

# Antwerp

## TOWNSHIP SENIOR SERVICES

July -September 2024

**1<sup>st</sup> and 4<sup>th</sup> 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

- |           |    |                                       |
|-----------|----|---------------------------------------|
| July      | 3  | Blood Pressure Check/NovaCare         |
|           | 10 | Senior Advisory Board mtg 1:00pm      |
|           | 17 | <b>Picnic</b> /Hearing test           |
|           | 22 | Potluck Noon                          |
|           | 24 | Game Day                              |
|           | 31 | Fun Bingo 12:30pm                     |
| August    | 7  | Blood Pressure Check /NovaCare        |
|           | 14 | Senior Advisory Board Meeting- 1:00pm |
|           | 21 | Craft Day 1:00pm/hearing test         |
|           | 28 | Speaker-TBA                           |
| September | 4  | Blood Pressure Check 11:30am-noon.    |
|           | 11 | Senior Advisory Board mtg 1:00pm      |
|           | 18 | Hearing test                          |
|           | 25 | Speaker-TBA                           |

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!**

**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.

### 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)

**Karen Dunn**  
[askkdunn@netzero.com](mailto:askkdunn@netzero.com)

**Sid Shank**  
[Sidshank1@gmail.com](mailto: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.



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.

# FITNESS CLASSES

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

**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 Waverly 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**

**Monday-Thursday**-building is open 9am-3pm for you to come and bring a friend and socialize, play games, watch some TV, do 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 4<sup>th</sup> 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 restore 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 3<sup>rd</sup> 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

## **Dr. Hagop Ghazarian**

Foot & Ankle Specialist

*We Make House Calls*

Phone/Fax: (269) 353-7277 • Cell: (269) 321-9956  
8748 Pine Island Ct S • Mattawan, MI 49071

# CREATIVE GROUPS

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.

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

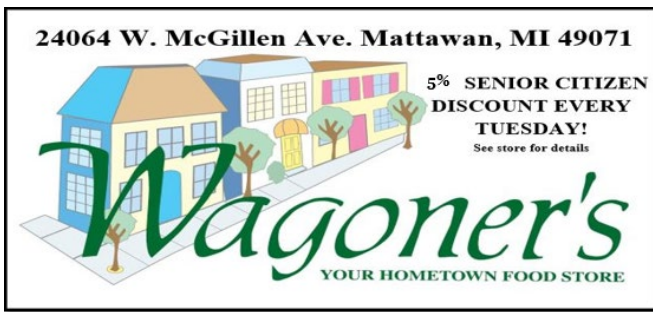
**Cost:** Free

### 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

Trips available for seniors through Land & Sea Travel. More info: Alli Ross 657-5529  
Or [alli@slatravel.com](mailto:alli@slatravel.com)  
Ireland 2024  
Vermont 2025  
Alaska Cruise 2025



## 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:** July 31

**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**  
**Senior Services**  
24821 Front Avenue  
Mattawan, MI  
49071

STANDARD MAIL  
PRESORT  
U.S. POSTAGE  
**PAID**  
KALAMAZOO, MI  
PERMIT NO.114

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

#### **ANTWERP TOWNSHIP OPEN BURN**

Antwerp Township does not have an ordinance pertaining to open burning therefore, we follow the State of Michigan open burn regulations. If you have questions regarding open burn please contact your local fire department. Attached is a link to EGLE's regulations.

Antwerp Township encourages residents to use the Transfer Station Facility at NO COST, which is located off C.R. 657 and 64<sup>th</sup> Ave. in Lawton to properly dispose of brush, lawn clippings, tree limbs, leaves, or any other burnable materials.

<https://www.michigan.gov/egle/-/media/Project/Websites/egle/Documents/Programs/AQD/Open-Burning/Open-Burning-Brochure.pdf?rev=a22053a391784c0d8045d34806a2cfde>

DEQ Pollution Emergency alerting service phone number: 1-800-662-9278 or 1-800-292-4706

DEQ Pollution Emergency alerting service email: [ELGE-Assist@Michigan.gov](mailto:ELGE-Assist@Michigan.gov)

## **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, July 3 (Antwerp Café)**

Chicken Salad Croissants, Carrots & Celery & Humus, Fruit, Salad

### **Wednesday, July 10 (Scott's)**

Taco Salad, Fruit, Salad

### **Wednesday, July 17 (2<sup>nd</sup> hand smoke) Must sign up by July 3!**

Choice of ribs or beef brisket, Potato Salad, Fruit, Dessert, Salad

### **Wednesday, July 24 (Antwerp Café)**

Breakfast Casserole, Fruit

### **Wednesday, July 31 (Scott's)**

Chicken Patty Sandwich, Macaroni Salad, Broccoli, Dessert

## **Feeding America Mobile Pantry:**

**Date:** 3<sup>rd</sup> 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



Antwerp Township Senior  
Services

# *Summer Picnic*

JULY 17, 2024  
NOON

RSVP BY JULY 3, 2024  
CHOICE OF RIBS OR BRISKET