



TOWNSHIP SENIOR SERVICES

July-September 2026

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.

Ed Kornetti-chair
e.kornetti@gmail.com

1 vacant seat looking for a new board member!

Gerry Stackhouse
hostagirlgerry@gmail.com

Sherryl Bosker
Arno.mattawan@gmail.com

Linda Greenhoe
LKDspin1@hotmail.com

Daniel Ruzick
druzick@antwerptownshipmi.gov

Chantel Reyna
creyna@antwerptownshipmi.gov

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



1st and 3rd quarter will be mailed to those who do not use an email address.

NEWSLETTER! YOU CAN ALSO FIND IT ON OUR WEBSITE
Kchopp@antwerptownshipmi.gov

UPCOMING EVENTS

July

- 1 Blood Pressure Check
- 8 Senior Advisory Board Meeting 1pm
- 15 Hearing Tests/Craft day
- 22 Picnic
- 29 Fun Bingo

August

- 5 No luncheon
- 12 Senior Advisory Board Meeting 1pm
- 19 Hearing Tests/Craft
- 26 Speaker TBA

September

- 2 Blood pressure checks
- 9 Senior Advisory Board Meeting 1pm
- 16 Hearing Tests/ Craft Day
- 23 Speaker TBA/Foot Dr 12:30

For more information and updated trip and events, check the website at:
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 \$7 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.

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 Almena 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.

Watch for schedule changes to classes on our website!!

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- cancelled until Jan.

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 8:50am-9:55am

Healing Yoga-cancelled until Jan.

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 8:50am-9:55am

New Classes!

Walking and exercise class

w/video -Monday's at 11am

Sandy's Weights and Aerobic-

Monday's 10:110am-10:45am-resumes in

September!!



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 – no class.

Shine Dance Fitness

Tuesdays at Noon starting in July!

Dance Fitness which specializes in low impact and simplified choreography. It is mood -lifting, confidence boosting experience for anyone needing a more inclusive approach to dance fitness.

- * Focus on stability/safe ranges of motion
- * Original choreography to hit music
- * Fresh routines each month.

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 orders for meals by Monday by 3pm 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 or you can pick up. Questions? 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

Local support to help you navigate your Medicare options



Call a licensed sales agent

Katie Ray
269-400-3913 (TTY: 711)

Humana.

kray20@humana.com

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: 6 / 2 4 ; 8 / 2 6

Time: 12:30 pm start time (5 min. appointments)

Cost: \$35 without Medicare OR other insurance.

To schedule an appointment call

Karol (269)668-2615 x 208 or email

Medicare/Medicaid counseling

KCHOPP@ANTWERPTOWNSHIPMI.GOV

OR KAROL 668-2615 EXT. 208

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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, July 1 (Antwerp Café)

Ham Subs, Chips, Watermelon, Salad

Wednesday, July 8 (Antwerp Café)

Chicken Salad Croissants, Pasta Salad, Fruit, Salad

Wednesday, July 15 (Scott's)

Sloppy Joes, Mac N Cheese, Fruit, Salad

Wednesday, July 22 – Q-It Up-Picnic -sign up by July 8

Beef Tri-Tip Sirloin/Chicken Breast, Baked Beans, Greek Pasta Salad, Salad, Pie

Wednesday, July 29 (Mancino's)

2 slices of pizza, Fruit, Dessert, Salad



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, August 5 -NO LUNCH

Wednesday, August 12 (Scott's)

Chicken Patties, Pasta Salad, Salad, Fruit

Wednesday, August 19(Scott's)

Pulled Pork, Baked Beans, Salad, Fruit

Wednesday, August 26 (Scott's)

Hamburger, Potato Salad, Dessert, Salad

September

September

Antwerp Township Senior Services Menu

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**Please RSVP to the luncheon no later than 1 week
in advance! (meals subject to change)**

Wednesday, September 2nd (Scott's)

Fried Chicken, Potato Wedges, Coleslaw, Salad

Wednesday, September 9th (Chinn Chinn's)

Beef Broccoli Stir Fry, Fried Rice, Rangoon's, Salad

Wednesday, September 16th (Antwerp Café)

Chicken Salad Croissants, Potato Salad, Fruit, Salad

Wednesday, September 23rd (Scott's)

Lasagna, Garlic Bread, Green Beans, Salad, Dessert

We are also looking for seniors to help drive other seniors to appointments or to pick them up for our senior luncheons.

If you think you can help, please contact Karol 269-668-2615ext208 or kchopp@antwerptownshipmi.gov

Scan the link to take you to our senior services tab on our website!



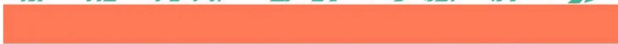
Antwerp Township

Senior Services

24821 Front Avenue

Mattawan, MI 49071

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Heartfelt 
THANKS

TO OUR VOLUNTEERS!