

Antwerp

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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Sidshank1@gmail.com

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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

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

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 11:45am. 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**

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 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 ygamat is needed for this class!

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

MEDICARE/MEDICAID COUNSELING

CONTACT COUNSELOR AT

KCHOPP@ANTWERPTOWNSHIMI.GOV

OR 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

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 4th Thursday of the month then it on the 4th Monday instead.

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

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

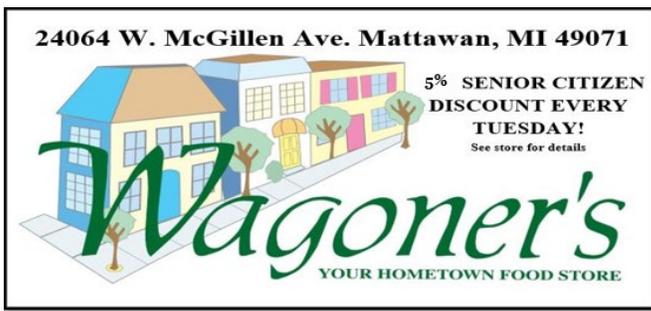


B BIGGBY COFFEE

Handcrafted with Love

23944 Red Arrow Hwy,
Mattawan, MI 49071

The advertisement features two iced coffee drinks in Biggby cups against a bright orange background. The Biggby logo is prominently displayed in the top right corner.



24064 W. McGillen Ave. Mattawan, MI 49071

5% SENIOR CITIZEN DISCOUNT EVERY TUESDAY!
See store for details

Wagoner's
YOUR HOMETOWN FOOD STORE

The advertisement shows a colorful illustration of a two-story building with a blue roof and green trees in front. The Wagoner's logo is written in a large, green, cursive font.



MS MATTAWAN MECHANICAL SERVICES
Your Comfort Crew Since '92

TRANSIT COMFORT SPECIALIST

The advertisement features a dark blue background with a white and red logo on the left that says 'MS'. To the right, the text 'MATTAWAN MECHANICAL SERVICES' is written in white, with 'Your Comfort Crew Since '92' below it. On the far right is a shield-shaped logo with 'TRANSIT COMFORT SPECIALIST' and a red house icon.

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 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: 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!!

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!!