

# Antwerp

## TOWNSHIP SENIOR SERVICES

April-June 2024

### 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)

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[creyna@antwerptownship.com](mailto:creyna@antwerptownship.com)

**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](mailto:Kchopp@antwerptownship.com)**

### UPCOMING EVENTS

April	3	Blood Pressure Check 11:00-11:30am
	10	Senior Advisory Board Meeting -1:00pm
	17	Craft Day 1:00pm/hearing test
	22	Potluck lunch at Noon RSVP to Karol
	24	Speaker- Mr. Fleenor
May	1	Blood Pressure Check 11:00-11:30am
	3	Indoor Sale! 9am-2pm
	6	Senior/Vet Expo 9am-Noon
	8	Senior Advisory Board Meeting- 1:00pm
	15	Craft Day 1:00pm/Hearing test
	22	Fun Bingo after Luncheon
	29	Game Day after Luncheon

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.

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](http://Antwerptownship.com)**

**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 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

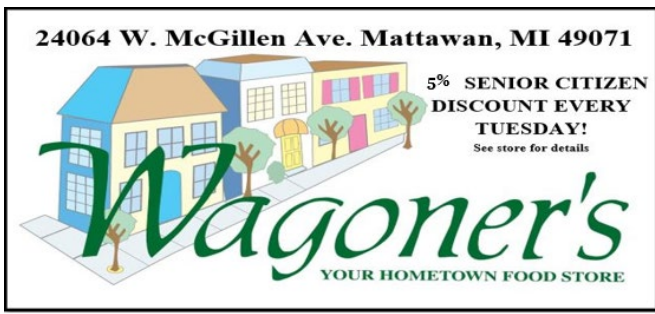
DO YOU NEED MEALS ON WHEELS?

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

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



## **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:** March 27 & May 29

**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)**

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

### **Wednesday, April 3 (Antwerp Café)**

French Dip Sandwich, Potato salad, Chips, Salad

### **Wednesday, April 10 (Wagoner's)**

Fried Chicken, Tater Wedges, Coleslaw, Roll, Salad

### **Wednesday, April 17 (Antwerp Café)**

Baked Potato Bar, Fruit, Salad

### **Wednesday, April 24 (Maggie Café)**

Cordon Blue, Wild Rice, Salad, 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 SENIOR SERVICES

# Potluck Lunch

## April 22 - Noon ★

BRING A DISH TO PASS

Please sign up ahead of time with what you are bringing so we all don't have the same dish! Senior Services will provide the tableware.

*Get ready to eat!*



# INDOOR Sale

Friday, May 3, 2024

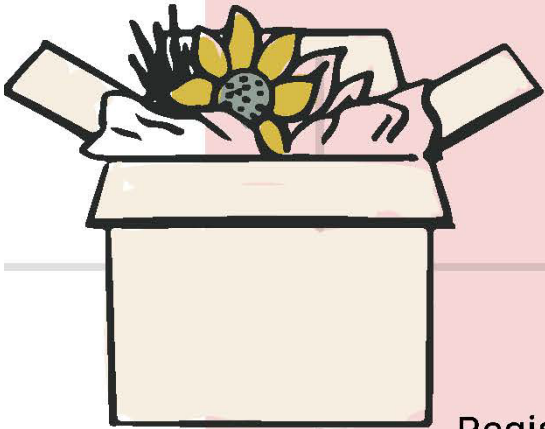
9:00AM - 2:00PM

Antwerp Activity  
Center  
24821 Front Ave  
Mattawan



# INDOOR Sale

**Are you looking to  
declutter your space and  
make some extra cash?  
Come and be a part of our  
exciting Indoor Sale event!**



Registration required! Just bring your items and set up your own booth. Any senior who lives in Antwerp can participate as a seller.

For any inquiries or additional information, please contact us:

269-668-2615 ext. 208  
[kchopp@antwerptownship.com](mailto:kchopp@antwerptownship.com)

We look forward  
to seeing you there!







# SENIOR VETERAN EXPO

**MAY 6 / 9AM-NOON**  
**ANTWERP ACTIVITY CENTER**

..... **UP TO** .....

**50 VENDORS!**  
**FREE GIVEAWAYS!**

Need a ride? Call and schedule with Beth at Van Buren Transit  
two weeks in advance: (269) 427-7921



**We Serve**

**Hosted by the Mattawan Lions Club**





Van Buren/Cass District Health Department's Immunization Staff will be on hand during the *Mattawan Lions Club Foundation's* annual

## Senior/Veterans Expo

**Where: Antwerp Activity Center**

24821 Front St. Mattawan, MI 49071

**Date: Monday, May 6, 2024**

**Time: 9:00 am -12:00 noon**

Our staff will be available to answer your questions about specific vaccine needs and/or vaccine recommendations for seniors. We can provide an official copy of your State of Michigan Immunization record.

We will have COVID-19 and Influenza (flu) vaccines available and can administer vaccines to those interested individuals that qualify.

**We require that individuals interested in receiving COVID-19 or Flu vaccines during this event, pre-register.**

- **Vaccine pre-registration can be done online or by calling our office.**
- **Bring a photo ID (i.e. Driver's license, etc.) and your Health Insurance card(s) with you to the event.**

Your insurance will be billed for your vaccine. We can bill Medicare Part B and Medicare Advantage Plans, Michigan Medicaid and Medicaid Health Plans as well some Private Insurance carriers.

\*We will have COVID-19 vaccine available at no cost, for individuals with no health insurance coverage.

**For a Vaccine Appointment Call 269-621-3143  
or [Schedule online HERE](#)**



## **Antwerp Senior Services 2024 UPCOMING EVENTS**

- April
- 3 Blood Pressure Check 11:00-11:30am
  - 10 Senior Advisory Board Meeting -1:00pm
  - 17 Craft Day 1:00pm/hearing test
  - 22 Potluck lunch at Noon
  - 24 Speaker – Superintendent Fleenor
- May
- 1 Blood Pressure Check 11:00-11:30am
  - 3 Indoor Sale! 9am-2PM
  - 6 Senior/Vet Expo 9am-noon
  - 8 Senior Advisory Board Meeting – 1:00pm
  - 15 Craft Day 1:00pm/hearing test
  - 22 Fun Bingo after luncheon
  - 29 Game Day after luncheon
- June
- 5 Blood Pressure Check 11:00-11:30am
  - 12 Senior Advisory Board Meeting -1:00pm
  - 19 Craft Day 1:00pm/hearing test
  - 26 Speaker TBA

**Picnic Day! Save the date – July 17**