

Greater Niles SENIOR CENTER



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BOARD MEETING

Monday, May 20, 2024
@ 9:00 a.m.

Mother's Day, Sunday, May 12
Memorial Day, Monday, May 27 — **CENTER CLOSED**



MAY 2024



MICHIGAN SECRETARY OF STATE
**MOBILE OFFICE
IS COMING TO YOU**

The Secretary of State Mobile Office will be visiting
GREATER NILES SENIOR CENTER
to provide service to
SENIORS OF THE GREATER NILES AREA TO
COMPLETE THEIR SECRETARY OF STATE TRANSACTIONS

Date: MAY 16th, 2024
Time: 11 A.M. TO 2:00 P.M.
Location: 1109 BELL RD, NILES 49120

Book a visit to complete your Secretary of State transactions, including:



First-time
Michigan ID



Renew driver's
license or ID



Transfer title



Apply for/renew
disability placard

For more information or to schedule
your visit during this Mobile Office
event, contact

NILES SENIOR CENTER

at 269-683-9380 or
mindimeek8203@gmail.com
*Ask for Service Coordinator,
Mindi Pleimling



**OLDER
AMERICANS
MONTH**
POWERED BY CONNECTION: MAY 2024

26th Annual Senior Expo

**Friday, May 10th, 2024
10am-3pm**

**Mendel Center at Lake Michigan College
1100 Yore Ave., Benton Harbor**

FREE Admission

Presented by:

Don't Miss:

- Local Entertainment
- Door Prizes
- Local Vendors
- Drug Disposal & More!



The Herald-Palladium



Protect Yourself from Scams & Frauds

Thursday, **May 30** @ 11:00 a.m.
Join us at the Center as we talk to the
Sheriff about protecting ourselves.
Call the Center — 269-683-9380
to reserve your spot.

CURRENT EVENTS/NEWS



SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!



Date & Time:

Session 1: Wednesday, May 22, 2024 1:30 pm - 5:30 pm
 Session 2: Thursday, May 23, 2024 1:30 pm - 5:30 pm
 Must attend both sessions to obtain the certificate of completion.

Location:

Greater Niles Senior Center
 1109 Bell Road
 Niles, MI 49120

Register:

269-683-9380

Instructor will collect fee (cash or check) in class

Classes are
 May 22 & 23
 1:30-5:30
 Register to attend.

CLASSROOM COURSE

\$20 for AARP members
 \$25 for non-members

TO FIND ADDITIONAL COURSES

Visit: www.aarp.org/driving36
 Call: 1-888-773-7160

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



RAFFLE BASKETS

Celebrate the Mothers and Fathers in your life!

All proceeds go towards a new mobile TV/media cart. This cart will help enhance programming and speaker presentations.

Raffles begin April 1. Winner will be drawn for the Mother's Day Basket on May 8. Father's Day Basket winner will be drawn on June 12. Tickets available at the Front Desk.

Want to join a walking club?

We are looking to start on **June 3rd**.

We would walk every Monday, Wednesday, & Friday, **WEATHER**

PERMITTING. We'd meet at the

Niles Township Hall at 9:00 a.m. and walk the River-Valley Trail until 10 a.m.. If you're interested in joining the walking club, please call the Center, 269-683-9380, and ask for Mindi.



↓ NEW STUFF! →

CHECK OUT OUR NEW WEBSITE!

Current programs, services, & facility information can be found at: nileseniorcenter.org



May 9th 2pm

We are excited to announce that Zoo to you will be coming to the Niles Senior Center every 2nd Thursday of the month at 2pm. They will bring up to 3 different animals a month and talk to you about those specific animals. Please bring your friends, kids, and grandkids and join us for a great time.

Niles Renaissance Faire

Sat-Sun May 18 & 19, 2024 | Plym Park

10am-6pm Sat | 10am-4pm Sun

Age 13 to adults - \$7 | Children aged 5-12 - \$5
 Seniors & Veterans - \$5 | Children under 5 - free



HEALTH, WELLNESS, & SUPPORT



Blood Pressure Check

1st Thursday of every month from 9-11:00 a.m.

Lisa will perform the BP checks.

Thursday, May 2

PODIATRY FOOT CLINIC Meets @ TBND*

Next Dates: Tuesdays, **May 14 & 21 @ 9:00 a.m.**

Jane Sherwin, RN, is professionally licensed & insured and happy to provide toenail trimming if you can no longer perform it for yourself. **All clients must pick up a consent form at the Senior Center BEFORE she can provide you service.** This consent form must be signed by your healthcare provider to give permission to clip your nails.

The cost of your first visit is **\$40**. At this visit you receive a basin for soaking your feet, a toenail clipper, an emery board and a manicure stick. **These items are yours to keep and you will bring them with you each time you come for a nail clipping.** Each subsequent visit is **\$30**.

If you are interested, **call the senior center for an appointment.** The only other thing you need to bring is a towel (for drying you feet after soaking).



There is hope.



If you or someone you know needs support now, call or text **988** or chat **988lifeline.org**

988 SUICIDE & CRISIS LIFELINE



Berrien County Suicide Prevention Coalition - berriencares.org

Hearing Health Wednesday, May 8.

Dr. Michelle Ridenour, Au.D., CCC-A is from Mirace Ear.

Her services **at the Center** are FREE of charge.

She is available to clean hearing aids, check

for wax build-up & removal, set-up free

screenings, & answer your questions. **Come**

meet Dr. Ridenour between 2-3:00. Walk-ins welcome.



VETERANS' SERVICE OFFICER

A Berrien County Veterans' Service Officer can explain benefits available to veterans and answer

questions on how to obtain assistance. **Please call their office at 269-983-7111, ext. 8224 for assistance.** An officer will no longer have hours at the Senior Center. In 2024, there will be an office in Niles. More details to come.

VOLUNTEERS NEEDED

Help vets get to the VA Clinic

Volunteers are needed to drive the Disabled American Veterans van from designated stops in Benton Harbor, Stevensville, Bridgman, Sawyer, New Buffalo, Three Oaks, Galien, Buchanan, and Niles to the St. Joseph County VA Health Care Center in Mishawaka, IN. For more information, call Berrien County Veterans Services at 269-983-7111, ext. 8224



Need A Haircut?

Val Kachur, a licensed beautician, is available to give haircuts at the Center.

The charge is \$15.00. Please come with clean hair. Call Val at 269-591-9014 to schedule an appointment.



TBND* "The Building Next Door" — Formerly Chemical Bank

INFORMATION

BIRTHDAY BINGO

1st Thursday of the month @ 1:00.
Come celebrate this month's birthdays, play BINGO for prizes, and enjoy light snacks & refreshments provided by the Center.

Register, no later than the Monday before, to play. 683-9380



"If your kids are giving you a headache, follow the directions on the aspirin bottle, especially the part that says, 'keep away from children.'"

SUSAN SAVANNAH

woman's day

Memorial Day Crossword Puzzle

ACROSS

- 4 Bands march in these to remember our fallen heroes
- 7 Food that is usually eaten on Memorial Day
- 8 One of the countries America is currently fighting in
- 9 The day of the week Memorial Day is celebrated

DOWN

- 1 Symbol of our country
- 2 Location of the American flag on Memorial Day
- 3 A daisy is one
- 5 Who we honor on Memorial Day
- 6 City in New York that is called the birthplace of Memorial Day
- 9 The month Memorial Day is celebrated

ARTS & CRAFTS

Join us Wednesday,

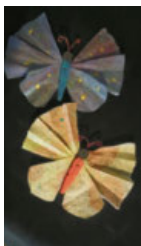
May 8 @ 10:00

This craft is fun, easy, and only \$5.
All supplies are included.

You must sign up by calling the Senior Center no later than the Monday before each class.

Class size is limited.

269-683-9380



Join us to learn how to make one of these colorful butterflies. These easy butterflies are made out of simple household items.
Colors will vary.



Niles Community Choir

Join us as we come together in song.

All ages welcome!

The Community Choir will be rehearsing Patriotic Music to perform at local nursing homes in July. Please join us in giving back to our Seniors.

TIME: Thursdays, 3:00-4:00 pm

PLACE: Great Niles Senior Center

REHEARSAL DATES: May 29,
June 5, 12, 19, & 26



CALENDAR

FIT FOR LIFE — Mornings: Mondays & Wednesdays 8-8:45am
 Evening: Wednesday @ 5:30pm
 Low impact cardio and strength training with Missy.

CHAIR EXERCISE — Mon., Wed. & Friday @ 9am

CARD MAKING — Monday, **May 20** @ 10am **@TBND**
 We supply materials & ideas, you bring your own adhesive & scissors.
 Please call Kathy directly to sign up 683-4024. **\$5.00**

LINE DANCING — Monday & Wednesday @ 10:15am

ZUMBA — Mondays @ 11:30

CHAIR AEROBICS — Tues @ 9:00am Led by Liz

DRUMMING — Mornings: Tues. @ 10:00 / Thurs @ 9:00 & 10:00
 Evening: Monday @5:30pm
 This class combines music, rhythm & movement for physical fitness that is fun & creative. As rigorous or easy as you want it to be.

CERAMICS & PAINTING — 1st & 3rd Tues. 10:00-12:00
 Work on projects independently in the company of others.

CHAIR YOGA — Tues. @ 11:00am Led by Liz.

BEGINNER/LEARN TO LINE DANCE — Tuesday @ 1:30pm
 A class for beginners.

ARTS & CRAFTS —
 2nd Wed. of the month from 10-Noon \$

TAI CHI — Wed. & Fri. @ 2pm Learn the fundamentals of this ancient exercise of balance and tranquility. Ongoing participation has been proven to improve your health. Wear loose fitting clothes and bring an exercise mat or rug.

COMMUNITY CHOIR — Wednesdays 3:00-4:00 **May 29**
 June, 5, 12, 19 & 26 — Join us as we practice patriotic music that we will perform in local nursing homes in July.


LINE DANCE EXPO PRACTICE — Thursdays from **12:30-1:30**
 (not 1st Thursday of month). Practice for the **May 10th** Senior Expo!

BIRTHDAY BINGO — 1st Thursday @ 1:00.
 Join us for prizes & refreshments.

ZOO TO YOU — Thursday May, 9 @ 2:00 **May 9**
 The 2nd Thursday of the month, Potawatomi Zoo brings a few wild animals to the Center for us to meet, greet, and learn. You are welcome to bring children.

CHIT 'N CHAT — Fridays @ 12:00
 Want to sit and chat awhile? Please join us!

SQUARE DANCING — Fridays, **1:00-2:00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 2024	TBND* "The Building Next Door" Formerly Chemical Bank	8:00-8:45 Fit for Life 9:00 Chair Exercise 10:15 Line Dancing 2:00 Tai Chi 5:30 Fit for Life	9:00-11:00 Blood Pressure Check 9:00 Drumming 10:15 Line Dancing 1:00 Birthday BINGO	9:00 Chair Exercise 12:00 Chit 'N Chat 1:00-2:00 Square Dancing 2:00 Tai Chi
8:00-8:45 Fit for Life 9:00 Chair Exercise 10:15 Line Dancing 11:30 Zumba 5:30 Drumming	9:00 Chair Aerobics 9:00 Bridge @TBND 10:00 Drumming 10-Noon Ceramics & Painting 11:00 Chair Yoga 1:30 Beginner Line Dance	<i>Mother's Day Basket Drawing Today</i> 8:00-8:45 Fit for Life 9:00 Chair Exercise 10:00 Arts & Crafts \$ 10:15 Line Dancing 2:00 Tai Chi 2:00-3:00 Hearing Specialist 5:30 Fit for Life	9:00 Drumming 10:00 Drumming 12:30-1:30 Line Dance Expo Practice 2:00 Zoo to You	9:00 Chair Exercise 10:00-3:00 Senior Expo LMC, Benton Harbor 12:00 Chit 'N Chat 1:00-2:00 Square Dancing 2:00 Tai Chi Mother's Day →→
8:00-8:45 Fit for Life 9:00 Chair Exercise 10:15 Line Dancing 11:30 Zumba 5:30 Drumming	9:00 Chair Aerobics 9:00 Bridge @TBND 9:00 Podiatry Foot Clinic @TBND 10:00 Drumming 11:00 Chair Yoga 1:30 Beginner Line Dance	8:00-8:45 Fit for Life 9:00 Chair Exercise 10:15 Line Dancing 2:00 Tai Chi 5:30 Fit for Life	9:00 Drumming 10:00 Drumming 11:00-2:00 Secretary of State — Mobile (Please call Mindi for an appointment)	9:00 Chair Exercise 11:00-1:00 USDA/CSFP Commodities 12:00 Chit 'N Chat 1:00-2:00 Square Dancing 2:00 Tai Chi Renaissance Faire →→
8:00-8:45 Fit for Life 9:00 Board Meeting 9:00 Chair Exercise 10:00 Card Making @TBND 10:15 Line Dancing 11:30 Zumba 5:30 Drumming	9:00 Chair Aerobics 9:00 Bridge @TBND 9:00 Podiatry Foot Clinic @TBND 10:00 Drumming 10-Noon Ceramics & Painting 11:00 Chair Yoga 1:30 Beginner Line Dance	8:00-8:45 Fit for Life 9:00 Chair Exercise 10:15 Line Dancing 1:30-5:30 AARP Safer Driver Class 2:00 Tai Chi 5:30 Fit for Life	9:00 Drumming 10:00 Drumming 1:30-5:30 AARP Safer Driver Class	9:00 Chair Exercise 12:00 Chit 'N Chat 1:00-2:00 Square Dancing 2:00 Tai Chi
CLOSED FOR MEMORIAL DAY 	9:00 Chair Aerobics 9:00 Bridge @TBND 10:00 Drumming 11:00 Chair Yoga 1:30 Beginner Line Dance	8:00-8:45 Fit for Life 9:00 Chair Exercise 10:15 Line Dancing 2:00 Tai Chi 3:00-4:00 Community Choir Practice 5:30 Fit for Life	9:00 Drumming 10:00 Drumming 11:00 Scam & Fraud Presentation	9:00 Chair Exercise 12:00 Chit 'N Chat 1:00-2:00 Square Dancing 2:00 Tai Chi Walking Club Starts Monday, June 3 →



BREAKFAST • LUNCH • DINNER

1915 S 11th St. (M-51)
Niles, MI 49120

269.684.2112

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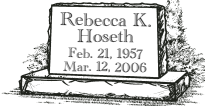
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- Wills, Trusts, Powers of Attorney
- Estate Administration

Contact Lori M. Thompson
for additional information:

269-983-0325

lori@passarokahne.com

Good things are happening in 2024!

February 28	<i>The Manhattan Dolls Dinner Theater</i>
April 2	<i>My Way – Tribute to Frank Sinatra ~ Dinner Theater</i>
May	<i>Vera Bradley Outlet Sale Date TBD in February</i>
September 5	<i>Million Dollar Quartet Dinner Theater</i>
January - November	<i>FireKeepers Casino 2nd Wednesday of the month</i>
More to Come!	269-684-2886 or 800-811-1528
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ASSISTANCE

RESOURCES

Disability Network, SWMI

(269) 985-0111

Resources for those with physical, cognitive or emotional disabilities

www.dnswm.org

My Way There

www.mywaythere.org

Helps people find transportation around Southwest Michigan

St. Mary's Christian Service Center

(269) 684-0637

Assists with food and prescriptions

Feed America West Michigan

www.feedwm.org/findfood
Mobile food pantries

Salvation Army of Niles

(269) 684-2660

Assist with food, clothing, medicine, rent, housing, furniture, utilities

Bureau of Services for the Blind

(269) 337-3875

United Way 2-1-1

211 or 1-800-310-5454

Free and confidential community helpline available 24 hours a day, 7 days a week

www.mi211.org

Riverwood Center

Niles-(269) 684-4270

Medicaid and sliding scale
www.riverwoodcenter.org

Haelan Counseling Center

Niles-(269) 683-8972

Southwestern Medical Clinic Counseling & Psych Services

Niles & Buchanan

(269) 429-7727

Some Medicaid
www.lakelandhealth.org/swmc

Niles Community Health Center

Medical care & Counseling
(269) 262-4749

Dental: (269) 262-4364

www.cassfamilyclinic.org

Midwest Recovery & Wellness

Niles-(269) 262-1815

www.midwestrecoveryandwellness.org

Evy's Closet

269-683-7250

302 Cedar St., Niles

FREE clothes for women.

Thursday 4-6p.m.

Child and Adult Protective Services

1-855-444-3911 To report suspected abuse or neglect of a child or adult

Grief Group for Adults

Join Lory's Place and the Niles-Buchanan YMCA for an in-person adult grief group that is open to the public. Adults who have experienced the death of someone significant are invited to take part in the healing process within this comforting and supportive environment. This is an open-ended group which means you can attend or leave whenever you choose. The group is offered free of charge, we do ask that you RSVP by calling **269.983.2707** if you plan to attend as space is limited.

**Group meets 2nd Wed. of the month
from 12 p.m.—1 p.m.**

**@ Niles-Buchanan YMCA
905 North Front Street, Niles.**



Extra Help for Medicare Beneficiaries

You may be Eligible! Would you like to find out?

- Do you have Medicare?
- Are you **single** with an income below **\$1,902.50** a month and assets below **\$17,220**?
- Are you **married** with a combined income below **\$2,575** a month and assets below **\$34,360**?

You may qualify for EXTRA HELP in paying for the Medicare Prescription Drug Coverage (Part D) premium and lower your cost in co-pays for your medication. Call for an appointment to help fill out the application.

DID YOU KNOW you can read this newsletter online?

Go to <https://www.mycommunityonline.com/home>

- Type in "Niles, MI 49120"
- Search
- Click on the center's name.
- Under "recent publications", click the Subscribe button to enter your email. You will receive a notification every month when the latest version is ready to view*.

Help the Center save on postage.

If you prefer to view the newsletter online, need to make an address change, or would like to be removed from the mailing list, please notify the Center by phone or email:

683-9380 — or — mindimeek8203@gmail.com

ASSISTANCE

RUNNING DRY? OUR NEW WATER AFFORDABILITY PROGRAM IS HERE TO HELP!

THE WATER AFFORDABILITY PROGRAM IS
NOW AVAILABLE FOR RESIDENTS OF
BERRIEN, CASS, AND VAN BUREN
COUNTIES.

SMCAA may be able to assist with residential or wastewater services by reducing or eliminating your overdue bills, restoring services, or working with your utility provider to keep your services on



Please call SMCAA 269-925-9077 for more information.

Ev'y's Closet "FREE Clothing for Women in need" **This women's ministry provides free clothing.**

Call for an appointment. Must bring an I.D.

Located at the corner of Third and Cedar Streets,
inside New Journey United Methodist Church,
302 Cedar Street in Niles. ~ 269-683-7250

4:00-6:00 Thursday evenings

Look for our yellow and green sign!

Niles Dial-A-Ride — 269-684-5150

What are the fare prices for Demand Response?

• **Niles City Limits** \$3.00 Reduced Fare \$1.50

• **Buchanan City Limits** \$1.50 Reduced Fare 75¢

• **To & From within Niles Township including Buchanan**
\$4.00 Reduced Fare \$2.00

• **Prices for a Deviated Fixed Route**

\$2.00 Or Reduce Fare \$1.00 or 50¢ for route deviations

Reduced fare applications for those with disabilities and/or over 60 years of age can be picked up at the DART office, on a DART bus, or found online. Call 269-684-5150 Ext. 4 to process your application and schedule an appointment.

Did you know...

- The first week of the month is always the busiest for rides.
- The 3rd Thursday of the month is the only day you can make multiple trips on & off the bus for shopping, carrying in groceries, etc.

Greater Niles Senior Center FUNDRAISER

1. Shop locations featuring nearly 2,000 "Our Family" & "Spartan" brand products (**Martin's & Harding's** in Niles)

2. Collect **Our Family & Spartan** brand UPC barcodes — and encourage your friends and family to do the same.



3. Turn them in at the Center. A check will be sent to the Center in increments of \$25 for every 500 labels submitted.

Donation Opportunities

Contributions to our non-profit 501(c) (3) organization are tax deductible. There are many ways to donate and assist us in continuing to provide many services to our members.

MICHIGAN GATEWAY FOUNDATION ENDOWMENT FUND - Made to ensure long term sustainability of our organization.

BUILDING FUND DONATIONS - Made to contribute directly to building maintenance & ground expenses.

HONORARY DONATIONS - Made in honor of someone who has enriched your life.

MEMORIAL DONATIONS - Made in memory of a friend or loved one who has passed away.

PROGRAM/SERVICE DONATIONS - Made in appreciation of a particular program or service that helped you or a loved one. (Exercise classes & equipment, Prize BINGO, Art Class, Special Events, Vaccine Clinics, Transportation, Commodities, Medicare/Medicaid Assistance, Notary, Tax Preparation.)

The Center is OPEN for the following

- Transportation 9:00-2:00
- Medical Equipment from our Loan Closet
- Copies made — 10¢ per page
- FAX documents

• Notary

• Home Heating & Property Tax Credit

• Medicare & Medicaid Appointments

• *In addition to live classes here at the Center, Missy teaches Fit for Life as an **online class** on Friday at 7:30am. Check out Melissa Rodgers classes online:*

Facebook: Group: Fit for Life/Osteo Fitness <https://www.facebook.com/groups/2968714996508904>

• See page 5 for calendar






Meals on Wheels of Southwest Michigan Senior Nutrition Services

Menu Is Subject To Change Without Notice

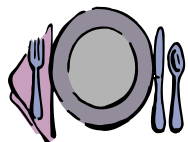


Meals are funded in part by:

Along with Participant Contributions, United Way Partners, Grant Awards, and Donations.

<p>Meals provide (average per week) Carbs: 75 grams Calories: 800 Sodium: 800 milligrams Protein: 19 grams Total Fat : 30% 2% milk</p>	<p>Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can! We thank you!</p>	<p>1 Chicken Caesar Pasta Salad Yogurt with Granola Banana</p>	<p>2 Beef & Broccoli over Brown Rice Oriental Vegetable Blend Fruit Crisp</p>	<p>3 Pizza Pasta Casserole Cooked Spinach Lima Beans Apple</p>
<p>6 Chicken Parmesaen over Pasta w/ Marinara Texas Toast Italian Blend Vegetables Grapes</p>	<p>7 Swiss Steak Whipped Potatoes Diced Carrots Peaches</p>	<p>8 Pulled Pork Sandwich Bean Salad Asparagus Applesauce</p>	<p>9 Spring Vegetable Egg Casserole Seasoned Diced Potatoes Spiced Apples with Raisins</p>	<p>10 MOTHER'S DAY MEAL Roasted Chicken Quarter Warm German Potato Salad Cucumber Salad Fruit Crumble</p>
<p>13 Sweet & Sour Meatballs over Rice Oriental Vegetable Blend Steamed Pea Pods Pineapple</p>	<p>14 Loaded Baked Potato w/ Chicken, Cheese, & Broccoli Carrot Coins Fruit Crisp</p>	<p>15 Crispy Fish Sandwich w/ Cheese Tartar Sauce Mixed Vegetable Blend Mandarin Oranges</p>	<p>16 Honey Garlic Chicken Whipped Potatoes Steamed Corn Side Salad w/ Cucumber & Tomato Diced Mango</p>	<p>17 Beef Enchiladas Spanish Rice w/Tomatoes Santa Fe Blend Vegetable Diced Pears</p>
<p>20 Biscuits & Gravy Peas and Pearl Onions Blueberries</p>	<p>21 Beef Stroganoff w/ Mushrooms over Noodles Steamed Green Beans Peaches</p>	<p>22 Sloppy Joe on a Bun Seasoned Potato Wedges Mixed Veggies Apple</p>	<p>23 Sweet Potato Black Bean Bowl California Vegetable Blend Yogurt with Fruit</p>	<p>24 Hot Dog on a Bun w/ Condiments Baked Beans Diced Carrots Fresh Strawberries</p>
	<p>28 Scalloped Potatoes & Ham Mixed Vegetables Cooked Spinach Apple</p>	<p>29 Chef Salad w/Turkey Ham, Shredded Cheese, Tomato, Cucumber, Eggs, & Croutons Berry Applesauce</p>	<p>30 Meatball Sub Sandwich w/Marinara Tossed Salad with Ranch Jello w/ Fruit</p>	<p>31 Keilbasa & Pierogies Cabbage Diced Peppers Mixed Fruit Cup Birthday Cake</p>

JOIN US FOR LUNCH



Hot lunch is served at the Center
Monday-Friday @ 11:30. ← new time
Please sign-up by 9am two days before
you plan to come for lunch.

Free Dial-A-Ride transportation available if you come for lunch. Congregate meals are provided by Senior Nutrition Services/Meals on Wheels of SW Michigan program in partnership with Region IV Area Agency on Aging. Matching funds, which are critical in continuing to provide these meals, provided by United Way and participant donations. 269-925-0137. **NO LUNCH MAY 27**

USDA/CSFP (monthly) Commodities

Friday, May 17 from 11:00 to 1:00. (3rd Friday)

PLEASE NOTE:

- Get your Commodities by using the drive thru @ **TBND**.
You will ENTER from Bell Road and EXIT onto S. 11th Street!
- For SAFETY, please be mindful of traffic. Follow those directing traffic!
- Food is provided by Southwest Michigan Community Action Agency.

Grilled Pork Chops with Cherry Salsa

Ingredients

- 2-3 pounds pork steaks thin cut
- 1 Tbsp. garlic powder
- Salt and pepper to taste
- 2 cups sweet cherries, pitted & chopped
- 1/4 cup red onion, finely diced
- 1/2 jalapeno, finely diced & seeded, ribs removed. (use more if you like it spicy and leave the seeds in)
- 1/4 cup cilantro, chopped
- Juice of 1 lime



Instructions

- Season the pork with garlic, salt and pepper; set aside
- Make the cherry salsa by combining cherries, onion, jalapeno, cilantro and lime juice, stirring well.
- Grill the pork steaks about 3-5 minutes per side (longer if you get thick cut) until cooked through.
- Serve topped with cherry salsa

Nutrition Calories: 237kcal | Carbohydrates: 9g | Protein: 29g | Fat: 9g | Saturated Fat: 3g | Cholesterol: 91mg | Sodium: 100mg | Potassium: 644mg | Fiber: 1g | Sug: ar: 6g | Vitamin A: 87IU | Vitamin C: 5mg | Calcium: 27mg | Iron: 2mg

GREATER NILES SENIOR CENTER
1109 Bell Road
Niles, MI 49120

Non-Profit Org.
U.S. Postage
PAID
Niles, Michigan
Permit No. 39

CENTER INFORMATION

HOURS OF OPERATION

Monday - Friday | 8:00 AM - 4:00 PM

Telephone: 269-683-9380

Fax: 269-683-5359

Email:

greaternilesseniorcenter@gmail.com

Website:

nilesseniorcenter.org

1109 Bell Road, Niles MI 49120

The services and activities of the Greater Niles Senior Center are made possible by the taxpayers of Berrien County through the Senior Center millage; Title III-B funding for transportation; donations by public and private groups and individuals; fund raising activities and many wonderful volunteers.

Phone for Service

Social Security 1-800-772-1213

Medicare Questions 1-800-633-4227

Medicaid Hotline 1-800-642-3195

Department of Human Services

Berrien County 269-934-2000

Cass County 269-445-0200

Legal Aid of Western Michigan

1-888-783-8190

Area Agency on Aging Info-Line

1-800-654-2810

Report A Scam 1-877-765-8388

Cass County Council on Aging

269-445-8110

Elder Abuse 1-855-444-3911

Long-Term Care Ombudsman & Advocacy

1-866-485-9393

Veterans Crisis Line

1-800-273-8255, press 1

National 'Do Not Call'

1-888-382-1222

United Way 1-800-310-5454

Ferry St. Resource Center

269-687-9860

Alzheimer's Helpline

1-800-272-3900

Director: **Jennifer Krueger**

Assistant Director **Lisa Hunt**

Service Coordinator **Mindi Pleimling**

Receptionist **Julie Anthony**

Maintenance/Janitorial **Scott Dittmar**

Senior Nutrition Site Manager **Cherie Richards**

Volunteer Receptionists:

Adrienne Blanton

Charlie Fedeli