

# Greater Niles

## SENIOR CENTER



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#### BOARD MEETING

Monday, June 24th, 2024  
@ 9:00 a.m.

#### June Dates

Flag Day-Friday June 14

Fathers Day-Sunday June 16

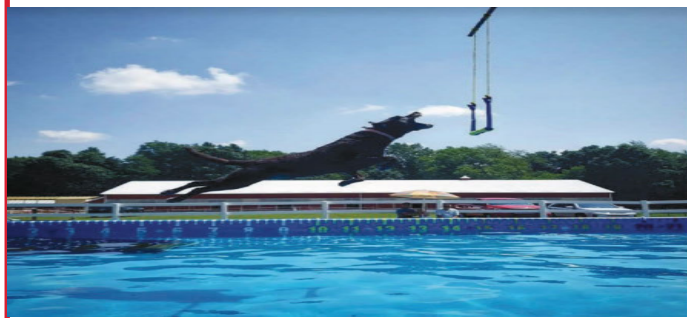
Juneteenth- Wednesday June 19

## JUNE 2024



Thursday, June 13th at 1pm join us at the Niles Senior Center as we beat the blues with nutrition. Learn how the foods you choose can boost your mood and improve your memory. Melissa Powell, dietitian with the Area Agency on Aging, to develop healthy eating habits to support your brain function as you age. We will look at foods, meals and recipes to make brain boosting nutrition simple. Please call Mindi at 683-9380 to RSVP for this amazing presentation.

Dock diving is a canine sport in which dogs are enticed to run the length of a dock and leap as far out into the water as possible to compete for height or distance. They're motivated to fly with a prized toy, which is thrown just out of reach in order to help them keep their momentum and get the best launch angle possible. Join Niles Senior Center on **Saturday, June 1st at 10am** for an entertaining, free admission event outdoors at Bunk & Biscuit. Call the Senior Center to register for a ride at 269-683-9380. Weather permitting, must be able to stand or sit outdoors for at least 1 hour, and bring your own lawn chair.



We have a new website **nilesseniorcenter.org**! You can find our newsletter, services and facility information.. If you are no longer interested in receiving the newsletter by mail please give us a call at 683-9380.

# CURRENT EVENTS/NEWS

## UPCOMING EVENTS

National Iced Tea Day-Monday, June 10  
 Flag Day-Friday, June 14  
 Fathers Day-Sunday, June 16  
 Juneteenth-Wednesday, June 19  
 National Take Your Dog To Work Day-Friday, June 21st  
 Niles Burn Run-July 27-28  
 Cass County Fair- July 29-August 4  
 Berrien County Fair-August 12-17  
 Apple Festival-September 26-29



The Potawatomi Zoo will return on June 13th at 2pm. Come meet the different animals they bring each month. Bring your kids, grandchildren and friends for some great fun and conversation.



Seating is limited. Please call 683-9380 to reserve a seat, or for more info. As always, these trips are WEATHER PERMITTING.

Saturday, June 1st at 10am-**Bunk & Biscuit** watching dogs dock dive into water. Free admission, bring a lawn chair.

Tuesday, June 11, 9:00-2:00-**Shipshewana** 700 open booths on 40 acres. Lots of walking-wear comfortable shoes! Bring cash and bags to carry your purchases.

Thursday, June 20 at 10am-**Antique shopping** in the Niles area, lots of walking. Bring money in case you find a treasure.

Tuesday, June 25th, 11:00-3:30-**Studebaker Museum**- The Studebaker museum is devoted to sharing the story of the automotive and industrial history of South Bend and the greater region through the display and interpretation of Studebaker vehicles. The cost is \$9.50 for seniors over 60. Lots of Walking-wear comfortable shoes.



## Raffle Baskets

Celebrate the Fathers in your life! All proceeds go towards a new mobile TV/media cart. This cart will help enhance programming and speaker presentations. The winner will be announced on June 12. Tickets available at the front Desk.



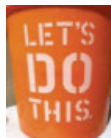
Happy National Take Your Dog To Work Day!



Friday June 21st, celebrating the companionship between canine and human, National Take Your Dog To Work Day hopes to inspire others to adopt from shelters & humane societies. Every year, employees across the country bring their dogs to work on the Friday after Fathers Day. Feel free to bring in your vaccinated, well-behaved dog on a leash for a short visit on the 21st. Special treats will be available for your 4 legged friends.

## Walking Club

Our first day of walking will be June 3rd from 9am-10am, **weather permitting**. We can meet at the Niles Senior Center or we can meet at the Niles Township Hall! Please bring comfortable tennis shoes and something to drink. Call Mindi, if you would like to join, or have any questions.



# HEALTH, WELLNESS, & SUPPORT



## Blood Pressure Check

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

Lisa will perform the BP checks.

**Thursday, June 6th**

## PODIATRY FOOT CLINIC Meets @ TBND\*

Next Dates: Tuesdays, **June 11, 25th @ 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 your feet after soaking).



## Hearing Health Wednesday, June

12th. 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**.

## Iced Tea Day

Monday, June 10 come in to the Senior Center and let's kick off summer with a glass of iced tea.



## 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

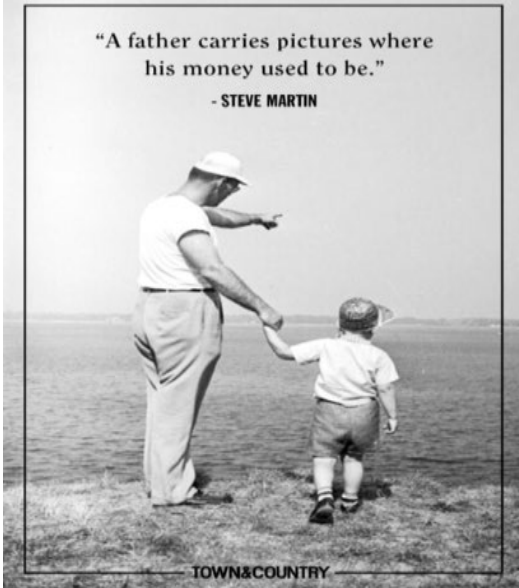
1st Thursday of the month @ 1:00.

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  
Luau Party- Dress up!



"A father carries pictures where his money used to be."  
- STEVE MARTIN



## ARTS & CRAFTS

Join us Wednesday,

**June 12th @ 10:00**

683-9380 to reserve a spot!

Learn how to make whimsical pinwheels.

Fabric will be supplied, but if you have specific colors you'd like please bring your own!



## Father's Day Word Search

Father's Day is Sunday, June 19. Can you find these words that have to do with dad?

ATHLETIC FUNNY  
BRAVE GOLF  
DAD KIND  
DADDY SPORTS  
ESPN TENNIS  
FATHER TIE  
FISHING TOOLS  
FOOTBALL

X R D F U I E L C F C R E  
W B L A S T R O P S N D K  
E O D S A Z F X C E B A M  
G N M P O I U T C R E D T  
R B R A V E H I O O M D E  
S I D K Y J T B S S H Y L  
H T I Q N E F A P L L Y L  
S A R S L G R E R O O G A  
G V S H C K E L S N P O B  
F R T S F I S H I N G W T  
U A C O S N S T E D E O O  
N S T K O D A L A D U R O  
N N R H W B E D U I M G F  
Y O T I E T I N C T W N U  
A F U S R R H W E S P N W  
O T E N N I S T I U S E R

MARTY WESTMAN/MCT

## 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: Wednesdays, 3:00-4:00pm

Place: Niles Senior Center



# 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, **June 24th** @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.

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

**SQUARE DANCING** — Fridays, 1:00-2:00 **\*NEW TIME\***

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

**Community Choir**— Wednesdays 3:00-4:00 May 29, June 5,12,19, and 26. Join us as we practice patriotic music that we will perform in local nursing home in July.

**Walking Club**-(weather permitting) Mon, Wed, Fri-meet at 9am and walk for 1 hour.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3.</b> 8:00-8:45-Fit for life 9:00 Chair Exercise 9:00-Walking Club- <b>NEW</b> 10:15 Line Dancing 11:30 Zumba 5:30 Drumming <b>Bunk and Biscuit –June 1st, dogs diving</b>	<b>4.</b> 9:00 Chair Aerobics 10-Noon Ceramics & Painting 10:00 Drumming 11:00 Chair Yoga 1:30 Beginner Line Dance	<b>5.</b> 8:00-8:45 Fit for Life 9:00 Chair Exercise 9:00-Walking Club- <b>NEW</b> 10:15 Line Dancing 2:00 Tai Chi 3:00-4:00-Choir Practice- <b>New</b> 5:30 Fit for Life	<b>6.</b> <b>9:00-11:00 Blood Pressure Check</b> 9:00 Drumming 10:00 Drumming <b>1:00 Birthday BINGO-Luau Theme, Dress for the occasion!</b>	<b>7.</b> 9:00 Chair Exercise 9:00-Walking Club- <b>NEW</b> 12:00 Chit 'N Chat 1:00-2:00 Square Dancing 2:00 Tai Chi
<b>10.</b> 8:00-8:45 Fit for Life 9:00 Chair Exercise 9:00-Walking Club- <b>NEW</b> 10:15 Line Dancing 11:30 Zumba 5:30 Drumming <b>Come in for some Iced Tea!!</b>	<b>11.</b> <b>9:00-2:00-Shipshewana \$</b> 9:00 Podiatry Foot Clinic @TBND 9:00 Chair Aerobics 10:00 Drumming 11:00 Chair Yoga 1:30 Beginner Line Dance	<b>12.</b> 8:00-8:45 Fit for Life 9:00 Chair Exercise 9:00-Walking Club- <b>NEW</b> <b>10:00 Arts &amp; Crafts \$</b> 10:15 Line Dancing <b>2:00-3:00-Hearing Specialist</b> 2:00 Tai Chi 3:00-4:00-Choir Practice- <b>New</b> 5:30 Fit for Life	<b>13.</b> 9:00 Drumming 10:00 Drumming <b>1:00-Area Agency on Aging Presentation!</b> <b>2:00-Zoo to You</b>	<b>14.</b> 9:00 Chair Exercise 9:00-Walking Club- <b>NEW</b> 12:00 Chit 'N Chat 1:00-2:00 Square Dancing 2:00 Tai Chi  <b>FLAG DAY</b>
<b>17.</b> 8:00-8:45 Fit for Life 9:00 Chair Exercise 9:00-Walking Club- <b>NEW</b> 10:15 Line Dancing 11:30 Zumba 5:30 Drumming	<b>18.</b> 9:00 Chair Aerobics 10-Noon Ceramics & Painting 10:00 Drumming 11:00 Chair Yoga 1:30 Beginner Line Dance	<b>19.</b> 8:00-8:45 Fit for Life 9:00 Chair Exercise 9:00-Walking Club- <b>NEW</b> 10:15 Line Dancing 2:00 Tai Chi 3:00-4:00-Choir Practice- <b>New</b> 5:30 Fit for Life  <b>JUNETEENTH</b>	<b>20.</b> 9:00 Drumming 10:00 Drumming <b>10:00-Antique Shopping \$</b>	<b>21.</b> 9:00 Chair Exercise 9:00-Walking Club- <b>NEW</b> <b>11:00-1:00 USDA/CSFP Commodities</b> 12:00 Chit 'N Chat 1:00-2:00 Square Dancing 2:00 Tai Chi <b>Bring your dog to work day!</b>
<b>24.</b> 8:00-8:45 Fit for Life <b>9:00 Board Meeting</b> 9:00 Chair Exercise 9:00-Walking Club- <b>NEW</b> <b>10:00 Card Making @TBND</b> 10:15 Line Dancing 11:30 Zumba 5:30 Drumming	<b>25.</b> 9:00 Chair Aerobics 9:00 Podiatry Foot Clinic @TBND 10:00 Drumming 11:00 Chair Yoga <b>11:00-3:30-Studebaker Museum \$</b> 1:30 Beginner Line Dance	<b>26.</b> 8:00-8:45 Fit for Life 9:00 Chair Exercise 9:00-Walking Club- <b>NEW</b> 10:15 Line Dancing 2:00 Tai Chi 3:00-4:00-Choir Practice- <b>New</b> 5:30 Fit for Life	<b>27.</b> 9:00 Drumming 10:00 Drumming	<b>28.</b> 9:00 Chair Exercise 9:00-Walking Club- <b>NEW</b> 12:00 Chit 'N Chat 1:00-2:00 Square Dancing 2:00 Tai Chi
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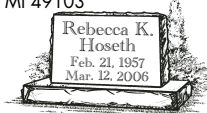
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Contact Lori M. Thompson  
for additional information:

**269-983-0325**

lori@passarokahne.com

## Good things are happening in 2024!

**February 28**

*The Manhattan Dolls*  
Dinner Theater

**April 2**

*My Way – Tribute to Frank Sinatra* ~ Dinner Theater

**May**

*Vera Bradley Outlet Sale*  
Date TBD in February

**September 5**

*Million Dollar Quartet*  
Dinner Theater

**January -  
November**

*FireKeepers Casino*  
2<sup>nd</sup> Wednesday of the month

*More to Come!*

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# ASSISTANCE

## RESOURCES

### Disability Network, SWMI

(269) 985-0111

Resources for those with physical, cognitive or emotional disabilities

[www.dnswm.org](http://www.dnswm.org)

### My Way There

[www.mywaythere.org](http://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](http://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](http://www.mi211.org)

### Riverwood Center

Niles-(269) 684-4270

Medicaid and sliding scale  
[www.riverwoodcenter.org](http://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](http://www.lakelandhealth.org/swmc)

### Niles Community Health Center

Medical care & Counseling  
(269) 262-4749

Dental: (269) 262-4364  
[www.cassfamilyclinic.org](http://www.cassfamilyclinic.org)

### Midwest Recovery & Wellness

Niles-(269) 262-1815

[www.midwestrecoveryandwellness.org](http://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](mailto:mindimeek8203@gmail.com)**

# ASSISTANCE

## THE SALVATION ARMY SAVE THE DATE 3RD ANNUAL HOPE CLASSIC GOLF OUTING

Funds raised will help build a pathway of hope and dignity for families in SE Berrien and Cass Counties through sustenance, financial, educational and spiritual assistance.

**JUNE 24 2024** | **ORCHARD HILLS COUNTRY CLUB BUCHANAN, MI**

Call with questions (269) 684-2660  
More information forthcoming



### Evy's Closet "Free Clothing for women in need"

This women's ministry provides free clothing, specializing in size 14 and up.

New Journey United Methodist Church  
302 Cedar Street, Niles 269-683-7250

**4:00-6:00 Thursday evenings**

**Look for our yellow and green sign!**

Niles Dial-A-Ride-269-684-5150

Niles City Limits 3.00 Reduced Fare 1.50

Buchanan City Limits 1.50 Reduced Fare .75

To and 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.



### 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>

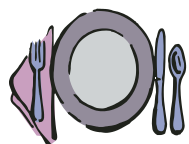




**JUNE 2024**

**Menu Is Subject To Change Without Notice**

3 King Ranch Chicken Casserole Fiesta Blend Corn Mandarin Oranges	4 BBQ Chicken Green Beans Tossed Salad w/ Ranch Cornbread Applesauce	5 Tuna Salad over Leafy Greens Carrot medley Dinner Roll w/ Margarine Pears	6 Orange Chicken over Rice Stir Fry Veggie Blend Steamed Pea Pods Pineapple	7 Loaded Baked Potato with Ground Beef, Cheddar Cheese and Tomatoes Peas & Carrots Fruited Jello
10 Brat on a Bun w/ Condiments Baked Beans Diced Carrots Mandarin Oranges	11 Chicken Jambalaya Stewed Tomatoes Blueberry Crisp	12 Egg Salad Sandwich on Wheat Bread Bean Salad Cucumber Slices Apple	13 Turkey Meatloaf Whipped Potatoes Five Way Mixed Vegetables Seasonal Fruit	14 FATHERS DAY MEAL Hamburger on a Bun Ketchup, Mustard, Mayo Seasoned Potato Wedges Steamed Squash Cinnamon Applesauce Cookie
17 Swiss Steak Whipped Potatoes Beets Peaches	18 Beef Enchiladas Spanish Rice w/ Tomatoes Santa Fe Blend Vegetable Diced Pears		20 Chicken A La King Steamed Corn Side Salad with Cucumber and Tomato Tropical Fruit	21 Spaghetti with Meatballs Steamed Squash Texas Toast Seasonal Fruit
24 Shepherd's Pie Seasonal Veggie Fruit Crisp	25 Spinach Mushroom Tortellini Bake Broccoli Apple	26 Summer Berry Spinach Salad w/ Chicken & Raspberry Vinaigrette Crackers Banana	27 Egg Bake w/ Veggies Turkey Sausage Patty O'brien Roasted Potatoes Spiced Apples with Raisins	28 Chicken Breast Sand- wich with Cheese, Let- tuce, Tomato, Pickle Baked Beans Roasted Carrots Birthday Cake
Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as				Meals provide (average per week) Carbs: 75 grams Calories: 800 Sodium: 800 milligrams Protein: 19 grams Total Fat : 30%



## 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 on June 19th!**

## USDA/CSFP (monthly) Commodities

Friday, **June 21st** 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.

## Recipe For: Spaghetti Pie

### Ingredients:

1 Box Spaghetti  
6 Eggs  
1 Stick Butter  
½ cup Parmesan Cheese  
1 tsp Garlic Powder  
Salt & Pepper to taste



### Directions:

Boil spaghetti for about 8 minutes. Drain leaving some water in the bottom of pan. Put pot with spaghetti and remaining water back on burner on medium heat. To pot add butter cut into chunks, eggs scrambled, cheese, and garlic powder. Stir continuously making sure to scrape bottom and sides of pan. When all water is gone and eggs are fully cooked you can serve and eat hot. Grease a pie dish and bake leftover spaghetti in oven at 350F for about 15-20 minutes. Add some cheese to the top for a nice touch.



[www.creatingahealthypier.com](http://www.creatingahealthypier.com)

## 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](mailto:greaternilesseniorcenter@gmail.com)

Website:

[nlesseniorcenter.org](http://nlesseniorcenter.org)

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**