



## TOWNSHIP SENIOR SERVICES

January-March 2025

### 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  
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We will be adding a new board member soon!

**1<sup>st</sup> and 3<sup>rd</sup> quarter will be mailed to those without who do not use an email address.**

**WE ARE ASKING FOR AN EMAIL TO SEND YOU THE NEWSLETTER! YOU CAN ALSO FIND IT ON OUR WEBSITE**  
**[Kchopp@antwerptownshipmi.gov](mailto:Kchopp@antwerptownshipmi.gov)**

### UPCOMING EVENTS

#### January

1	Closed
8	Sr. Advisory Board meeting 1:00pm
15	Craft Day 1:00pm/Hearing tests 11:00am
22	TBA
29	Fun Bingo after lunch

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! If Mattawan schools are closed so are we!

**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 by 3pm**

**Watch for Menu's and updates@  
[Antwerptownshipmi.gov](http://Antwerptownshipmi.gov)**

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

**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.**



# 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.*

## 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 Wavely, please bring  
your own equipment if you can!

## Stretch & Tone-New date!

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:** Tuesday's 9:00am-10:00am

## Healing Yoga with Cardio-New Date and Time

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 ~~yog~~mat is needed for this class!

**When:** Thursdays 9:00am-10:05am



MEDICARE/MEDICAID COUNSELING  
CONTACT MMAAP COUNSELOR AT  
[KCHOPP@ANTWERPTOWNSHIPMI.GOV](mailto:KCHOPP@ANTWERPTOWNSHIPMI.GOV)  
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> Thursday of the month at 10:05am-10:55am.**

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 have a picture of  
the craft item on our entry table  
at the luncheon, 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:

**Antwerptownshipmi.gov** 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

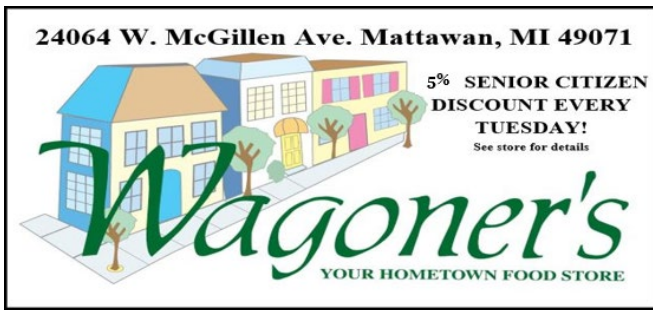
**Cost:** Free

## 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 Cruice 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: February 5, April 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  
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!**

## 2025 UPCOMING EVENTS

### January

1	Closed
8	Sr. Advisory Board meeting 1:00pm
15	Craft Day 1:00pm/Hearing tests 11:00am
22	TBA
29	Fun Bingo after lunch

### February

5	Blood Pressure check
12	Sr. Advisory Board meeting 1:00pm
19	Hearing tests 11am/craft day
26	TBA

### March

5	Blood Pressure Checks
12	Senior Advisory Board meeting 1pm
19	Hearing Tests 11am/ craft day
26	TBA

### **Feeding America Mobile Pantry:**

**Date:** 3<sup>rd</sup> Monday of the month (March-December)

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

**Time:** noon

**UPDATES:** We have a new website address, it is [Antwerptownship.gov](http://Antwerptownship.gov)! Please note this change so that you can check out our new easy to use website!!

Antwerp Township Recycling Center Hours:  
Tuesday and Saturday's {9am - 4pm}

**Note:** November 1<sup>st</sup> thru April 1st Saturday's

"Saturday's **ONLY**"

Electronics **Barn** Recycling **OPEN** {10am - 3pm} 2nd  
**SATURDAY OF THE MONTH** and will be open year-  
round.

The Recycling barn takes Computers/Laptops/Servers, DVD Players/ VCR's, Cable Boxes/Routers, Mobile Devices & Tablets, CRT Monitor/Tv's, LCD Monitors, and Networking Equipment and new items "Styrofoam" and household batteries.

**\*\*Do not leave electronics out by door\*\***

Antwerp Township residents must obtain key  
**fob** for recycling at the Township office.

Please note:

\*Only metal, glass and plastic can be placed in bins

\*Newspapers/Magazines must be bagged, and stacked in trailer

\*All cardboard boxes must be broken down

\*Do not leave Electronics outside Barn

\*Do not leave garbage in bags on site

This area is monitored by camera and key fob access. If it is determined that any rule has not been followed, your privileges at the Recycling Center will be **REVOKED!**