



## TOWNSHIP SENIOR SERVICES

JULY-SEPTEMBER 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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**1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:Kchopp@antwerptownshipmi.gov)**

### UPCOMING EVENTS

July 2 Blood Pressure checks  
9 Senior Advisory Board Mtg.  
23 Senior Picnic  
26 Fun Bingo with Purpose Care

August 6 Blood Pressure Checks  
13 Senior Advisory Board Mtg  
20 Craft day  
21 Firekeepers bus trip

September 3 Blood Pressure checks  
10 Senior Advisory Board Mtg  
17 Craft  
22 Bus Trip to Art Prize  
24 TBA

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

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@  
[Antwerptownshipmi.gov](http://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.



**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.

# 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 Alema 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.*

## 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 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 yamat is needed for this class!

**When:** Tuesdays @11am and Thursdays 8:50am-10:00am

MEDICARE/MEDICAID COUNSELING

CONTACT COUNSELOR AT

[KCHOPP@ANTWERPTOWNSHIMI.GOV](mailto:KCHOPP@ANTWERPTOWNSHIMI.GOV)

OR KAROL 668-2615 EXT. 208



**SHIP**

State Health Insurance  
Assistance Program

### **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

## 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 4<sup>th</sup> Thursday of the month then it on the 4<sup>th</sup> Monday instead.

## 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.

## Craft day!

We will be doing craft days the 3<sup>rd</sup>

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

# 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.

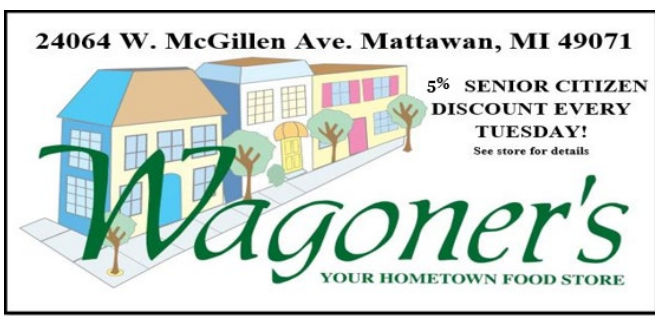
**When:** Mondays from 9:00am-3:00pm

**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



## 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:** June 11, August 13

**Time:** 12:30 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!**



Must email [Kchopp@antwerptownshipmi.gov](mailto:Kchopp@antwerptownshipmi.gov) or sign up at luncheon.



## 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, June 4 (Scott's)**

Coney Dogs, Baked Beans, Fruit, Salad

### **Wednesday, June 11 (Scott's)**

Meatloaf, Potatoes, Fruit, Salad

### **Wednesday, June 18 (Antwerp Café)**

Turkey Sub, Chips, Fruit, Salad

### **Wednesday, June 25 (Wagoner's)**

Fried Chicken, Coleslaw, Fruit, Dessert, Salad



## 2025 UPCOMING EVENTS

|        |                                   |
|--------|-----------------------------------|
| July 2 | Blood Pressure Checks             |
| 9      | Senior Advisory Board Meeting 1pm |
| 23     | Senior Picnic                     |
| 30     | Fun Bingo with Purpose Care       |

### August

|    |  |
|----|--|
| 6  | Blood Pressure Check                                 |
| 13 | Senior Advisory Board Meeting @1pm/ Foot Dr. 12:30pm |
| 20 | Craft  |
| 21 | Firekeepers bus trip                                 |

### September

|    |                                    |
|----|------------------------------------|
| 3  | Blood Pressure Check               |
| 10 | Senior Advisory Board Meeting @1pm |
| 17 | Craft                              |
| 22 | Bus trip to Art Prize              |
| 24 | TBA                                |

### **Feeding America Mobile Pantry:**

**Date:** 3<sup>rd</sup> 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](http://Antwerptownshipmi.gov)! Please note this change so that you can check out our new easy to use website!!

**FOR BUS TRIPS- YOU WILL NEED TO CONTACT KAROL AT THE OFFICE OR COME IN FOR THE LUNCHEONS TO SEE HOW MUCH ROOM WE HAVE LEFT AND THE COST!!**