**Sid Shank** 



## 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.

**Juan Giscombe,**  Chair

[Jegis@msn.com](mailto:Jegis@msn.com)

**Blaine Douglas** [hbdoug1@bloomingdalecom.net](mailto:hbdoug1@bloomingdalecom.net)

**Marcia Shaneyfelt-Niles** [mams805@frontier.com](mailto:mams805@frontier.com)

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Sid Shank

Sidshank1@gmail.com

**Daniel Ruzick**

[druzick@antwerptownship.com](mailto:druzick@antwerptownship.com)

**Chantel Reyna**

[creyna@antwerptownship.com](mailto:creyna@antwerptownship.com)

**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.**

### TOWNSHIP SENIOR SERVICES

***April-June 2024***

**1st and 4th quarter will be mailed to those without an email.**

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

**Kchopp@antwerptownship.com**

**UPCOMING EVENTS**

April 3 Blood Pressure Check 11:00-11:30am

10 Senior Advisory Board Meeting -1:00pm

17 Craft Day 1:00pm/hearing test

22 Potluck lunch at Noon RSVP to Karol

24 Speaker- Mr. Fleenor

May 1 Blood Pressure Check 11:00-11:30am

3 Indoor Sale! 9am-2pm

6 Senior/Vet Expo 9am-Noon

8 Senior Advisory Board Meeting- 1:00pm

15 Craft Day 1:00pm/Hearing test

22 Fun Bingo after Luncheon

29 Game Day after Luncheon

For more information, please see the Events page attached!

**REMINDER: If THERE IS SEVERE WEATHER, PLEASE CHECK WWMT OR OUR FACEBOOK PAGE OR OUR WEBSITE FOR UPDATES ON CLOSINGS! *I***

**UPDATE:** We now are allowing **Almena & Waverly Township** to come and enjoy our services. If you are in Almena or Waverly Township, please sign up a week in advance for meals so that we can have enough food for all.

Use our sign in sheets and write down your township as well for all other classes.

###### 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

#### 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**

**When**: Wednesdays at 11:15am salads, 11:45 luncheon 12:15 takeout.



**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 SAME FOR ALMENA & WAVERLY

# Cardio Drumming

**Our fitness classes are being held**

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

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

We have the equipment you just need to show up and

Have Fun! If you are from Almena or Wavely please bring your own equipment if you can!

# 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

# 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

**MEDICARE/MEDICAID COUNSELING**  **CONTACT MMAP COUNSELOR AT** [**KCHOPP@ANTWERPTOWNSHIP.COM**](mailto:KCHOPP@ANTWERPTOWNSHIP.COM)

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

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**Monday-Thursday-**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.

We have a few tables set up in the center room for you to use.

# 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

**Foam Roller**

**The 4th Monday of the month at 9am -9:50am.**

Discover the art of deep tissue self-massage using a foam roller. This gentle yet effective practice

involves deep body stretching and targets pressure points to aid muscle recovery. By breaking up muscle knots, it helps to retore normal blood and energy flow. We recommend consulting with the instructor before purchasing your own foam roller to ensure you choose the right one for your needs. The instructor will bring extra foam rollers to the class.

**Craft day!**

We 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. We may change a date here and there so check the website or **Contact** Karol @ 668-2615 Ext. 208



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

# Quilting Group (Senior Needlers)

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 1:00-3:00pm

**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.

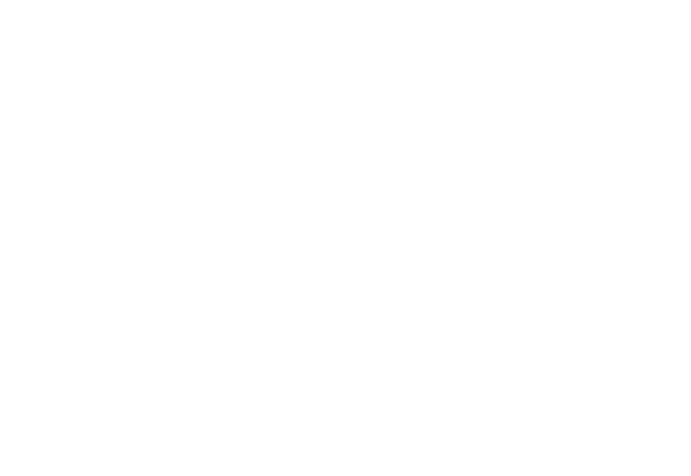
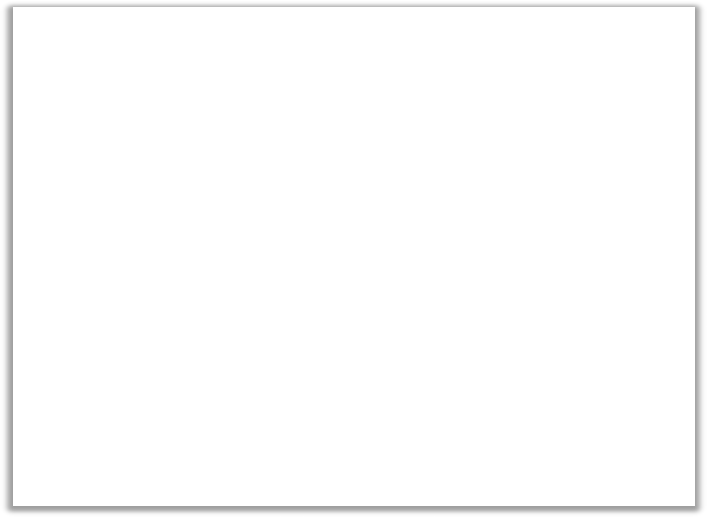
What is P.A.C.E

The **P**rogram of **A**ll-Inclusive **C**are for the **E**lderly (PACE) offers a variety of services, with many of them provided onsite at a PACE Center. PACE is an alternative to nursing home care and – through an interdisciplinary care team (IDT) of physicians, nurse practitioners, nurses, social workers, therapists, van drivers, and aides – coordinates and provides preventive, primary, acute, and long-term care services, so older individuals can continue living in the community. Enrollment: (269) 441-9319

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

**Cost**: Free

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**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: March 27 & May 29**

**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

# Mattawan Mechanical Logo

DO YOU NEED MEALS ON WHEELS?

You have two options: You can call **Meals on Wheels of SW Michigan at 269-925-0137** or

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 $6 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

24821 Front Avenue

Mattawan, MI 49071

STANDARD MAIL

PRESORT

U.S. POSTAGE

**PAID**

KALAMAZOO, MI

PERMIT NO.114



WELCOME TO OUR NEIGHBORS FROM ALMENA AND WAVERLY!

**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

**Antwerp Township**

**Senior Services Menu**

Questions? Contact Karol at (269) 668-2615 x 208

***Please RSVP to the luncheon no later than 1 week***

***in advance! (Meals subject to change)***

**Please check:**

**Antwerptownship.com under senior services tab or menus are available in the activity center or at the Township office.**

**Wednesday, April 3 (Antwerp Café)**

French Dip Sandwich, Potato salad, Chips, Salad

**Wednesday, April 10 (Wagoner’s)**

Fried Chicken, Tater Wedges, Coleslaw, Roll, Salad

**Wednesday, April 17 (Antwerp Café)**

Baked Potato Bar, Fruit, Salad

**Wednesday, April 24(Maggie Café)**

Cordon Blue, Wild Rice, Salad, Dessert

Feeding America Mobile Pantry:

**Date**: 3rd Monday of the month

**Place:** Antwerp Activity Center parking lot-enter through Glidden Ave

**Time:** will be posted on the Antwerp senior services Facebook page and on the senior services page on our antwerptownship.com website





A poster with boxes and a cactus

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A close-up of a vaccination form

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**Antwerp Senior Services**

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April 3 Blood Pressure Check 11:00-11:30am

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17 Craft Day 1:00pm/hearing test

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22 Fun Bingo after luncheon

29 Game Day after luncheon

June 5 Blood Pressure Check 11:00-11:30am

12 Senior Advisory Board Meeting -1:00pm

19 Craft Day 1:00pm/hearing test

26 Speaker TBA

Picnic Day! Save the date – July 17