

APRIL 2010



800 North Park Avenue
Warsaw, IN 46580

KCSS: 574-267-2012

SAC: 574-268-2132

Senior Activity Center (SAC) Newsletter

TAX PREPARATION AT THE SAC



This service is provided to low-income seniors age 55 and older.

Your tax preparer volunteers are Betty Busch and Willis Alt. The last day for tax preparation will be April 7th. Please call the SAC at 574

-268-2132 to schedule your tax appointment.

Read page 9 for details about the KCSS Grandparents/Grandfriends Day event!

KCSS extends a huge Thank You to the Warsaw Fire Department for their contribution of smoke detectors

Get Ready for the 2nd Annual Senior Prom! Ladies you can borrow a dress to wear to this event. You can sign up for this event now. Plans are in progress to make this an even better prom than last year. The SAC May Newsletter will have all details.

Your SAC Director,

April Sunday Baxter



FUN TIMES WITH FRIENDS!

M&M (Meeting & Meal) FUN DAY

This event is for those age 50 and older. Included in this event is a free lunch and free bingo.

APRIL 21 @ NOON @ SAC

LUNCH & BINGO SPONSOR is:

Lakeland Rehabilitation & Healthcare Center

**Please call the KCSS Van Transportation office at
574-267-2012 to schedule your van ride
to and from this event.**

SAC COFFEE CLUB

Every Wednesday at 8:00 a.m.

For those 50 & older. Visit while enjoying a cup of coffee, tea or cocoa & a morning snack.

The first Wednesday of each month Warsaw Meadows Care Center will be providing a breakfast surprise.

The second Wednesday of each month Miller's Senior Living Community will be providing donuts.

The third Wednesday the Gardens at Lake City will be providing egg casserole & biscuits.

The last Wednesday of each month Lakeland Rehab in Milford will provide Biscuits & Gravy.



FUN BINGO

Every Thursday from 1:00—2:00 p.m. Bring a dollar value prize in a bag and place on the bingo prize table. A \$.25 contribution will help supply snacks for participants. At 2:00 p.m. there will be bingo and a chance to win a gift card. The gift card bingo game is for SAC members ONLY (must present SAC Membership card to bingo caller to win gift card)! You may bring your Grandchild to this event. You must provide a dollar bingo prize for your Grandchild and be responsible for their behavior. Please remember to be respectful to everyone that attends SAC events & activities.

Something

new at the

**SAC Nu-
trition Site!!!**

Make your reservation at the SAC Nutrition Site 24 hours in advance, before 10:30 a.m., by calling Kathy at 574-267-0026. There

DANCIN' GRANNIES

Rehearses in gym every Monday, Wednesday & Friday at 9:30 a.m. They are available to perform for special occasions. Call Rosemary at 574-267-6962 to schedule. We need dancers....if you like to dance call Rosemary.



MELLOAIRES

Sing on Tuesday's at the SAC from 1:30 p.m. to 3:00 p.m..

You are invited to join in the fun.

WOOD CARVING CLUB

This club wants you to come in and check out this relaxing and creative art form. They will be at the SAC every Tuesday in April at 6:30 p.m. Please come and watch their creative skills and perhaps you might enjoy trying this old art form.

Available for special occasions & have a sound system. Call Dorine at 574-269-4781 to schedule.

HEALTH & FITNESS



CHAIR AEROBICS

Every Monday & Thursday at the SAC at 10:00 a.m.

Increase your endurance and flexibility while having fun. Sometimes meditation is offered after the workout. This is a mild form of exercise.

Blood Pressure Clinic

Your blood pressure nurse is Mary Ann Slough RN. Nurse Slough will be at the SAC to take your blood pressure on the second Tuesday of each month.

DATE: APRIL 13th

TIME: 10:30—11:30 a.m.

FITNESS WALKERS walk in the gym Monday through Friday in the morning. 22 laps around gym equals one mile. 3 laps around outside track in Lucerne Park equals one mile.

Please remember not to wear your street shoes on the gym floor. Tennis or running shoes will not let you slip and fall.

Toni's Foot Connection Reflexology & Massage Therapy

Third Monday & Tuesday of each month from 8:00—4:00 p.m.

For details about this service or to schedule your Foot Appointment call the SAC at 574-268-2132.

REMEMBER TO BRING A FOOT BASIN & A TOWEL!

Monday, April 19 -Foot Clinic-8:00—4:00 p.m.

Tuesday, April 20 -Foot Clinic-12:30-4:00 p.m.

Toni also offers reflexology & massage therapy. Call for details.

For a KCSS Van ride to your foot appointment call a week in advance at 574-267-2012.

There will be no Get-Together in April. Please see the KCSS Grandparents/Grandfriends insert on Page 9. This event will be held on April 8th from 11:00 a.m.—2:00 p.m.

Senior Executive Club (SEC) in Milford will hold meetings on the first Wednesday of each month at 1:00 p.m. The next SEC meeting will be held on April 7th at 1:00 p.m.

SAC DAY TRIP ADVENTURE

All trips depart from the SAC around 9:30 a.m., unless otherwise noted. **Cost per trip is \$10.00 for those without a SAC Membership Card and \$7.00 for those with a SAC Membership Card.** Trips & dates can change due to conflicts or lack of interest. **You must come into the SAC to make your Day Trip reservation and deposit. Don't forget to get your receipt.** You can not sign up for a trip until deposit is made at SAC. Your receipt is your reservation and will be given to the van driver the day of the trip along with the rest of your payment. **KEEP IN MIND: The cost per trip is per person and only for travel expenses. You are responsible to pay for your lunch & other shopping expenses.**

Friday, April 2-Warsaw Discount Store Excursion

Friday, April 23-Goshen & Elkhart-Big Lots & more

Wednesday, April 28-Shipshewana Bulk Stores-Yoders Popcorn-Bakery-Cheese factory-Bulk Food Stores

Friday, May 14-Huntington, IN –Dan Quale Museum & more

Wednesday, May 26-Shipshewana Flea Market



PHONE REASSURANCE

Monday-Friday volunteers call from our existing list of shut-ins, handicapped and other friends who just want to chat. If you, or someone you know, would like a call from one of our volunteers call April at 574-268-2132. Tell us about people that are home-bound or ill that would like a call from our volunteers.

SAC MEMBERSHIP

Your annual dues are only \$5.00 per year. Your dues are used to purchase items needed for SAC activities. Your name will be added to the SAC Mailing List so you will receive your SAC Newsletter.

BENEFIT for SAC MEMBERS

Pay your SAC Membership dues and sign-up for the YMCA at the sign-in shelf. Please use pool during open pool times. You can swim or use the Track & Fitness area for only \$5.00 per visit.

SOCIAL SECURITY

DATE: April 13th

The SAC is a satellite site for Social Security. They come to the SAC on the second Tuesday of each month from 9:00 a.m. to noon & 1:00 p.m. to 3:00 p.m. You can apply for new or replacement Social Security cards or get your questions answered about retirement, disability or Medicare.

No telephone calls are taken by Social Security Representatives.

SENIOR HEALTH INSURANCE INFORMATION PROGRAM (SHIP)

Need help understanding your Medicare bills or Medicare Part D Prescription plan?

Our SHIP Volunteers have the answers you need. Call the KCSS Office at 574-267-2012 to schedule an appointment.



KCSS VAN TRANSPORTATION

Are you age 60, or older? Need a ride to the doctor, shopping or to the SAC? Our vans can get you where you need to go. Call 574-267-2012 to make your van reservation 2-3 days in advance. A contribution is expected.

OFFICE HOURS: 8:00—4:00 p.m.

VAN HOURS: 9:00—4:00 p.m.

Special Trips for Seniors!

Check out trip flyers at the SAC!

Come or call the SAC at 574-268-2132 for details about these exciting trips.

SUPPLIES NEEDED at the SAC

Your contributions are truly appreciated!! The SAC needs:
parakeet bird seed, coffee (regular & Decaf), Styrofoam cups (small-8 ounce), 8-inch Styrofoam plates, punch & orange mixes, napkins, cocoa packets, postage stamps, paper towels & bottled water.

Thank You!

ATTENTION!!!!Those receiving Mobile Meals or those seeking information about Mobile Meals need to direct all calls to Kosciusko Community Senior Services (KCSS) office by calling 574-267-2012 between 8:00 a.m. to 4:00 p.m. PLEASE DO NOT CALL OTHER BUSINESSES ASSOCIATED WITH ASSISTING KCSS WITH THE MOBILE MEAL PROGRAM.

BIRTHDAYS & ANNIVERSARIES for April

1-Joy Conley

4-Don Parker

6-Ester Edwards

Judith Walters

7-Betty Pritchard

9-Tom Metzger

Murray "Rick"
Rutledge

10-Eva Perry

11-Bonnie Gore

Geraline Vallotto

12-Maggie Hall

13-Sharon Blad

Robert Boggs

14-Glennie Correira

Wera Shepherd

15-Bob Alexander

16-Zeivia Newsome

17-Monte Reece

18-James Bowser

Lee Gadson

Kay Micheal

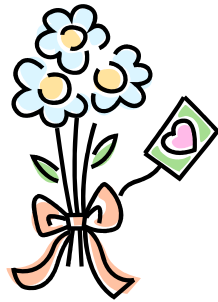
19-Rita Beeson

Willis Kreider

Beverly Moyer

Irene Spears

HAPPY BIRTHDAY
TO YOU!



20-Glenna Baldrige

Cora Baker

Alice Engle

Carol Seitz

21-Naomi Bair

24-Joyce Mendenhall

Sue Warrick

25-Marjorie Hansen

Mamie Tucker

27-Laura Kunkle

28-Earl Micheal

29-Bill Glor

30-Warren Walmer

Gerry Baber

31-Maria Lourdes N. Mendoza Miller

Happy April Anniversary!

13-Gene & Sharon Blad

17-Bob & Judith Walters

25-Louis & Dorothy Sweeney





KCSS
GRANDPARENTS/GRANDFRIENDS
DAY

A FREE EVENT held at the Kosciusko County Senior Activity Center (SAC) located at 800 North Park Avenue (Lucerne Park) in Warsaw on Thursday, April 8th, from 11:00 a.m.—2:30 p.m.

Lunch Sponsor: Miller's Senior Living Community
Providing: Hot Dogs, Hamburgers, Chips,
Macaroni Salad & Cookies

This event is for all Grandparents/Grandfriends and Grandchildren. Children must be accompanied by an adult.

Events taking place will be Fun Bingo, Games, Contest, Singing and Dancing and announcement of Kosciusko County's Greatest Grandparent/Grandfriend.

A Special Request: Please help us in choosing Kosciusko County's Greatest Grandparent/Grandfriend. Please have your special young grandperson complete and return the form on page 10. Please return before April 2nd, 2010.
PLEASE PRINT CLEARLY. Thank you.

IMPORTANT

If you and your Grandchildren plan to attend this event please RSVP by calling 574-268-2132.