

Antwerp

TOWNSHIP SENIOR SERVICES

October-December 2024

1st and 4th 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

UPCOMING EVENTS

October

- | | |
|----|--|
| 2 | Blood Pressure Checks/ Dr. Lacey
Foot DR 1pm |
| 4 | Senior dance 6:30-9:30pm |
| 9 | Sr. Advisory Board meeting /Fire
prev. week |
| 16 | Craft Day 1:00pm/Hearing tests 10:00am
Flu clinic |
| 23 | Fun Bingo after lunch |
| 30 | Halloween Costume contest at 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!

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@
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

Blaine Douglas
hbdoug1@bloomingdale.com.net

Marcia Shaneyfelt-Niles
mams805@frontier.com

Karen Dunn
askkdunn@netzero.com

Sid Shank
Sidshank1@gmail.com

Daniel Ruzick
druzick@antwerptownship.com

Chantel Reyna
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 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
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

Craft day!

We will be doing craft days the 3rd 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

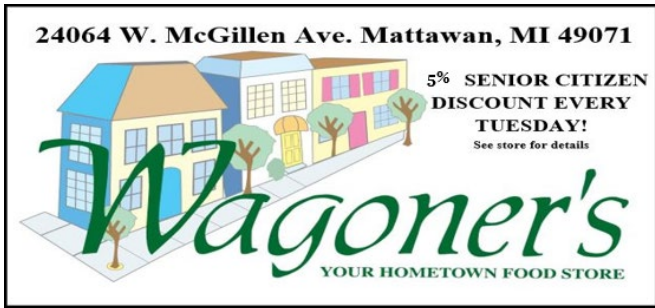
Cost: Free

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

Trips available for seniors through Land & Sea Travel. More info: Alli Ross 657-5529
Or 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: **October 2 and December 4**

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!

ANTWERP TOWNSHIP OPEN BURN

Antwerp Township does not have an ordinance pertaining to open burning therefore, we follow the State of Michigan open burn regulations. If you have questions regarding open burn please contact your local fire department. Attached is a link to EGLE's regulations.

Antwerp Township encourages residents to use the Transfer Station Facility at NO COST, which is located off C.R. 657 and 64th Ave. in Lawton to properly dispose of brush, lawn clippings, tree limbs, leaves, or any other burnable materials.

<https://www.michigan.gov/egle/-/media/Project/Websites/egle/Documents/Programs/AQD/Open-Burning/Open-Burning-Brochure.pdf?rev=a22053a391784c0d8045d34806a2cfde>

DEQ Pollution Emergency alerting service phone number: 1-800-662-9278 or 1-800-292-4706

DEQ Pollution Emergency alerting service email: ELGE-Assist@Michigan.gov

2024 UPCOMING EVENTS

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- 2 Blood Pressure Checks/ Dr. Lacey
/Foot DR 1pm
- 4 Senior dance 6:30-9:30pm
- 9 Sr. Advisory Board meeting /Fire
prev. week
- 16 Craft Day 1:00pm/Hearing tests 10:00am
Flu clinic
- 23 Fun Bingo after lunch
- 30 Halloween Costume contest at lunch

November

- 4, 5 & 6 Building closed for Election setup, Election and takedown.
- 11 Closed for Veterans Day
- 13 Celebrate Veterans Day at lunch/Senior Advisory Board Meeting
1pm
- 18 Feeding America Truck Noon
- 20 Hearing tests
- 27 Thanksgiving luncheon

December

- 4 Blood Pressure Checks/Foot Dr at 1pm/Ugly Sweater contest
- 11 Senior Advisory Board meeting 1pm/Holiday game
- 18 Christmas Luncheon (need to RSVP 2 weeks ahead of luncheon)

Feeding America Mobile Pantry:

Date: 3rd Monday of the month

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

Time: noon

ICE CREAM SOCIAL



**SEPTEMBER 30
AT 1:00PM!
SIGN UP BY
SEPTEMBER 25**



ANTWERP SENIOR SERVICES

Fall Dance

We will have snacks, pop and water and coffee. Cost is free to Antwerp Township Seniors (over 60+) and the cost for non-residents is \$5. Please RSVP by Sept. 30 so we know how much snacks to provide!

OCTOBER 4 • FRIDAY • 6:3-9:30 PM
24821 FRONT AVE-ACTIVITY CENTER

We will have dance instructor Deb Snell to lead us.

The New COVID 19 Vaccine will be offered while supplies last!!

Don't Fall Short! Get your FLU SHOT

Schedule your appointment at
Antwerp Senior Services:

Wednesday, October 16, 2024

Antwerp Activity Center
24821 Front Ave. Mattawan

call 269.668.2615 ext 208 to schedule

Get your flu vaccine this year and every year.

Fall is a time for apple picking, pumpkin carving, football games, and raking leaves. Stay healthy to enjoy the beauty that Michigan has to offer. Vaccine remains your best protection against the flu.

These clinic dates are being offered to Seniors & Adults by your Van Buren/Cass District Health Department.

*** Bring your Insurance cards & picture ID so that we may bill your insurance.**



For additional clinic dates and locations, and information about flu vaccines for children; please call or see our website. **Phone 269.740.4155** **www.vbcassdhd.org**



Categories: Best Overall Costume, Funniest,
Cutest, Most Creative, Best Homeade

This will happen at our luncheon-
- Come have some fun!!



November: Veteran's Day celebration-
Will be a served meal and will be on **November 13**. Please let Karol know if you are a Veteran and what branch you served in.

Thanksgiving luncheon is on November 27th with a sit-down Turkey, Stuffing, Pie and more luncheon. **Please give a 2-week RSVP** so we have enough.

We will also have an Angel Tree on the stage for the month of November. Please pick a tag and donate that item unwrapped. The items will be used for the Mattawan Area Pantry Christmas distribution.

December 4th - Ugly sweater contest. Come to lunch and wear your ugly sweater!!

December 11th - Christmas game for prizes!

December 18th A special Christmas Luncheon. **Please You need to RSVP 2 weeks ahead of time!**

