

# Antwerp

## TOWNSHIP SENIOR SERVICES

January-March 2024

### We are going electronic!

**WE ARE ASKING FOR AN EMAIL TO SEND YOU THE NEWSLETTER! YOU CAN ALSO FIND IT ON OUR WEBSITE**  
**Kchopp@antwerptownship.com**

### UPCOMING EVENTS

January	3	Blood Pressure Check 11:00-11:30am
	10	Senior Advisory Board Meeting -1:00pm
	17	Craft Day 1:00pm/hearing test
	24	Speaker TBA
	31	Fun Bingo
February	7	Blood Pressure Check 11:00-11:30am
	14	Senior Advisory Board Meeting – 1:00pm
	21	Craft Day 1:00pm/hearing test
	28	Speaker TBA
March	6	Blood Pressure Check 11:00-11:30am
	13	Senior Advisory Board Meeting -1:00pm
	20	Craft Day 1:00pm/hearing test
	27	Speaker TBA

**REMINDER: If THERE IS SEVERE WEATHER, PLEASE CHECK WWMT OR OUR FACEBOOK PAGE OR OUR WEBSITE FOR UPDATES ON CLOSINGS!**  
*If Mattawan Schools has a snow day, so do 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 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.

### 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.



# 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 Alema or Waverly please bring your own equipment.

## 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**

## 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

## 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

**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.

# CREATIVE GROUPS

**Check website for updates:**

**Antwerptownship.com** under the Senior Services tab.

## **Quilting Group**

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

## What is P.A.C.E

The **Program of All-Inclusive Care for the Elderly (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

24064 W. McGillen Ave. Mattawan, MI 49071



## 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: January 24 & March 27

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!**

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)**

### **Wednesday, January 3(Subway)**

6" Ham sub, cookie, chips, salad

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

Chicken Patty Sandwich, Veggie, Fruit, Salad

### **Wednesday, January 17 (Scott's)**

Lasagna, Garlic Bread, Veggie, Salad

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

Chili, Corn Bread, Salad, Fruit

### **Wednesday, January 31(Amores)**

Pizza, Salad, Fruit, Dessert

Please check:

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

**Happy 9-year anniversary to our  
Antwerp Township Senior Services!  
We started in January of 2015**