



TRIPS INFORMATION



Mystery Trip
Friday, July 17th; \$97 pp
 Relax and enjoy, that is all you need to do. The picture is a clue to where we are going! Price includes meals, fees for activities and transportation. Your only extra expense is personal shopping.
Active Activity; NEW LISTING!



Amish Acres Arts & Crafts Festival
Thursday, August 6th; \$30 pp
 Voted one of North America's 100 Best Events in 2014. Spend the day enjoying over 300 artists and craftsmen, festive food, entertainment and much more. Price includes festival ticket and motorcoach transportation.
Active Activity; NEW LISTING!

Arlington Race Track
Thursday, August 27th; \$84 pp
 Treat yourself to an afternoon stationed at the top of the stretch with a wonderful view of the race track while feasting on a delicious buffet and enjoying exhilarating Thoroughbred entertainment. Dress code is required to attend. Price includes admission, lunch and motorcoach transportation. **Moderate Activity; NEW LISTING!**

Nunset Blvd-The Nonsense Hollywood Bowl Show
Turkeyville
Wednesday, September 9th; \$61 pp
 Another chapter of the little sisters who arrive to sing much to their dismay at a bowling alley. However a movie producer is close by auditioning for a movie about a movie star who becomes a nun. Price includes show ticket, lunch and motorcoach transportation.
Moderate Activity; NEW LISTING!

ACTIVE OVERNIGHT TRAVEL OPPORTUNITIES

INFORMATIONAL MEETINGS ON:

Wednesday, May 13th, 1:30 pm

Call or stop by the Center to sign up
 Lite refreshments and a few surprises!
 Through Ed & Ted Excellent Adventures.



Tuesday, May 19th, 10:30 am

Call or stop by the Center to sign up
 Southern Brunch Bites being served!
 Through Mayflower Value Tours.



DINING DOZEN this month we will go on Wednesday, May 20th to **Taste** in South Haven. *This trip is only for those residing in our service area. We do not take reservations until the Monday after newsletter is mailed, in this case, April 27th.* Cost is \$5.00 pp for transportation, which is non-transferable, plus the cost of your meal. In case of cancellation, a refund will be given if your spot is filled. A \$1.00 administrative fee will be deducted. If fewer than 12 sign up, the trip is cancelled.

Cubs/Brewers-Friday, May 1st; \$50 pp
Cubs/Braves-Friday, August 21st; \$50 pp
 Active Activity; **SIGN UP SOON!**
Billy Elliott the Musical; Drury Lane
 Wednesday, May 13th; \$82 pp
 Moderate Activity; **WAITING LIST**
Medieval Times; Schaumburg, IL
 Friday, June 26th; \$62 pp
 Moderate Activity; **WAITING LIST**
Cabaret Lunch Cruise; Navy Pier
 Tuesday, July 7th; \$80 pp
 Active Activity; **WAITING LIST**
Cabaret Lunch Cruise; Navy Pier
 Tuesday, July 28th; \$80 pp
 Active Activity; **WAITING LIST**



TRIP REMINDERS

All Center trips are for ages 60+. We only accept cash or checks. A deposit is required to hold all reservations. Most trips fill quickly, but waiting lists are taken! If you require more than courtesy assistance, you must have a traveling companion. The Center staff reserves the right to determine the level of activity AND the eligibility of an individual's ability to participate on each trip or one's need for assistance. In cases of cancellation, refunds (less a \$5.00 administrative fee) are given, if your reservation can be filled. You may transfer your deposit to another trip.

HEALTH NEWS & SEMINARS

- May 7th Blood pressure clinic 9-11 am
- May 15th Senior Expo (Mendel Center)
- May 18th PACE program 11 am
- May 19th Blood pressure clinic 9-11 am

The Nurse is In!
Mary Ann Kuehl, RN

Spring is in the air! Baseball has returned! Everything is starting to bloom! What a great time of year!

Hopefully, you are getting out to enjoy some fresh air and sunshine.



Be Ready, Stay Safe : Know the signs of stroke:

- FAST**
- F-does face look uneven?
- A-does one arm drift down, ask person to raise both arms
- S-does speech sound strange, ask them to repeat a simple phrase
- T-time if you observe any of these it is time to call 9-1-1.

FOOT CLINIC

By Appointment Only on
Friday, May 8th and Friday, May 15th
 Lakeland Home Health Care provides this service. This service is available to diabetics, **but only with a doctor's order.**

THE GOOD TIMES BOOK CLUB

Wednesday, May 13th, 10:00 am
 The Book Club meets the second Wednesday of each month. Claudette Riekels will lead the group discussion about the book, Spring Moon by Bette Bao Lord.

FRIDAY FLICK

Friday, May 22, One Showing at 1:00 pm
UNBROKEN is the true story of Olympian and war hero Louis Zamperini who after a near fatal plane crash in WWII spends a harrowing 47 days in a raft with two fellow crewmen before he is caught by the Japanese Navy and to a POW camp. This movie runs for 2 hours, 17 minutes and is rated PG-13. Please sign up. There is always popcorn!

5th ANNUAL OUTREACH EVENT

Sunday, June 14th, 11:00 am
This is FLAG DAY, wear your red, white and blue !
 Everyone is invited to enjoy a cookout, special "flag" bingo, and socializing at this annual event co-hosted by the Center and The First Church of God outreach program "Do Something."
 Sign up for this event by noon on June 10th.

AARP SMART DRIVER PROGRAM

Tuesday, June 16th, 9:00 am - 4:00 pm
 A refresher course developed for senior drivers, but open to drivers of all ages. Class will include driving safety strategies, State of MI regulations, and much more. Completing this course may result in an insurance discount, please check with your insurance agent. Class fee is \$15.00 for AARP members and \$20.00 for non-members. To attend the course you must sign up here at the Center. Lunch is also available from Senior Nutrition by calling 235-4103 to sign up, and you pay that day.

The Walking Club meets on Wednesdays and Fridays. You have a choice of staying in to follow a DVD or going outside. We are on a virtual walk from St. Joseph to Toronto to help track our miles. We also plan to participate in the Be Healthy Berrien Challenge. If walking is not your "thing", the center has many other exercise activities. Check out page 4.

On Monday, May 18th, a representative from the **PACE** center will be here. Come and learn about this great program right here in St. Joseph. It is a wonderful alternative for those needing more assistance but wanting to stay in their own home. **Their mission is to promote and sustain the independence of seniors wishing to remain in the community.** Please sign up at front desk.

While getting some sun is good, we need to be reminded of dangers as well. Make sure you wear sunscreen (re-apply every 2 hours), hats and sunglasses are also important. If you must be outside all day, try to sit under a shade tree or umbrella. If you have never had a skin exam by a dermatologist, make this a goal this year. Have fun in the sun, but be safe too.

If you have macular degeneration, glaucoma or another eye condition that has affected your vision, please sign up to attend the **Independent Living Program.** This program can offer you assistance which allows you to function in your own home, even with visual limitations. Get more information at the program on June 9th @ 10:00am. Mark your calendars now!

See you next time!

RECURRING SCHEDULE

For information and to play Bridge, please contact:
 Mondays, 12:30pm Doris DeWitt 429-9478
 Tuesdays, 12:45pm Bea Starke 429-0039
 Thursdays, 12:45pm Milt Zoschke 925-9128

MONDAYS

- 8:30 am - Mah Jong Game
- 9:15 am - Resistive Exercise Class
- 9:30 am - Quilting Group
- 10:30 am - Range of Motion Exercise Class
- 10:30 am - Intermediate Bridge, Carl Hayes 487-5170
- 12:30 pm - Bridge
- 1:00 pm - Hand & Foot Cards
- 1:00 pm - Tai Chi Exercise ****NEW****

TUESDAYS

- 9:00 am - Resistive Exercise Class
- 9:30 am - Begin & Refresh Bridge, Milt Zoschke 925-9128
- 10:00 am - Photography Class ****NEW****
- 10:15 am - Range of Motion Exercise Class
- 11:15 am - M & M's Exercise (Music & Motion)
- 12:45 pm - Bridge
- 1:00 pm - Art (full)
- 1:00 pm - Euchre
- 1:00 pm - Advanced Line Dancing
- 2:00 pm - Beginning Line Dancing

WEDNESDAYS

- 9:00 am - Walking Club
- 9:00 am - Greeting Card Making
- 10:00 am - Zumba
- 11:00 am - Mah Jong Game
- 1:00 pm - Dominoes / Scrabble
- 1:00 pm - Tai Chi Exercise ****NEW****

THURSDAYS

- 9:00 am - Resistive Exercise Class
- 10:00 am - Board Meeting (3rd Thurs of each month)
- 10:15 am - Range of Motion Exercise Class
- 11:15 am - M & M's Exercise (Music & Motion)
- 12:45 pm - Bridge
- 1:00 pm - Cribbage
- 1:00 pm - Wizard or 5 Crowns Card Game

FRIDAYS

- 8:30 am - Mah Jong Game
- 8:45 am - Golden Drum Beats Exercise ****NEW****
- 9:00 am - Walking Club
- 10:00 am - Advanced Line Dancing
- 11:30 am - Zumba
- 1:00 pm - Euchre
- 1:00 pm - Tai Chi Exercise ****NEW****

**PEOPLE, PLACES AND THINGS
AROUND THE CENTER**



“Variety is the very spice of life that gives it all its flavour.” We were so glad to have Heather here to guide a class through making recipes using fresh vegetables. Who had any idea how delicious raw kale would taste in a salad made with apples and carrots and special seasonings? We received many ideas on what new and different healthy dishes to make from our garden crop this year. She made the class a lot of fun and we look forward to having her come back again.

TRAVELING EUCHRE GROUP

Saturday, May 16th, 1:00 pm
 at the Cassopolis Senior Center. Find a partner and have fun playing with people from other senior centers. Please call them at 445-8110 to reserve a spot.



QUILT RAFFLE
“Plain Meets Pretty”
 TICKETS ARE AVAILABLE
 \$1.00 each or 6 for \$5.00

SUPERBOOKS will be available soon. Please remember to buy yours here to help support this annual Center fundraiser while enjoying dining and shopping locally!



April 30th, \$1.00 at 1 pm \$1.00
 Happy Home Care will be here serving root beer floats at 12:30 pm.
May 14th, free, at 1 pm
May 28th, \$1.00, at 1 pm

**BUNCO First Thursday of every month
 May 7th, 1:00 pm, FREE**



Senior Nutrition Services Meals on Wheels of SW MI

**CALL 269-235-4103
 TO MAKE OR CHANGE
 LUNCH RESERVATIONS.**

May 2015



**Menu Is Subject To Change
 Without Notice
 Lunch served at 11:45 a.m.**

Meals Provide 1/3 Recommended Daily Allowance (RDA); 2% Milk served with all meals.

Meals are provided in partnership with:



With matching funds from United Way and Participant Donations, which are critical in continuing these meals.

Monday	Tuesday	Wednesday	Thursday	Friday
	Mother's Day Is May 10th	<u>Monthly Income Fair Share</u> \$1,101 & up \$3.75 and up \$801-1,100 \$3.25 per Meal \$701-\$800 \$2.75 per Meal \$551-\$700 \$2.25 per Meal \$0-\$550 \$1.75 per Meal		1 Sliced Roast Pork with Gravy Mashed Potatoes Brussels Sprouts Biscuit Banana
4 Sweet & Sour Meatballs over Noodles Prince Charles Blend Biscuit Tropical Fruit Salad	5 Italian Baked Chicken Mashed Potatoes Broccoli & Cauliflower Roll Navel Orange	6 Vegetarian Spaghetti Scandinavian Blend Side Salad Bread Stick Pears	7 BBQ Pulled Pork Apple Bean Bake Creamy Coleslaw Bun Grapes	8 Chicken ala King over Biscuit Sweet Corn Lime Perfection Salad Peaches
11 Swiss Chicken w/ Dressing Mashed Potatoes Brussels Sprouts Blushing Pears	12 Cabbage Casserole Sweet Peas Corn bread Peach Crisp	13 Turkey Tetraxini Zucchini Red Peppers Broccoli Florets Silver Dollar Roll Apricots in Pudding	14 Porcupine Meatballs Mashed Potatoes Seasoned Spinach Peaches	15 Hearty Vegetable Lasagna Italian Vegetables Green Salad Applesauce
18 Cranberry Glazed Turkey Mashed Potatoes Broccoli Fruit Cocktail	19 Pork Chop Suey Over Rice Asian Blend Bread Jello with Fruit	20 Oven Fried Chicken Whipped Sweet Potatoes Brussels Sprouts Golden Fruit Mix	21 Spanish Rice Santa Fe Blend Side Salad Warm Applesauce	22 Broccoli & Cheese Omelet Potatoes O'Brien Stewed Tomatoes Banana
Closed for 	26 Sloppy Joes Red Skin Potatoes Key West Blend Bun Peach Slices	27 Deviled Pork Chops Roasted Sweet Potatoes Spring Blend Wheat Bread Cooked Apples	28 Fish Creole over Rice Baked Squash Multigrain Bread Mandarin Oranges	29 Stuffed Peppers Harvest Beets Sunshine Salad Corn bread Pears Birthday Cake! 