: Seong-Hee Kim

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**Monday's-**building is open 9am-3pm for you to come and bring a friend and socialize, play games, watch some TV, due puzzles, or just plain chat. We have a TV/sitting room. If you need a table put up just come up to the office and we will get you set up!

**MEDICARE/MEDCAID COUNSELING**

**CONTACT MMAP COUNCELOR AT** [**KCHOPP@ANTWERPTOWNSHIP.COM**](mailto:KCHOPP@ANTWERPTOWNSHIP.COM)

**OR KAROL 668-2615 EXT. 208**

# Chair Yoga

You will complete a series of seated and standing poses. A chair is offered for support so you can perform a variety of poses designed to increase flexibility, range of motion and balance.

**When**: Tuesdays 11am

**Instructor: Dr. Reddy**

**Craft day!**

The Antwerp sunshine library will be doing craft days the 3rd Wednesday of the month at 1:00pm. We will post a picture of the craft item on our website monthly and you will need to sign up by the week before, so we have enough material.

Contact Karol @ 668-2615 Ext. 208

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**Check website for updates: Antwerptownship.com** under the Senior Services tab.

# Quilting Group

Quilters will be gathering in the Activity Center to work on projects! Bring your projects and join us!

**When**: Thursdays 9:00am-3:00pm

**Cost:** Free

# Knitting & Crocheting

Experienced knitters/crocheters are welcome to bring their own projects you would like to learn, members will be there to teach you!

**When**: Wednesdays at 1:00pm

**Cost**: Free

# Embroidery Enthusiasts

Are you enthusiastic about machine embroidery? This is a group for all levels to share ideas, knowledge & build camaraderie.

Bring your own machines.

**When**: Mondays from 9:00am-3:00pm

**Cost**: Free

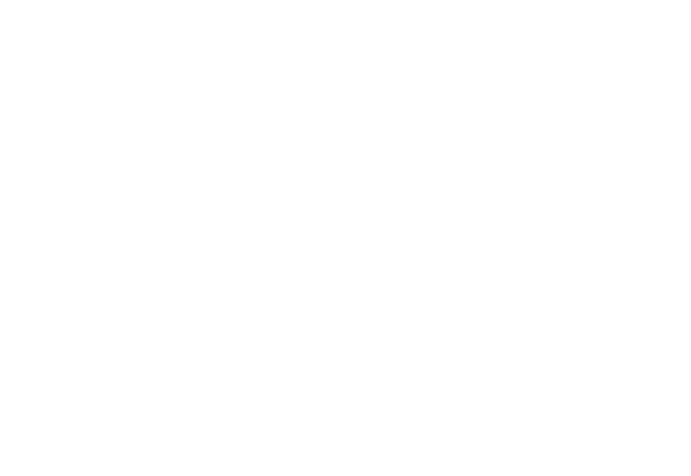
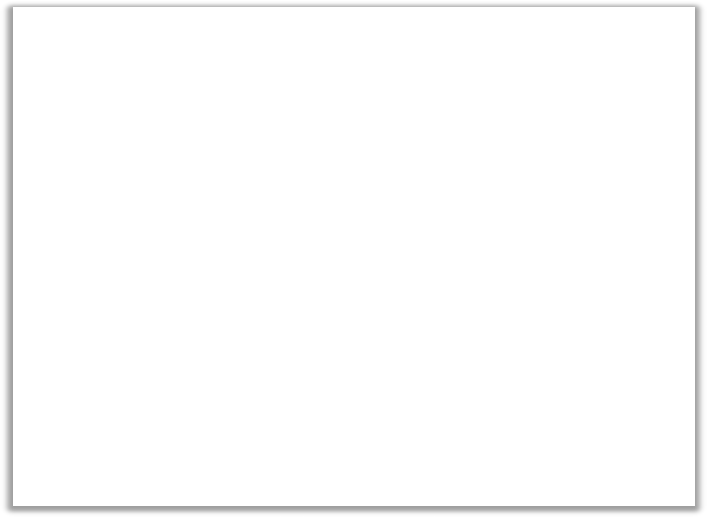
**Mattawan Lions Club:**

Offering help with eye exams, eyeglasses, or other eye related needs or hearing aid assistance. Please contact [Mattawanlionsclub@yahoo.com](mailto:Mattawanlionsclub@yahoo.com) or find them on Facebook at Mattawan Lions Club.

**Pickle ball!**

Indoor net will be set up on Monday's from 9am-3pm. We have paddles and balls available.

If you are interested in learning we have a few people willing to help with that, just let me know.



**Health Care Services**

**Please bring your photo ID and proof of Insurance to these appointments.**

**Dr. G Foot Care Services**

**Where**: Antwerp Township Activity Center

**When: November 9**

**Time:** 1:00 pm start time (5 min.

appointments)

**Cost:** $30 ***without Medicare OR other insurance***

***To schedule an appointment call Karol*** (269) 668-2615 x 208 or email



# ANTWERP TOWNSHIP TRANSFER STATION-

The Transfer Station is to be used by Antwerp Township Residents/Taxpayers only. To enforce this policy, Antwerp Township is providing recycling cards. You must have a card to use the Transfer Station. Visit the Township Office to receive your card. Recycling hours Tuesday’s and Saturday’s from 9am-4pm .

Winter hours start Nov.1 to March 30 Saturday 9am-4pm only.

DO YOU NEED MEALS ON WHEELS?

Seniors **who reside/is a taxpayer in Antwerp Township and contributes to the Antwerp Senior Millage** and are **60** years of age or over, we will be taking order for meals by Tuesday at 10am and delivering weekly on Thursday’s between 11:30am-

12:30pm The cost is $4 per meal. These will be **frozen** healthy meals that you can microwave. You can pick one weeks’ worth or just a few days’ worth, but we will **only** deliver on Thursdays. Questions? contact Karol @ 668-2615 ext. 208

Antwerp Township Senior Services

4821 Front Avenue

Mattawan, MI 49071

STANDARD MAIL

PRESORT

U.S. POSTAGE

**PAID**

KALAMAZOO, MI

PERMIT NO.114



And thank you to **Midwest Energy & Communications** for our $1,000 grant towards gas cards for our drivers! We have been able to drive many seniors to doctor's appointments and the grocery store thanks to their grant!