

# Antwerp

## TOWNSHIP SENIOR SERVICES

*January-March 2026*

### 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

Sid Shank, co-chair  
Sidshank1@gmail.com

Ed Kornetti  
[e.kornetti@gmail.com](mailto:e.kornetti@gmail.com)

TBA in January

**Daniel Ruzick**  
[druzick@antwerpmtownshipmi.gov](mailto:druzick@antwerpmtownshipmi.gov)

**Chantel Reyna**  
[creyna@antwerpmtownshipmi.gov](mailto:creyna@antwerpmtownshipmi.gov)

**Gerry Stackhouse**  
[hostagirlgerry@gmail.com](mailto:hostagirlgerry@gmail.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.



**1<sup>st</sup> and 3<sup>rd</sup> quarter will be mailed to those 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@antwerpmtownshipmi.gov](mailto:Kchopp@antwerpmtownshipmi.gov)**

### UPCOMING EVENTS

#### January

- 7 Blood Pressure Check
- 14 Senior Advisory Board Meeting 1pm
- 19 Building closed for Martin Luther King Jr Day
- 21 Craft Day
- 28 Speaker TBA

#### February

- 4 Blood Pressure Check
- 11 Senior Advisory Board Meeting 1pm
- 16 Building closed for Presidents' Day
- 18 Craft Day
- 25 Speaker TBA

#### March

- 4 Blood pressure checks
- 11 Senior Advisory Board Meeting 1pm
- 18 Craft Day
- 25 Speaker TBA

For more information, check the website at:  
[antwerpmtownshipmi.gov](http://antwerpmtownshipmi.gov)

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

Join us for lunch, every Wednesday at 11:45am 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 or are from Almena or Waverly Township. 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  
BEFORE TO RSVP FOR  
LUNCH by 3pm**

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

**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 60 years of age or older**  
who resides/is a taxpayer in Antwerp Township and contribute to  
the Antwerp Senior Millage **Or are from Almena or Waverly  
Township** and are **60** years of age or over. If you are from another  
Township you will need to pay the instructor directly.  
**Watch for schedule changes to classes on our website!!**

## 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:** Tuesday's 8:50am-9:55am

## Healing Yoga with Cardio-

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:** Tuesdays @11am and Thursdays 8:50am-9:55am

### CARDS –

Come play cards after luncheons  
from 1-3pm or Thursday from noon -  
3pm!

## 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

## Chair Yoga with standing

This is a class that meets on Thursdays at 10am except for the 3<sup>rd</sup> Thursday of the month – no class.

## 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.

### 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 orders for meals by Monday by 3pm 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

# 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



## 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:

Time: 12:30 pm start time (5 min. appointments)

Cost: \$35 **without Medicare OR other insurance.**

**To schedule an appointment call**

**Karol** (269)668-2615 x 208 or email



24064 W. McGillen Ave. Mattawan, MI 49071



Medicare/Medicaid counseling  
[KCHOPP@ANTWERTOWNSHIPMI.GOV](mailto:KCHOPP@ANTWERTOWNSHIPMI.GOV)  
OR 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



JANUARY



JANUARY

## 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)**

**Wednesday, January 7 (Wagoner's)**

Fried Chicken, Potato Wedges, Coleslaw, Salad

**Wednesday, January 14 (Antwerp Café)**

Ham Subs, Chips, Cookie, Fruit, Salad

**Wednesday, January 21 (Scott's)**

Lasagna, Garlic Bread, Beans, Salad

**Wednesday, January 28 (Scott's)**

Pulled pork, Mac & Cheese, Salad, Fruit



## 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)**

**Wednesday, February 4**

Sloppy Joes, Corn, Salad, Fruit

**Wednesday, February 11**

Artichoke Chicken, California Blend Veggies, Roll, Salad, Fruit

**Wednesday, February 18**

Breaded Cod, Fruit, Cookie, Salad

**Wednesday, February 25**

Chicken Salad Croissants, Carrot Sticks, Salad, Dessert



## 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)**

**Wednesday, March 4 (Antwerp Café)**

Tacos, Black Beans, Mexican Corn, Chips & Salsa, Salad

**Wednesday, March 11 (Scott's)**

Beef Stroganoff, Beans, Fruit, Salad

**Wednesday, March 18 (Scott's)**

Corned Beef & Cabbage, Red Potatoes, Roll, Salad

**Wednesday, March 25 (Mancino's)**

Pizza, Salad, Dessert

We are also looking for seniors to help drive other seniors to appointments or to pick them up for our senior luncheons.

If you think you can help, please contact Karol 269-668-2615 ext 208 or [kchopp@antwerptownshipmi.gov](mailto:kchopp@antwerptownshipmi.gov)

Scan the link to take you to our senior services tab on our website!



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!