



SENIOR-WISE

NORTH BERRIEN SENIOR CENTER, INC

NEWSLETTER



January 2025 • Vol. 48 • Issue 1

6648 Ryno Road • P.O. Box 730 • Coloma, MI 49038 • northberrienseniocenter.org
CENTER HOURS Monday through Thursday 8:00 AM - 4:00 PM Fridays 8:00AM - 3:00 PM
 Phone: 269-468-3366 Email: nbsc2@i2k.com



NEW Stain Glass Class and Instructor! Starting Wednesday, January 8th, 2025

We are thrilled to announce that starting on January 8th, we will be offering a brand new stained glass class with our talented new instructor, John Paul Russell, from Watervliet. Our original instructor moved out of the area. John Paul has a passion for stained glass and experience creating and restoring stunning pieces. His business background has given him the skills to teach and guide others in mastering this art form. Classes will take place on Wednesdays from 9:30 AM to 11:00 AM. During this time, John Paul will provide hands-on instruction, teaching participants how to use tools, cut glass, and assemble their creations. Following the instructional session, there will be open time from 11:00 AM to 1:00 PM, where people can work independently on their projects in a supportive and creative environment. This is a wonderful opportunity for beginners and those with experience to learn, create and connect. For more information please call the senior center at 468-3366.



Happy 2025!

Even during the worst of times when I feel the years go slipping by, life seems rife with possibilities when the New Year arrives.

Buoyed by hope at the New Year coming I feel renewed and want to start living. This year I'll travel, and see the sights, I'll be bold, I'll be courageous. I'll reach out and go beyond. I'll be a new fish in a brand-new pond. This new year I'll be brave and I'll be strong.

Even though time does fly, I won't let this year be wasted. I'll look forward to new adventures and be open to opportunities I am graced with. I'll learn and laugh and have good times. I won't dwell on years gone by. I'll start each new morning a brand-new way.

I'll pretend it is NEW YEAR'S DAY!

Poem by Aleena

We hope that looking back on 2024 makes you smile and looking ahead to 2025 fills you with joy as you consider the many possibilities.

Wishing you 365 new days of joy!

The North Berrien Senior Center Board & Staff



One on One MyChart Help Wednesday, March 12th, 2025

Are you having trouble accessing your MyChart account through Corewell Health? Krista Vandyke from Corewell Health will be at the senior center to provide personalized, one-on-one assistance. Please bring your device that you use to access the internet, such as your cell phone, iPad or tablet, along with your charging cable. Krista will work with you directly to ensure you can log into your account and confidently use it on your own device. Accessing your MyChart account is an important way to stay connected with your doctor, check upcoming appointments, and renew medications. Appointments are required. Call the senior center at 468-3366 to schedule yours today.

New Activities in the works at the Senior Center!

Stretch and Cardio Class: If you know of an instructor interested in leading this class, please contact us at 468-3366, we'd love to hear from you! The Senior Center would like to offer a new exercise class to help you stay active and energized. It will be a **Tuesday/Thursday morning stretch and cardio class and we looking for an instructor to lead the class!** Classes will be held from **8:30 to 9:30 AM.** Stay tuned for more details.

♠ **Hand and Foot Card Game** Looking for a fun way to spend your Friday afternoons? Join us for a game of **Hand and Foot**, a delightful card game to play and socialize with others. Give us a call at 468-3366 if you are interested!

TRIPS

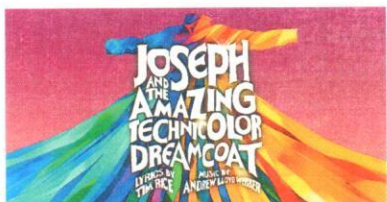
Our senior center trips are designed specifically for individuals aged 60 years and older. We aim to offer enjoyable and accessible experiences for our senior community. Payment is required at the time of registration, we accept cash or check payments only (no credit cards at this time). Each trip has a specific activity level. Please carefully consider whether you can fully participate in the planned activities before signing up. Most trips will depart from the back of our parking lot. When attending, please park at the end of the parking lot, behind the garage area, to allow spaces closer to the building to be available for those using the center for daily activities or coming for lunch. We appreciate your cooperation and look forward to seeing you on our upcoming trips! For questions or to sign up, please contact us at 468-3366.

Joseph and the Amazing Technicolor Dreamcoat **At the Marriott Theatre in Lincolnshire, IL** **Wednesday, March 26th, 2025 \$140.00 per Person**

Join us for an exciting outing to the Marriott Theatre on Wednesday, March 26th for a delightful lunch and a performance of the musical Joseph and the Amazing Technicolor Dreamcoat. Known as one of the most enduring musicals of all time, this reimagined tale of Joseph, his father Jacob, his eleven brothers, and his iconic coat of many colors is brought to life with Andrew Lloyd Webber and Tim Rice's beloved score. Enjoy classics like "Any Dream Will Do," "Close Every Door," "There's One More Angel In Heaven," and "Go, Go, Go Joseph." Before the show, we'll savor a delicious lunch at the theater with three entrée options: **Option #1** is Chicken Tawook with tahini sauce, Mediterranean couscous, Israeli salad, and a selection of vegetables; **Option #2** is Pan Seared Tilapia Vera Cruzana with the same accompaniments; or **Option #3** Falafel with hummus, Mediterranean couscous, and Israeli salad. The cost is **\$140.00 per person**, and includes transportation, lunch, the musical, and the driver's gratuity. We'll depart from the Senior Center at 9:00 AM and return by 8:00 PM. Please call the Senior Center today to sign up, as

payment is due upon registration.

ACTIVITY LEVEL:
LOW



Firekeepers Casino Trip **Thursday, March 6th, 2025** **\$40.00 per Person**



Join the senior center as we head out for the day to Firekeepers Casino. The cost of \$40.00 per person includes gaming package of \$20 free slot play and \$5.00 in points for lunch, transportation and the driver's gratuity. The trip departs from the senior center at 9:30 AM and returns at 4:30 PM. This day trip fills up quickly, don't delay in calling the senior center at 468-3366 to sign up. Payment due at time of sign up.

ACTIVITY LEVEL: LOW

Nunsense at Turkeyville **Wednesday, May 14th, 2025** **\$105.00 per Person**



Spend the day at Turkeyville enjoying the gift shop, a wonderful lunch with all the fixings and then the play Nunsense. The gift shop has a delicious section of baked goods, and a wide assortment of treasures for everyone. Lunch at Turkeyville includes all the traditional Thanksgiving day dishes plus the dessert is amazing! Then sit back and enjoy Nunsense. The show begins when the Little Sisters of Hoboken discover that their cook, Sister Julia, Child of God, has accidentally poisoned 52 of the sisters, and they are in dire need of funds for the burials. The sisters decide that the best way to raise the money is to put on a variety show, so they take over the school auditorium, which is currently set up for the eighth grade production of "Grease." Here we meet Reverend Mother Regina, a former circus performer; Sister Mary Hubert, the Mistress of Novices; a streetwise nun from Brooklyn named Sister Robert Anne; Sister Mary Leo, a novice who is a wannabe ballerina; and the delightfully wacky Sister Mary Amnesia, the nun who lost her memory when a crucifix fell on her head. The cost of \$105.00 person includes transportation, lunch, the play, driver and waitstaff gratuity. The trip departs at 10: AM and returns at 5:30 PM. Call the senior center to sign up today, 468-3366.



New York City & The Statue of Liberty **September 4th - 10th, 2025** **\$1054.00 per Person (Dbl Occupancy)** **WAITING LIST ONLY**

Get ready for the Big Apple with a 7 day 6 night trip, 4 of those nights will be in the NYC area. There will be 10 meals included (6 breakfasts and 4 dinners).

New Orleans **WAITING LIST ONLY** **April 27th-May 3rd, 2025** **\$934.00 per Person (Dbl Occp)** **\$1209.00 for Single Occupancy**



A trip to the "Big Easy" in the springtime! We are headed to New Orleans for a 7 day, 6 night (4 consecutive nights in the New Orleans area) trip with 10 meals included, 6 breakfasts and 4 dinners.

The senior center has fliers and insurance information if you would like to stop in and read more about these fantastic trips.

ACTIVITY LEVEL: HIGH for both trips

TRIPS CONTINUED

NEW 2025 Trip

Ned and Nancy, See America, A Musical Comedy
At the Blue Gate Theatre
Thursday, April 17th, 2025 \$110.00 per Person
TWO MARRIED PEOPLE, 1 RV, AND 50 STATES.
HANG ON FOR THE ROAD TRIP OF A LIFETIME!

FRESNO, CALIFORNIA: To celebrate his retirement and 40th wedding anniversary, Ned Richards surprises his wife Nancy with a cross-country road trip in his shiny brand-spankin' new RV! As good as his intentions are, this "vacation of a lifetime" quickly turns into one hilarious disaster after another. An encounter with a biker gang, a hot air balloon ride gone wrong, an Amish stowaway, a mugging in DC (a real one, not taxes) - and many other twists and turns down the road. Ned and Nancy end up seeing way more of America than any postcards could ever begin to describe. Through it all new memories are made, old ones relived, and vacation frustrations melt away in the beauty that is America. Add to that a poignant moment at a military memorial, stunning Americana Travelog scenery, and some cruising "Golden Oldies" on the radio, and a surprise ending - this is a show that'll have you singing along, and laughing your bobby socks off! Before the musical we will enjoy the lunch buffet at the Blue Gate Restaurant and limited time on your own for shopping around Shipshewana. The bus departs at 8:30 AM and returns at 4:30 PM from the senior center. The cost of \$110.00 per person includes the musical, transportation,

lunch buffet and driver and wait staff gratuity. Please call the senior center at 468-3366 to sign up for this trip, payment is due at time of sign up.

ACTIVITY LEVEL: MEDIUM



Shades of Ireland May 17th - 26th, 2025

\$4,529.00 per Person (Dbl Occupancy)



Explore the Beauty of Ireland with fellow travelers for an unforgettable journey on the Shades of Ireland tour! Some highlights include the breathtaking landscapes of Ring of Kerry and the Cliffs of

Moher, a visit to the vibrant city of Dublin, experience the charm of Killarney, discover the history of Blarney Castle and kiss the famous stone and explore the stunning Waterford Crystal Factory. Plus so much more! This 10-day tour offers a perfect mix of guided experiences, free time, and a deep dive into Ireland's rich culture and history. Round-trip airfare and transportation to the airport is included in the price. As well as hotel accommodations and 13 meals (8 breakfasts and 5 dinners) are provided. An expert guide will be with you for your entire tour. Don't miss this chance to explore the Emerald Isle! Fliers and insurance information are available at the senior center.



Norwegian Fjords Cruise August 17th - 24th, 2025 With Grand American Cruises

Embark on an unforgettable 7-night cruise through the beautiful Norwegian Fjords and beyond! Join fellow travelers for a journey filled with breathtaking natural wonders and charming European cities.

Ports of Call are: **Southampton, England** - Begin your journey in the historic port city of Southampton, known for its maritime history. **Bruges, Belgium** - Discover the medieval charm of Bruges, with its picturesque canals, cobblestone streets, and world-famous chocolates. **Skjolden, Norway** - Experience the tranquility of Skjolden, nestled at the end of Norway's longest fjord and surrounded by stunning mountains and waterfalls. **Olden, Norway** - A gateway to the beautiful Briksdal Glacier, Olden offers spectacular views of Norway's rugged landscape. **Haugesund, Norway** - Explore Haugesund, a charming town with Viking heritage, and enjoy scenic fjord views along the way. Set sail for an incredible adventure, where you'll witness majestic fjords, historic towns, and the beauty of Northern Europe. For more information stop by the senior center for a flier today. Prices vary depending on cabin choice

Greece Island Hopper

October 5th - 15th, 2025

\$6,029.00 per person (DBL Occp)

Book by April 6th, 2025 and Save \$500 per Person
DBL Occupancy

Explore the enchanting islands of Greece on this incredible 11-day tour! Join fellow travelers for an unforgettable journey through the ancient ruins, picturesque villages, and stunning landscapes of Athens, Mykonos, and Santorini. Some of the tour highlights are visiting the iconic landmarks like the Acropolis and the majestic Parthenon. Enjoy a traditional Taverna Dinner Show, where you'll enjoy authentic Greek cuisine and live entertainment. Stroll through the charming Old Town of Mykonos, famous for its whitewashed buildings and winding alleys. Explore the breathtaking Santorini Island, including the stunning Oia Village, renowned for its sunset views. Then a visit to Ancient Akrotiri, one of the most important archaeological sites in Greece. Included in this trip is round-trip airfare, transportation to the airport, hotel accommodations, 9 breakfasts, 1 lunch and 4 dinners. This trip offers the perfect mix of sightseeing and free time to relax or explore Greece's most famous islands at your own pace. **In person trip meeting on February 25th at 10:30 AM here at the senior center, or if you prefer to stay home and log in through zoom you can. Zoom meeting information will be in the February newsletter.** For more details visit the Senior Center for a flier and insurance information.

MONTHLY SERVICES AND ACTIVITIES

For nearly five decades, we have proudly served seniors aged 60 and older throughout the communities of Coloma, Watervliet, and the surrounding townships. Our programs, activities, and services are specifically designed for individuals aged 60 and above and designed to enrich your life, connect you with others, and ensure that every senior in our area feels supported and welcomed. Whether you've been with us for years or are joining for the first time, we're here for you! Feel free to participate in any of our events, and don't hesitate to reach out with any questions.

TRANSPORTATION

Volunteers donate their time to drive the center's VAN/CAR and wheelchair accessible van to provide this service for seniors who do not have other means of transportation. This includes medical appointments, grocery shopping, hair-dresser, and rides to the center for lunch. Transportation is available 9:00 a.m. to 1:00 p.m. and is limited to certain areas of Berrien County. Donations are very much appreciated.

(Transportation supported by Area Agency on Aging IV)

COMMODITIES

Monthly CSFP

Wednesday, January 15th, 9:00 a.m.-12:30 p.m.

We register and distribute commodities to seniors. Call us for information on these programs. The next distribution date is Wednesday the 15th, 9:00 – 12:30. If you need help carrying out your commodities, please be here at that time. If you're not available on that day, please make arrangements with your authorized representative to pick your commodities up for you. This institution is an equal opportunity provider.

LOAN CLOSET

We have wheelchairs, walkers, stool risers, bathtub seats, canes, etc. available for **SHORT TERM LOAN**. If you need an item for short-term use, call us before you buy.

K.I.S.S.

Keeping Independent Seniors Safe

We have a staff person who makes daily calls to seniors living alone to check on their welfare. If you or someone you know might benefit from this program, call the center for more information.

Counsel and Advocacy Law Line

Call 1-888-783-8190 to talk to a lawyer. A Lawyer will be available Mon., Tues., & Thurs. from 9:00 a.m. – 4:00 p.m. and Wed. from 11:00 am to 6:00 p.m. to answer questions and give advice.

FOOT CLINIC

On a monthly basis, Jane Sherwin from Blessed Feet comes to our center to trim and file toenails. Initial cost is \$40 which includes a reusable foot care kit. Follow up visits are \$30. **BRING YOUR OWN TOWEL.** Call 468-3366 for an appointment.

YOGA

Vicky Shoemaker, a licensed yoga instructor will be here on Mondays at 1:00 pm and Thursday at 1:30 for yoga. The cost is \$5.00 per person. Please bring your own yoga mat.

TAI CHI

On Friday mornings at 10:00 AM Janet Snelgrove is at the center for TAI CHI class. TAI CHI is form of movement and motion that improves your cardiovascular fitness, strengthens muscles, aids flexibility, relieves stress, and helps you find balance in life, both mentally and physically. Cost is \$60.00 for eight sessions, \$48.00 for 6 weeks, or \$10.00 drop in rate.

STAIN GLASS

Join this great group of people on Wednesdays from 10:00 AM to 1:00 PM.

OPEN ART SESSIONS

Join fellow artists on Thursday afternoons from 1:00 PM to 3:00 PM for an open art sessions. Bring along your latest art project to show others.

BASKET MAKING

Join the group on Mondays at 1:00 p.m. and learn how to create your own beautiful basket. Bring your own water basin. All are welcome! (Small Fee per Person)

BOARD GAMES

Bring in your favorite board game or just join in the fun – all are welcome – it's a great way to spend an afternoon and a chance to meet new people. The fun begins at 1:00 p.m. on Tuesdays.

BOARD MEETING

3rd Tues. of the month, meetings are open to the public, 1:00 pm.

CHAIR EXERCISE PROGRAM

This is a CHAIR exercise program DVD on Mondays, and Wednesdays at 9:00 AM and Fridays at 11:00 AM, that will help improve stability, balance, help you stay mobile, and go up and downstairs.

DUPLICATE BRIDGE

If you enjoy playing duplicate bridge, bring a partner and join us on Thursdays from noon to 3:30 PM for a great afternoon of cards.

GROUP EXERCISE CLASS

Join Linda LaGrow and a group of dedicated seniors on Tuesdays at 11:00 AM and Thursdays at 12:30 for a light workout using bands and bodyweight only.

LINE DANCING

Cookie Henry volunteers her time every other Wednesdays at 10:30 AM.

MAH JONG

Join us on Thursday afternoons at 1:00 PM for Mah Jong. Come learn a new fun game! Bring your card if you have one.

NEEDLEWORK (Crocheting, Knitting, etc.)

Bring your project to work on and enjoy the conversation every Friday at 1:00 p.m. Come on in and learn a new hobby.

PINOCHLE

This is one game you don't want to pass on. Gather your group of four and share in the fun of pinochle on Tuesdays at 1:00 p.m.

QUILTING

If you enjoy sewing and putting together Quilts, then come to the center on Tuesdays at 1:00 p.m. to join the quilters as they magically turn pieces of material into beautiful comforters and room decorations.

TAP





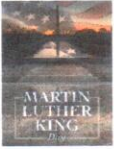



Pat Culver will be here on Thursdays starting at 10:00 AM for tap class. The class is \$20 for 4 weeks. Advanced class starts at 10:00 AM and the Beginner class is at 11:00 AM.

JANUARY *events* ©LPi



We provide a meal site for Meals on Wheels of Southwest MI Senior Nutrition Services to serve Lunches daily Monday through Friday at 11:30 a.m. Senior Nutrition Meals Are supported by Area Agency on Aging (Region IV) Menu is subject to change without notice. Donations are requested. Please call 24 hours in advance for reservations, 468-3366.

Sun Mon Tue Wed Thu Fri Sat

			<p>Senior Center Closed</p> <p>New Year's Day</p> 	<p>Walking 8:30 NO Tap Duplicate Bridge 12-3:30 Exercise Class 12:30 Mah Jong 1:00 Open Art 1-3PM YOGA 1:30</p>	<p>Tai Chi 10:00 Chair Exercise 11:00 Needlecrafts (Crocheting, Knitting) 1:00 p.m.</p>	
<p>5</p>	<p>Chair Exercise 9:00 Caregiver Support Group 12:00 Basket Making 1:00 YOGA 1:00 PM</p>	<p>6</p> <p>Walking Exercise 9:45 Exercise Class 11:00 Quilting 1:00 p.m. Cards & Games 1:00</p>	<p>7</p> <p>Dementia Caregiver Support Group 8:30 Stain Glass Class 9:30-11:00 Open Stain Glass 11:00-1:00 Deblity Prevention Class 12:30</p>	<p>8</p> <p>Walking 8:30 Advanced Tap 10:00 Beginner Tap 11:00 Duplicate Bridge 12-3:30 Exercise Class 12:30 Mah Jong 1:00 Open Art 1-3PM YOGA 1:30</p>	<p>9</p> <p>Tai Chi 10:00 Chair Exercise 11:00 Needlecrafts (Crocheting, Knitting) 1:00 p.m.</p> 	<p>10</p>
<p>12</p> 	<p>Chair Exercise 9:00 Basket Making 1:00 YOGA 1:00 PM</p>	<p>13</p> <p>Walking Exercise 9:45 Exercise Class 11:00 Quilting 1:00 p.m. Cards & Games 1:00 FOOT CLINIC</p>	<p>14</p> <p>Chair Exercise 9:00 LINE Dancing 10:30 Stain Glass Class 9:30-11:00 Open Stain Glass 11 - 1:00 Commodities 9-12:30</p>	<p>15</p> <p>Walking 8:30 Advanced Tap 10:00 Beginner Tap 11:00 Duplicate Bridge 12-3:30 Exercise Class 12:30 Mah Jong 1:00 Open Art 1-3PM YOGA 1:30</p>	<p>16</p> <p>Tai Chi 10:00 Chair Exercise 11:00 Needlecrafts (Crocheting, Knitting) 1:00 p.m. FOOT CLINIC</p>	<p>17</p>
<p>19</p> <p>Martin Luther King Day</p>  <p>Senior Center Closed</p>		<p>20</p> <p>Walking Exercise 9:45 Exercise Class 11:00 Quilting 1:00 p.m. Cards & Games 1:00 Board Meeting</p>	<p>21</p> <p>Chair Exercise 9:00 Stain Glass 10 - 1:00 Open Stain Glass 11 - 1:00</p>	<p>22</p> <p>Walking 8:30 Advanced Tap 10:00 Beginner Tap 11:00 Duplicate Bridge 12-3:30 Exercise Class 12:30 Mah Jong 1:00 Open Art 1-3PM YOGA 1:30</p>	<p>23</p> <p>Tai Chi 10:00 Chair Exercise 11:00 Needlecrafts (Crocheting, Knitting) 1:00 p.m.</p> 	<p>24</p>
<p>26</p> 	<p>27</p> <p>Chair Exercise 9:00 Basket Making 1:00 YOGA 1:00</p>	<p>28</p> <p>Walking Exercise 9:45 Exercise Class 11:00 Quilting 1:00 p.m. Cards & Games 1:00</p>	<p>29</p> <p>Chair Exercise 9:00 LINE Dancing 10:30 Stain Glass 10 - 1:00 Open Stain Glass 11 - 1:00</p>	<p>30</p> <p>Walking 8:30 Advanced Tap 10:00 Beginner Tap 11:00 Duplicate Bridge 12-3:30 Exercise Class 12:30 Mah Jong 1:00 Open Art 1-3PM YOGA 1:30</p>	<p>31</p> <p>Tai Chi 10:00 Chair Exercise 11:00 Needlecrafts (Crocheting, Knitting) 1:00 p.m.</p>	
				<p>A huge "Thank You" to our sponsors of this newsletter located on pages 6, 7 and 8</p>		<p>This Newsletter is available on line at northberrien.seniorcenter.org Click on the Newsletter heading</p>

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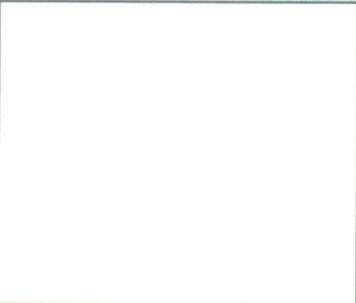
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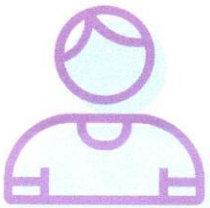
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The Nurse is in...

Should I skip that cup of coffee? Benefits and Risks

As most have experienced, coffee can increase alertness and improve mental performance but, did you realize that there are other benefits of drinking coffee. Coffee has hundreds of different components, including important micronutrients such as magnesium, potassium, niacin and vitamin E, as well as antioxidants that help protect your cells from damage and harmful free radicals. Coffee is often the largest, most consistent source of antioxidants in the diet for those who drink it regularly. Mayo Clinic points out that research suggests that coffee may lower the risk of:



- **Parkinson's disease:** Caffeine might help prevent the loss of brain cells that make **dopamine**, even after symptoms of Parkinson's disease begin.
- **Type 2 diabetes:** (even with decaffeinated) **Antioxidants** help to regulate blood sugar and a compound called **cafestol** may help with weight loss.
- **Liver disease, including liver cancer:** When your body digests caffeine, it makes a chemical called **paraxanthine** that slows the growth of the scar tissue involved in fibrosis. That may help fight liver cancer, alcohol-related cirrhosis, non-alcohol-related fatty liver disease, and hepatitis C
- **Heart attack and stroke:** **Antioxidants** have anti-inflammatory effects to help prevent cell damage
- **Depression:** Coffee also contains **chlorogenic acid, ferulic acid, and caffeic acid**. These acids can reduce the inflammation of nerve cells that takes place in the brains of people with depression.
- **Alzheimer's/Dementia:** This may be mediated by caffeine and/or other mechanisms like antioxidant capacity and increased insulin sensitivity.
- **Kidney Stones:** Caffeine increase urine volume and decrease the concentration of substances that contribute to stone formation like calcium oxalate
- **Gallbladder Stones:** Caffeine decreases cholesterol in bile and stimulates the gallbladder to contract, which helps promote the excretion of small stones in the stool.

What may be good for some may be problematic for others

There are a few important factors and side effects to keep in mind when determining the right amount of coffee for you. The Food and Drug Administration states that 400 mg of caffeine — about four to five 8-ounce cups of coffee — is a safe daily limit for most (but not all) healthy adults.

Some medications may interact with caffeine — so it's always a good idea to talk with your healthcare team about possible side effects or drug interactions.

Common side effects include problems sleeping, heart palpitations, feeling jittery or nervous, worsening acid reflux and heartburn, gastrointestinal upset, and symptoms like frequent urination. Caffeine is mildly addictive as well, meaning some may experience headaches if they skip coffee one day or don't have as much as usual. Many people also take their coffee with a number of additives, such as artificial flavorings, sugar and cream, which can add a large number of calories. When possible, try to opt for no sugar and stick to skim milk or unsweetened nondairy alternatives.

The bottom line on coffee-Coffee does offer significant health benefits for many people. If you enjoy your coffee, just look out for the side effects. If you're having any side effects, or suspect you might be, try cutting down and seeing if the side effects get better. Always consult your doctor if you have medications or certain diagnoses that coffee or caffeine may affect.

Do you have some medical concerns? Our nurse, Brenda, can assist you, she is available Monday through Thursday 8:30 am to 1:30 pm, please call 468-3366 to set up a free appointment with her.

JANUARY BIRTHDAYS 2025



1-Olga Martin Mercedes Frank Millie Turney Dave DeMorrow	7-Agnes Hubbard Patsy Emery Fame Arent	16-Lida Leonarduzzi Rocky Rockwell Evelyn Chevrette Lillian Hasse	24-George Craven Judy Chapman Shelby Flagel
2-Katherine Adamson Raymond Hansen Betty Bradford Betty Hosbein Marge Bischoff Jim Trueblood Keith Osborne Chuck Whorton Rebecca Kietzerow Virginia Boness Jean Ballard Marilyn Pleyer Sharon LoPresti	8-Lynne Lawrence Dee Friske	17-June Sutter Bill Smith Joyce Holtz	25-Wahneta Miller Helen Fulton Connie Mooneyhan Larry Shull
3-Raleigh Reed Aline Norwood Karen Sink	9-Sharon Wallace Diann Harris Bob Burton Lydia Groth Kathy Manning	18- Diana Hebner RuthAnn Enos Donna Janke Janette Brink Diana Cowgill Ilene Fox Barbara Radewald	26-Thelma Thibault Audrey Iannelli Merrileu Peters Alice Ingram Judi White
4-Vernon Johnson Wanda Bialik Bob Spicer Nancy Harkey Emma Klug Heiden Kathleen Preston	10-Irene Stankiewicz Willis King Barbara Weaver Mary Wash Mary Crist Charlotte Wilkens Kevin Fields	19-Theodora DeGroot Patricia Jeffery Darlene Rowe Greg Krell	27- Rose Augustin Andy Muday David Inman Ken Bachman Dick Machalleck Carol Thompson
5-Betty Retz Bill Behnke Eldon Woodworth Sandy Brooker	11-LaVerne Scherer Joyce Collins Althea Peters J.Z. Skidmore Ruthann Shull Ruth Wittig Bonnie Latsch	20- Barry Summers	28-Teresa Kolenko Barbara Enders Annette Diederich Margie McClure Geneva Garland Linda Stuard Sam Hostetler Cheryl DeMorrow Maureen Bishop
6-Jeffrey Nash Marie Nicholas Bill Eisbrenner Marjorie Paddock	12-June Wilkins Mary McCarthy Frances Wooley Carol Hawkins Marianne Parker Gwen Gagliardo	21-Eloise Wilson Thomas Hansen Vera Duke Leroy Wolff Michelle Wilson Kathryn Vawter	29-Katherine Graham Glenna Stephens Ralph Lohraff
	13-Jake Will		30-Grace Feulner Sara Gruntman Betty Hahn Norma Hostetler Christina Porphir
	14-Richard Hiler Sandra Teunissen Roseanne Bittner Bonnie Bruce Phyllis Clark	22-Neal Kreitner Kathie Ohme Julie Smith Norma Radtke James McQuiston Chuck Scott Jerry Berkholz	31-Bertha Moody Helen Zaluckyj Donna Russell Jeanne Hays Glenn Steed Marion Gast Gwendolyn Goodlow Christine Smith Nancy Virgil Don Phillips James Nemitz
	15-Gerald Willming Joyce Harte George Burkhard Elaine Maxa Charles Boone Alice Smith Robert Mundt Ruth Stacks Marilyn Miser Thelma Spruell	23-Joyce Zacha Sherman Bradford Barb Walker	

If you would like your birthday listed in the newsletter please call the senior center at 468-3366 with your birth date and we will be happy to add it to our list!

DONATIONS OLPI

MANY THANKS TO THOSE WHO GAVE MONETARY DONATIONS TO THE CENTER DURING THE MONTH **NOVEMBER**. WE APPRECIATE YOUR SUPPORT!

Transportation: Kaye Kerstetter, Darlene Marler, Rhonda Goerg, Sarah Queen, Linda Stuard, Marge Duvernay, Loreeta Bahr, Wayne Antosz, Carole Dempsey, MaryAnne Matlow, Shirley Hagood, Carol Cornelis, Linda Barber, Jim and Felicia Healy, Mary Onofrio, Joan Holcomb, June Sutter, Marilyn Walter, Murlene Wolter, Marvin Harvey, Esther Meschino, Norma Lou.

Loan Closet: Norma Sullens, Linda Wiley, Gordon and Cathy Johnson.

General Fund: Dave and Sandy Gearhart, Kathy Manning, Joe and Toni Engel, Lynn and Renee Reinhardt, Bill and Lillian Alton, Frank Brower, June Sutter, Sharon Urban, Julianne Testa, Bill and Nancy Cabbage, Joyce Howell, Paulette Lynch, John Wayne Sutton, Candy Burton, Jewell Daniel, Marilyn Zemanek.

Memorial: In loving memory of **Joyce Thomas:** Donna Roda, Coloma High School Class of 1966. In loving memory of **Sue Warner:** Dominick Greco. In loving memory of **Norma, Paul, Emil, Lou and Jack:** Linda and John Piehl and Candy Burton. In loving memory of **Bob Demske:** Clara Demske. In loving memory of **Howard and Dolores Bishop, Howard and Nora Bishop, Louis and Minne Kling:** Maureen Bishop, Pam Hirsch and Pat Fryling. In loving memory of **Nancy Dings:** Tom, Merry and Chad Yops, Grace Duffield, Sylvia Aldrich, Larry and Kathy Yonker, Tim and Dena Garland, Bob and Pat Spaulding.

2nd Annual Art Contest Winners!

Thank you to all of the people who participated in our 2nd Annual Art Contest. We have amazing talented people in the area who showcased their creations throughout the month of November. The winners are listed below.

Best of Show: Julie Pupedis

People's Choice Award: Clare Horneij

Fabric/Quilt: Whaneta Miller

Yarn/Threadwork: Julie Pupedis

Photography: Jim Lynch

Painting: Sandra Siebold

Misc: Clare Horneij



Exercise Programs ...

Chair Exercise Program

Monday, Wednesday at 9:00 AM and Friday at 11:00

LINE DANCING

With Cookie Henry

Every other Wednesday at 10:30 a.m.

This month 12/4 and 12/18

YOGA with Vicky Shoemaker

Mondays at 1:00 PM and Thursday at 1:30 PM

\$5.00 per class

WALKING GROUP OUTSIDE!

Resumes in the Spring

WEDNESDAYS at 9:00 AM

"WALK SLIM" – (Leslie Sansone's DVD)

NEW TIME! Tues. at 9:45 a.m. & Thurs. at 8:30 a.m.

TAP CLASSES with Pat Culver

Thursdays \$20 for 4 weeks

Advanced 10:00 AM Beginner 11:00 AM

Group Exercise Class with Linda LaGrow

Tuesdays at 11:00 AM and Thursdays at 12:30

TAI CHI

Fridays with Janet Snelgrove 10:00 - 11:00 a.m.

\$60 for 8 weeks, \$48 for 6 weeks or \$10 drop in rate

Debility Prevention Class

1st Wednesday of Every Month at 12:30

With Sarah Frantz and Jamie Zech PTA from Corewell Health Rehabilitation

Pickleball - Resumes in the Spring

Outside Daily from 8:30 AM to 2:30 PM

Instruction with George Walker Wednesdays at 10:00

****Please remember while attending our exercise classes to go at your own pace and ability. If you need to take a break and get a quick drink of water, please do so. It is always a good idea to talk with your doctor before starting a new exercise program.**

Wellness Wednesdays

Join us for Wellness Wednesdays throughout the month! Wednesday afternoons we host activities and presentations aimed at supporting and promoting a healthy lifestyle. Our programs will focus on **mental, physical, financial, and emotional wellbeing**. To sign up for any of these programs, please call the senior center at 468-3366.

Be My Valentine - Wednesday, February 12th at 1:00 PM

History of SW Michigan Winegrowing - Wednesday, April 2nd at 1:00 PM

Senior-Wise

NORTH BERRIEN SENIOR CENTER

6648 Ryno Rd. – P.O. Box 730
Coloma, MI 49038



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Weather Related Closings

When Coloma Schools or Watervliet Schools **CLOSE** due to inclement weather, the center will also be closed. No nutrition will be served. Listen to COZY 98.3 FM or WFHB 99.9 FM or watch Channel 16 WNDU or 22 WSBT out of South Bend for closing announcements. When the center is **CLOSED** due to bad weather, all activities, transportation and nutrition are canceled for the day. Call first before venturing out on the roads and if you head out, be careful!

Quilt Raffle Friday, February 14th, 2025

The quilting group has done it again... another beautiful full size quilt, a cathedral window pattern, to raffle off. The tickets are \$1.00 each or \$5.00 for 6 tickets. The top of the quilt was donated and then finished by Theresa Jenkins in our Tuesday quilting group. Stop by the senior center today to purchase your raffle tickets.



It's that time of year again...FLU, COLD and COVID Season!



If you have the sniffles, a cold, covid or flu bug, please think of others and stay home until you feel better. Senior citizens are more susceptible to catching illnesses. Thank you for your understanding.

Debility Prevention Class Is BACK!! With Dalia Awshana, Physical Therapist from Corewell Health Rehabilitation 1st Wednesday of Every Month

Starting **Wednesday, January 8th at 12:30 PM**, we're excited to welcome **Dalia Awshana**, a skilled Physical Therapist from Corewell Health Rehabilitation in Coloma, to our Senior Center. Dalia will be leading a class designed to help participants develop essential techniques to improve balance and stability, a vital skill for everyone! This class is open to all, and we encourage everyone to join in for what promises to be a valuable and much-needed exercise.



**Be at war with your vices,
At peace with your neighbors,
And let every new year find you
A better man.
~Benjamin Franklin**