



TOWNSHIP SENIOR SERVICES

April-June 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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1st and 3rd 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

UPCOMING EVENTS

April

- | | |
|----|---|
| 2 | Blood Pressure Check |
| 9 | Sr. Advisory Board meeting 1:00pm/Foot Dr |
| 16 | Craft Day 1:00pm/Hearing tests 11:00am |
| 23 | TBA |
| 30 | Fun Bingo after lunch |

For more information, check the website at:
antwerptownshipmi.gov

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

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

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-

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: Thursdays 9:00am-10:05am

MEDICARE/MEDICAID COUNSELING

CONTACT COUNSELOR AT

KCHOPP@ANTWERPTOWNSHIMI.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, due 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 4th 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 3rd 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

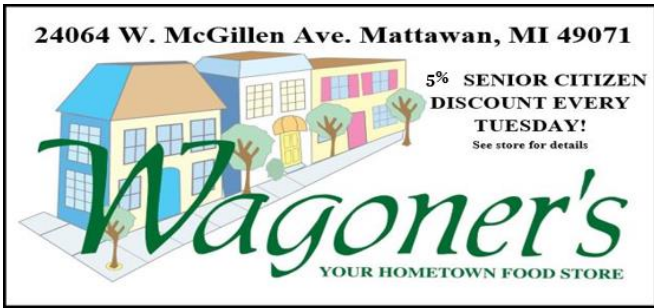
DO YOU NEED MEALS ON WHEELS?

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

Vermont 2025
Alaska Cruise 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: **April 9, June 11**

Time: 1230:00 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

April

- 2 Blood Pressure Check
- 9 Sr. Advisory Board meeting 1:00pm
- 16 No craft /Hearing tests 11:00am/Celebrate Easter
- 23 TBA
- 30 Fun Bingo after lunch

May

- 2 Indoor Sale 10am-3pm**
- 5 Senior/veterans expo 9am-noon**
- 7 Blood Pressure check/Celebrate Mother's Day
- 14 Sr. Advisory Board meeting 1:00pm
- 21 Hearing tests 11am/craft day
- 28 TBA

June

- 4 Blood Pressure Checks
- 11 Senior Advisory Board meeting 1pm/celebrate Father's Day
- 18 Hearing Tests 11am/ craft day
- 25 TBA
- July 23 SAVE THE DATE-Senior Picnic

Feeding America Mobile Pantry:

Date: 3rd 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 Antwerptownshipmi.gov! Please note this change so that you can check out our new easy to use website!!



SENIOR VETERAN

EXPO

MAY 5 / 9AM-NOON
ANTWERP ACTIVITY CENTER

..... **UP TO**

50 VENDORS!
FREE GIVEAWAYS!

Need a ride? Call and schedule two weeks in advance:

(269) 427-7921



We Serve

Hosted by the Mattawan Lions Club



INDOOR Sale

Friday, May 2, 2024

10:00AM - 3:00PM

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!

Date: May 2

Time: 10am-3pm

At the activity center



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@antwerptownshipmi.gov

We look forward to seeing you there!

