



YOUR CENTER CONNECTION

September 2025 Issue

NATIONAL ADULT DAY CARE SERVICES WEEK (September 21st - 27th)

“ADS” at the Crossroads: Policy, Practice, Progress”

Annually, the third week of September is recognized nationally as Adult Day Care Services Week, which was proclaimed on September 27, 1983, by former President Ronald Reagan. Adult Day Care Services Week is celebrated to raise awareness of Adult Day Care programs and services that are available nationwide for frail adults, Dementia, Alzheimer’s, and persons with disabilities.

This year’s theme **“ADS” at the Crossroads: Policy, Practice, Progress”** is designed to encourage discussions and initiatives around:

- Policy & Advocacy:** Focusing on grassroots efforts and using research to inform policy changes.
- Provider Practice:** Exploring best practices in care design, operations, and caregiver programs.
- Progress Metrics:** Emphasizing the importance of measuring the impact of adult day services through research, standards, and data collection.

The theme aims to connect the clinical and practical aspects of adult day services with broader systemic changes, motivating providers to engage in advocacy for the industry. This celebration provides an opportunity to highlight the essential services that adult day centers offer, showcase programs, and demonstrate their positive impact on participants and caregivers.

The Center plans to celebrate Adult Day Care Services Week the week of September 21-27, that will include an **“Midnight at the Masquerade” Murder Mystery Dinner Theatre Fundraiser, on Saturday, September 27th**, starting at 5:00 p.m., at the Squirrel Hollow Golf Course, in Battle Creek. Tickets can be purchased through Eventbrite and sponsorship packages are available. Proceeds go towards the Adult Day Care Scholarship Fund.

Our Mission:

To keep your loved ones in their own home environment for as long as possible with the highest quality of life for the loved one and you as the caregiver.



Assisting & Monitoring Your Loved One’s Daily Care Needs



MARIAN E. BURCH ADULT DAY CARE & REHABILITATION CENTER

1150 E. MICHIGAN AVE, BATTLE CREEK, MI 49014

269.962.1750 MAIN

269.962-6008 FAX



FACEBOOK.COM/CALHOUNCOUNTYMC

YOUR CENTER NEWS

Center Closings, Inclement Weather, and Transportation

Listed below is some helpful information about Center Closings/No Transportation on Bad Weather Day(s).

- Remember to keep your driveway, sidewalks, and ramps salted and plowed. This will allow us to escort and transport the client safely.
- Bad Weather Days! Our policy is as follows...If schools are closed (primarily Battle Creek Public and Lakeview Schools), we will not be able to provide transportation to and from the Center. If the Center decides to remain open and not provide transportation, a staff person will call clients/caregivers to identify who will be self-transported to and from the Center. Note: If the above school districts were previously scheduled to be closed, then the Center will base our decision to not provide transportation and/or closings based on other community transportation/service providers.
- WWMT currently no longer sends Text notifications that our Center is Closed. However, you can still receive notifications regarding closings through the News Channel 3 app. Please see more information below.
- Cancellation Policy—Please call (269) 962-1750 to cancel at least 24 hrs in advance. We understand that uncontrollable circumstances do happen, so feel free to leave a message at any hour of the day. We check messages at 7:45am, M-F. Or email the following staff below. Note: If you choose to send an email notification, please include ALL of the email addresses below to ensure that a staff person receives the cancellation.

Alicia Davis – adavis@ccmcf.com

Courtney Childs – cchilds@ccmcf.com

Keely Goff – kgoff@ccmcf.com

Paul Fox – pfox@ccmcf.com

West Michiganders to get closure alerts via News Channel 3 app Some West Michiganders who have received text notifications regarding closings may notice a pause in service come end of March 2024. News Channel 3 wants to inform viewers that they are no longer using a program called Textcaster.

However, you can still receive notifications regarding closings through the News Channel 3 app. Follow these steps to ensure that you are still informed of closings in your area:

Download the News Channel 3 App: Google Play, Apple Store, or Scan the QR Codes Below



Enable Push Notifications After downloading the app, be sure to enable notifications to receive updates on all thing's news, weather, and sports - including closings.

Open the News Channel 3 app If displayed on top banner, click "Enable Push Notifications" If not displayed, click "Me" on the bottom right, select "App Settings," and toggle on Device Notifications

Loading/Unloading Zone at the Center



Please remember to drive up slowly when arriving at the Main Entrance of the Center. If the buses are parked near the main entrance, please use the parking lot. The safety of the participants, guest, and staff is our upmost importance.



Title VI Notice

Marian E. Burch Adult Day Care Center is committed to ensuring that no person is excluded from participation in, or denied the benefits of its transit services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964 and Federal Transit Administration (FTA) Circular 4701.1B.

For additional information on Title VI or to file a complaint, contact:

Alicia Davis, Adult Day Care Director

1150 E. Michigan Avenue, Battle Creek, MI 49014

Phone: 269-962-1750

Fax: 269-962-6008



Eventbrite



Tickets are Limited
Order Online

Midnight at the Masquerade
MURDER MYSTERY DINNER
THEATRE FUNDRAISER
Saturday, September 27, 2025

\$65 PP + FEES

*Doors Open @ 5pm * Dinner @ 5:30pm * Show @ 6pm*

Location:

Squirrel Hollow
Golf Course
12111 Helmer Rd S
Battle Creek, MI 49015



****Cash Bar***

****Licensed Raffles***
****Masquerade Masks***
(Optional)



Menu:

Grilled Chicken, Beef Brisket,
Mashed Potatoes,
Veggie Blend,
Salad Bar, Roll, and Dessert
(Vegetarian Option Available)



Sponsorship Packages Available

More Information (269) 962-1750 - adavis@ccmcf.com

Proceeds goes towards the Adult Day Care Scholarship Fund

Thank You



for **Caring Beyond Limits** and supporting
the Adult Day Care Center
"Murder Mystery Fundraiser"





MURDER MYSTERY DINNER THEATRE SPONSORSHIP LEVELS



\$2,000

Limit 2

Platinum Sponsor

Includes: Complimentary Table of (6) Guests
Optimal Placement of Logo on all Advertising
(Website, Facebook, Press Releases, Flyers, ADC
Newsletter, Event Program)



\$1,500

Limit 2

Gold Sponsor

Includes: Complimentary Table of (4) Guests
Optimal Placement of Logo on all Advertising
(Website, Facebook, Press Releases, Flyers, ADC
Newsletter, Event Program)



\$1,000

Limit 2

Silver Sponsor

Includes: Complimentary Table of (2) Guests
Optimal Placement of Logo on all Advertising
(Website, Facebook, Press Releases, Flyers, ADC
Newsletter, Event Program)



\$500

Limit 2

Bronze Sponsor

Includes: Complimentary Table of (1) Guest
Optimal Placement of Logo on all Advertising
(Website, Facebook, Press Releases, Flyers, ADC
Newsletter, Event Program)



\$250

Copper Sponsor

Includes: Optimal Placement of Logo on all Advertising
(Website, Facebook, Press Releases, Flyers, ADC
Newsletter, Event Program)



\$120

Sponsor a Participant (Scholarship Fund)



MURDER MYSTERY SPONSORSHIP SIGN UP FORM



BUSINESS/ORGANIZATION NAME:

Contact Name :

Email Address :

Phone Number :

Address City :

ZIP/Postal Code :

State/Province :

Website :

EVENT OPTION

☐ **Platinum Sponsor** - \$2,000
(includes 6 tickets)

☐ **Gold Sponsor** - \$1,500
(includes 4 tickets)

☐ **Silver Sponsor** - \$1,000
(includes 2 tickets)

☐ **Bronze Sponsor** - \$500
(includes 1 ticket)

☐ **Copper Sponsor** - \$250

☐ **Sponsor a Participant** - \$120
(Scholarship Fund)

PAYMENT DETAILS

☐ Check

Make Payable to:
Marian E. Burch Adult Day Care

Total Amount Enclosed: _____

DEADLINE TO SUBMIT SPONSORSHIP
WEDNESDAY, SEPTEMBER 10, 2025

For more information please call Alicia Davis
(269) 962-1750; adavis@ccmcf.com

YOUR CENTER NEWS



JAMES D.
SEPTEMBER 4TH

GABBY M.
SEPTEMBER 6TH

MIKE G.
SEPTEMBER 14TH

CHARLES W.
SEPTEMBER 14TH

DUANE S.
SEPTEMBER 17TH

ALICIA D.
SEPTEMBER 29TH



The Center will be **CLOSED** on
the following days below:
Monday, September 1st
Labor Day



MEET
BETTY

Elizabeth "Betty" Ziebell has been attending ADC, since 2018. She is a resident of Battle Creek. She has three children; two girls, one boy. Betty has a love for travel, just ask her about Florida! She also has a deep love for anything sweet, and coffee. While at the Center Betty enjoys playing bingo, music, visiting with others, and the warm blankets. Betty said that her favorite thing about the Center is the people. Betty enjoys talking with others and telling them about things that she has done. When asked what advice she would give others Betty said "One way to make your life better is to have fun and go places".

Healthy Habits with Celebrations

If your loved one wants to Celebrate their 'special day' with us and you're considering on bringing a treat to the Center to be shared, please contact us one week prior so that we can address food allergies and medical conditions with those who will be in attendance.



This will ensure a
celebration that's safe
and inclusive for all!

IN LOVING
MEMORY

Please consider Marian E. Burch Adult Day Care & Rehabilitation Center in your Memorial Contributions and Estate Planning. Or, ask us about how to purchase a Memorial/Dedication Brick.

Donations of any kind are always appreciated!



SUPPORT YOUR CENTER



Our City ~ Your Center
Battle Creek ~ Adult Day Care

*Believe
You Can!*



Marian E. Burch ADC Event

Monday, October 27, 2025

4:00 pm-7:00 pm

Come join the community for food and fun while supporting Marian E. Burch Adult Day Care Center. Place a catering order during the event as a great way to contribute. Designating your purchase for this event is easy using the app.



BATTLE CREEK (MI)

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Mark Your Calendar!

Community Care Events

Oct 27th

Cookies for a Cause Events

Sept 15th - 20th

Nov 17th - 22nd



*Do More Good - Ask us How!
Participate in our FUNdraisers' or to
be a Sponsor of an Event.*



VOLUNTEER CORNER

VOLUNTEERS NEEDED

BINGO

Every Monday @ 10am



National Milkshake Day!
Friday, September 12th
at 1pm



If you have a special talent or interested in leading an activities, craft, game, entertainment or special program, please contact our office!



Volunteer Spotlight

Robin Johnkoski

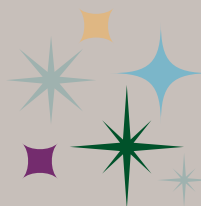


Robin is part of the Singing Pals, group. She has been volunteering at the Adult Day Care Center for three years. Robin loves to sing, it brings her a lot of joy to other people enjoying her talents. Robin is a retired teacher and has three grandchildren. She loves to swim and said that Lake Michigan is her “happy place”. If you or someone you know is interested in volunteering Robin says “give it a try! It will brighten your day to be of service to others”. Thanks Robin for helping bring joy to the Center!

Benefits of Volunteering

- Sense of Purpose
- Reduces Stress
- Impacts Lives

GOT AN HOUR!



CONTACT US

Volunteer Coordinator

Terri Chapman

Phone (269) 962-5458 Ext 311

Email: tchapman@ccmcf.com

LEARN MORE!



ccmcf.com

YOUR CENTER NEWS

Save Our Sign!



The Center is looking to raise \$4,200 to restore our original sign. This is a unique sign made out of Redwood and has a lot of history dating back to the early 1995.

Any contribution towards the sign is appreciated!

**Are you interested in joining our
Advisory Board?
Ask us how!!**

Adult Day Care Advisory Board Members

Bev Kelley, Chair
Pat Fosdick, Vice Chair
Charmaine Burch Bogan, Secretary
Jill Robins, Treasurer
Dave Eddy, Member
Stan Horn, Member
Dr. Tino Smith, Member
Joyce Spicer, Member
Willie Tabb, Member

Field Trips

Are you interested in participating in a Day Outing-Field Trip? If so, please consider setting up a 'Trust Fund' at the Adult Day Care Center, by depositing money. The **FUN** is waiting!



Memorial/Dedication Garden - Located in the ADC Courtyard

Consider purchasing a Brick to honor someone special!

Ask Us How!!

SEPTEMBER 2025

MONDAY

1

Closed for the Holiday!

HAPPY LABOR DAY

8

9:45 Cardio Drumming

10:00 **B-I-N-G-O!**

11:00 Karaoke

12:30 Sprout Scouts & Mystery Trivia

1:00 Basketball

15

9:45 Cardio Drumming

10:00 **B-I-N-G-O!**

11:00 Dart Board

12:30 Sprout Scouts & Guess 10

1:00 **Live Music with Singing Pals**

22

Dress Like Mr. and Mrs. Roper!

9:45 Cardio Drumming

10:00 Granny Trivia

10:30 **Live Music with Paul Freeburn**

11:30 Granny Shot Bowling

12:30 Sprout Scouts

1:00 **B-I-N-G-O!**

29

9:45 Cardio Drumming

10:00 **B-I-N-G-O!**

11:00 Skee-ball

12:30 Sprout Scouts & Who Am I?

1:00 Bell Toss

TUESDAY

2

9:45 Morning Moves

10:00 Bean Bag Toss

11:00 Washer Toss

12:00 Sprout Scouts & Name 5 Things

1:00 **B-I-N-G-O!**

9

9:45 Morning Moves

10:00 Nerf Blast

11:00 Bucket Ball

12:00 Sprout Scouts & This or That?

1:00 Ladder Ball

16

9:45 Morning Moves

10:00 Floor Darts

10:30 **Whole Building Bingo!**

11:30 Slide Car Challenge

12:00 Sprout Scouts & Mystery Trivia

1:00 Yard Games

23

Dress Like a Tropical Tourist!

9:45 Morning Moves

10:00 Photobooth Fun!

10:30 **Bible Study with the Bogans**

11:30 Tropical Karaoke Songs

12:00 **Pizza Party!**

1:00 Penny Auction

30

9:45 Morning Moves

10:00 Frisbee Bucket Toss

11:00 Giant Memory Game

12:00 Sprout Scouts & Reminiscing

1:00 **Live Music with Shan**

WEDNESDAY

3

9:45 Sit and B-Fit Exercise

10:00 Client Committee Meeting

10:30 Dice Game

11:30 Cup Slide

12:00 Sprout Scouts & Who Am I?

1:00 Color Challenge

10

9:45 Sit and B-Fit Exercise

10:00 **Church with Karl**

11:00 Mini Basketball

12:00 Sprout Scouts & Would You Rather?

1:00 Table Top Bowling

17

9:45 Sit and B-Fit Exercise

10:00 Mini Golf

11:00 Plate-It

12:00 Sprout Scouts & This or That?

1:00 **Live Music with Jerry Ball**

24

Dress Like the Wild, Wild West!

9:45 Sit and B-Fit Exercise

10:00 Western Shootout

11:00 Human Slots

12:30 Sprout Scouts

1:00 Western Movie and Popcorn

THURSDAY

4

9:45 Cardio Drumming

10:00 National Wildlife Day Craft

11:00 Ring Toss

12:00 Sprout Scouts & Guess 10

1:00 **B-I-N-G-O!**

11

9:45 Cardio Drumming

10:00 **B-I-N-G-O!**

11:00 Cornhole

12:00 Sprout Scouts & Name 5 Things

1:00 **Music with Grace Fellowship**

18

9:45 Cardio Drumming

10:00 **B-I-N-G-O!**

11:00 Chuck-A-Duck

12:00 Sprout Scouts & Reminiscing

1:00 **Live Music with Shan**

25

Wear Purple Day!

9:45 Cardio Drumming

10:30 **Whole Building Lilac Canvas Painting**

11:30 **B-I-N-G-O!**

12:30 Sprout Scouts

1:00 Avian Wonders - Bird Program

FRIDAY

5

9:45 Seated Stretching

10:00 Get Crafty with Juanita & Pat

11:00 Word Search

12:30 Sprout Scouts & Would You Rather?

1:00 Connect 4 Outside

12

9:45 Seated Stretching

10:00 Shuffleboard

11:00 Gone Fishing

12:30 Sprout Scouts & Who Am I?

1:00 National Milkshake Day!

19

9:45 Seated Stretching

10:00 Get Crafty with Juanita & Pat

11:00 Bean Bag Slide

12:30 Sprout Scouts & Name That Tune

1:00 Noodle Ball

26

Dress Like Your Favorite Holiday!

9:45 Seated Stretching

10:00 **Holiday Bingo!**

11:00 Holiday Spin-It to Win-It

12:30 Sprout Scouts

1:00 **All Holidays Sing-Along w/Elizabeth**

National Adult Day Care Services Week

CALHOUN COUNTY
Est. 1977
MEDICAL CARE FACILITY
Marian E. Burch Adult Day Care

SEPTEMBER DRESS UP DAYS!

National Adult Day Care Services Week

SEPTEMBER 22

DRESS LIKE MR.
& MRS. ROPER!



SEPTEMBER 23



DRESS LIKE A
TROPICAL TOURIST!

SEPTEMBER 24

DRESS LIKE THE
WILD, WILD WEST!



SEPTEMBER 25

WEAR
PURPLE DAY!



SEPTEMBER 26



DRESS LIKE
YOUR FAVORITE
HOLIDAY!





COMMUNITY OUTINGS 2025



TUESDAY, SEPTEMBER 9TH - APPLEBEES
WEDNESDAY, SEPTEMBER 24TH - GILMORE
CAR MUSEUM

TUESDAY, OCTOBER 7TH - BINDER PARK ZOO

FRIDAY, OCTOBER 24TH - GULL MEADOWS

NOVEMBER FALL COLOR BUS RIDES
(DAYS VARY)

MONDAY, NOVEMBER 17TH - M66 BOWL

DECEMBER JINGLE BELL BUS RIDES
(DAYS VARY)

TUESDAY, DECEMBER 16TH - MOVIE SHOWING
(TBA)



YOUR CENTER NEWS

REWIND
THE
FUN



Featured Photos of CCMCF/ADC Bingo, Canvas Painting, National Gorgeous Ladies Day, and our Community Outing to Senior Day at the Calhoun County Fair.

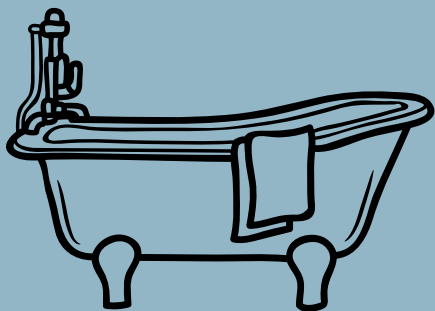
If your loved one is interested in having their photo taken during an activity, program, or outing, please contact our office to update the consent form. We'd be happy to assist.

HEALTHY HABITS

DID YOU KNOW?

The Center offers supplemental health services such as bathing, podiatry, and restorative therapy.

Contact us today to get your loved one added to the schedule(s)!



Each year on September 21st, we recognize World Alzheimer's Day.



Early signs and symptoms of Alzheimer's or Dementia are often mistaken for normal signs of aging. Knowing the differences is essential for early detection, which may provide some relief of symptoms and help those affected maintain independence longer.

What are the differences?

Signs of Alzheimer's and Dementia

Typical Age-Related Changes

Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

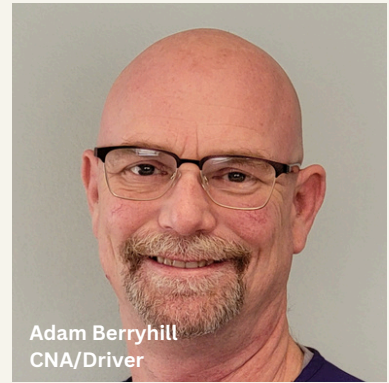
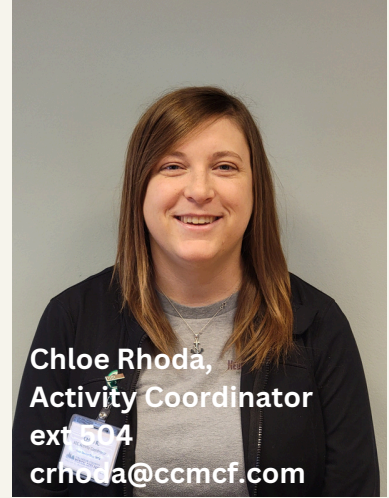
If you notice any of the warning signs of Alzheimer's and Dementia in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.



The Center provides **FREE COVID Test Kits**. Please stay home if you have any Cold/Flu/COVID Symptoms.



MEET THE STAFF



team
work

"CROW THE COUNTY" FOR A PURPOSE!

**PURCHASE A
SCARECROW FRAME
TO DECORATE
FOR \$40!**



SEPTEMBER 2, 2025

to OCTOBER 24, 2025
(while they last!)

About Our Event!

We are raising funds to benefit the
Miles For Memories Respite Program,
which supports people with
dementia in Calhoun County!
We can't wait to see your
scarecrows all over the area!



JOIN IN THE FUN!

Please use this QR code or email
a photo of your scarecrow to
eraleigh@ccmcf.com for us to share!

Send Pics!



**EXAMPLE OF DECORATED
SCARECROWS**

SALE LOCATION:

**Marian E. Burch
Adult Day Care Center**

1150 E. Michigan Ave.,
Battle Creek, MI 49014

Monday-Friday, 8am-4pm

**TO SCHEDULE PICK UP
OUTSIDE OF THESE HOURS:**

Call **269-962-1750** and we
will be happy to assist you!
See our order form for
more details!

**Get Your
Scarecrow Frame!**



FOLLOW US



Call Marian E. Burch ADC
269-962-1750
ccmcf.com



**CALHOUN COUNTY
MEDICAL CARE FACILITY**

Marian E. Burch Adult Day Care

"CROW THE COUNTY" FOR A PURPOSE 2025!

September 2-October 24...while they last!



ORDER FORM



#OF FRAMES

AMOUNT DUE

Scarecrow Frames

X

\$40
EACH

=



Cash or check accepted!

*Please make checks payable to:
Marian E. Burch Adult Day Care Center*

SCARECROW PICK UP AVAILABLE AT:

Marian E. Burch Adult Day Care Center

1150 E. Michigan Ave., Battle Creek, MI 49014

Monday-Friday, 8am-4pm

TO SCHEDULE PICK UP OUTSIDE OF THESE HOURS:

Call **269-962-1750** and we will be happy to assist you!

Contact Information

NAME: _____

PHONE: _____

EMAIL: _____

ADDRESS: _____
Street City State Zip



WEEK 1		Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Breakfast		Choice of Cereal	Blueberry Yogurt	Wheat Toast	Oatmeal	Bagel
Lunch		Hard Boiled Egg	Juice	Choice of Fruit	Choice of Fruit	Choice of Fruit
Snack		Choice of Fruit	Herb Marinated Chicken Breast Hashbrown Casserole Normandy Vegetable Blend Dinner Roll	Milk	Milk	Choice of Fruit
WEEK 2		Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Breakfast		Choice of Cereal	Wheat Toast	Bagel	Oatmeal	Wheat Toast
		Hard Boiled Egg	Choice of Fruit	Strawberry Yogurt	Choice of Fruit	Blueberry Yogurt
		Choice of Fruit	Milk	Choice of Fruit	Milk	Choice of Fruit
Lunch		Ham Slice	Chicken & Dumplings	Beef Stew	Chicken a La King	Meatloaf
		Cheesy Mashed Potatoes	Mashed Potatoes	Tossed Salad	Fettuccine Pasta	Macaroni & Cheese
		Roasted Brussel Sprouts	Sugar Snap Peas	Choice of Fruit	California Vegetable Blend	Corn
		Dinner Roll	Wheat Bread	Wheat Bread	Dinner Roll	Dinner Roll
Snack		Cottage Cheese	Whole Grain Chip	Peanut Butter	Blueberry Muffin	Cottage Cheese
		Choice of Fruit	Peach Yogurt	Shortbread Crackers	Choice of Fruit	Choice of Fruit
WEEK 3		Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Breakfast		Bagel	Oatmeal	Wheat Toast	Choice of Cereal	Oatmeal
		Peach Yogurt	Choice of Fruit	Hard Boiled Egg	Apple Cinnamon Muffin	Strawberry Yogurt
Lunch		Salisbury Steak	Cornflake Chicken Breast	Braised Beef Tips	Shrimp & Vegetable Stir Fry	Ham Slice
		Mashed Potatoes	Parmesan Noodles	Herb Onion & Mushroom Gnocchi	Confetti Rice	Au Gratin Potatoes
		Green Beans	Broccoli	Roasted Butternut Squash	Capri Vegetable Blend	Peas & Pearl Onions
		Wheat Bread	Choice of Fruit	Wheat Bread	Vegetable Egg Roll	Dinner Roll
Snack		Blueberry Muffin	Colby Jack Cheese Stick	Cottage Cheese	Shortbread Crackers	Whole Grain Chip
		Choice of Fruit	Choice of Fruit	Choice of Fruit	Blueberry Yogurt	Choice of Fruit



ADC Menu



August 2025
 *Menu Subject to Change

WEEK 4	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Breakfast	Wheat Toast	Choice of Cereal	Oatmeal	Bagel	Choice of Cereal
	Choice of Fruit Milk	Blueberry Muffin Juice	Blueberry Yogurt Choice of Fruit	Hard Boiled Egg Choice of Fruit	Peach Yogurt Choice of Fruit
Lunch	Beef Stroganoff Egg Noodles Sugar Snap Peas Choice of Fruit	Pork with Sauerkraut Garlic Mashed Potatoes Mixed Vegetables Dinner Roll	Spaghetti with Meatballs Capri Vegetable Blend Choice of Fruit Dinner Roll	Chicken Cornbread Bake Baked Sweet Potato Winter Vegetable Blend Wheat Bread	Corn Beef & Cabbage Roasted Potatoes & Carrots Choice of Fruit Wheat Bread
	Cottage Cheese Shortbread Crackers	Whole Grain Chip Strawberry Yogurt	Apple Cinnamon Muffin Choice of Fruit	Cottage Cheese Choice of Fruit	Whole Grain Chip Choice of Fruit
WEEK 5	Monday 28	Tuesday 29			
Breakfast	Oatmeal	Bagel			
	Choice of Fruit Milk	Strawberry Yogurt Choice of Fruit			
Lunch	Swiss Steak Mashed Potatoes California Vegetable Blend Wheat Bread	Chicken Alfredo Fettuccine Noodles Italian Blend Vegetables Dinner Roll			
	Peach Yogurt Shortbread Crackers	Cottage Cheese Choice of Fruit			
					



RECIPES WANTED!

CCMCF's Life Enrichment Department is hosting a cookbook fundraiser to benefit our Adult Day Care Center program and we need your help!

Recipe Categories Include:

Appetizers

Soups and Salads

Main Dishes

Breads & Rolls

Vegetables

Cookies & Candies

Side Dishes

Desserts

SUBMIT YOUR RECIPES:

- Go to www.typensave.com (**Preferred method**)
- Enter User Name: ccmcf
- Enter Contributor Password: strawberry819

or drop off a handwritten copy to
Marian E. Burch Adult Day Care Center's front desk

*Recipes must be received no later than
Monday, November 3, 2025*



TOMATO BASIL QUICHE

This easy quiche is made with a tortilla crust! Packed with protein this dish is also very customisable.



PREP TIME
15 MIN



COOK TIME
30 MIN



SERVINGS
6

Instructions

- Preheat the oven to 375°F and spray a 9 inch pie pan with cooking spray
- Arrange the tortillas in the pan, overlapping them so they fully cover the sides and bottom of the pan.
- In a medium bowl whisk together the eggs, cottage cheese, salt and pepper. Stir in the spinach, garlic, & $\frac{3}{4}$ of the basil. Pour the mixture on top of the tortillas. Arrange the tomato slices on top, then sprinkle the cheddar cheese evenly over the surface.
- Bake for 30 minutes until the eggs are fully set. Remove from oven and cool for 15 minutes. Garnish with the remaining basil and flaky salt (if desired).

Notes:

- Storage: The quiche can be stored in an airtight container in the fridge for up to 5 days.

Change it up:

- Add any additional veggies that you want, such as mushrooms or peppers.
- Substitute pepper jack cheese for the cheddar.

Ingredients

- 6 small corn or 1 large flour tortilla
- 6 eggs
- $\frac{1}{2}$ cup cottage cheese
- $\frac{1}{2}$ teaspoon kosher salt
- fresh ground black pepper
- 2 cups fresh spinach, finely chopped
- 1 garlic clove, minced
- 12 fresh basil leaves, chopped
- 1 roma tomato, sliced $\frac{1}{4}$ inch thick
- $\frac{1}{2}$ cup sharp cheddar cheese, shredded
- cooking spray or olive oil

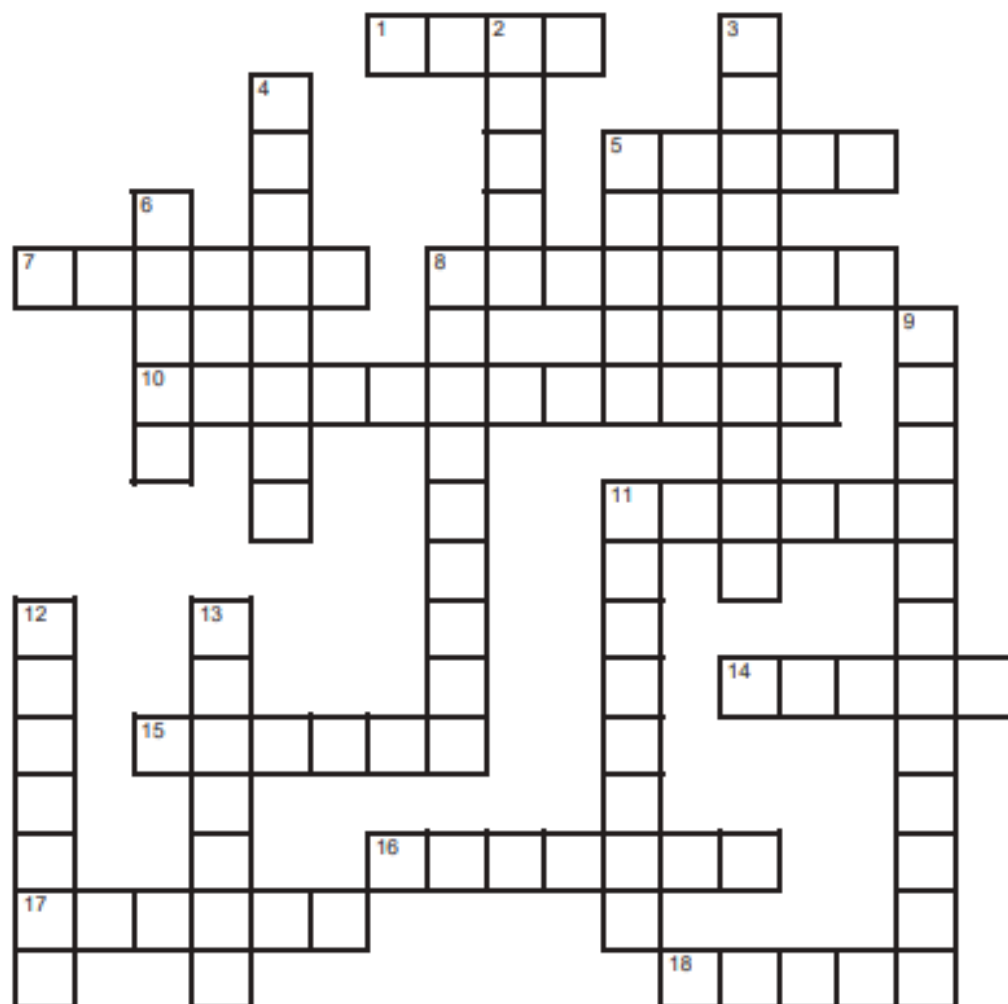
ACROSS

1. Season that begins in September.
5. Flower associated with September.
7. Number of days in September.
8. Birthstone for the month of September.
10. Celebrated on the second Sunday of September: ____ Day.
11. These might get raked into a pile in September.
14. September is the ____ month of the year.
15. Season that ends in September.
16. Where you might pick apples in the fall.
17. This might start up in September.
18. Fruit of the oak tree.

DOWN

2. Astrological sign for the second half of September (pair of scales).
3. September 11th.
4. Team sport often associated with September.
5. Crisp fruit which is often red.
6. Astrological sign for the first half of September (maiden).
8. Name for this month comes from the Roman word for seventh.
9. Celebrated on September 17th: ____ Day.
11. First Monday of September.
12. Gathering of crops at the end of summer.
13. Event which occurs around September 22nd or 23rd.

Acorn	Libra
Apple	Ninth
Aster	Orchard
Constitution	Patriot Day
Equinox	Sapphire
Fall	School
Football	September
Grandparents	Summer
Harvest	Thirty
Labor Day	Virgo
Leaves	



CRAYON COLORS

Word Search

DIRECTIONS:
Find and circle the
crayon colors in the
grid. Look for them
in all directions
including backwards
and diagonally.

APRICOT
BLUSH
CANARY
CARMINE
CERULEAN
CHARCOAL
CHESTNUT
COPPER
CORNFLOWER
DANDELION
EGGPLANT
FERN
FUCHSIA
GOLDENROD
INDIGO
LEMON
MAGENTA
MANGO
MAROON
OLIVE
ORCHID
PERIWINKLE
PLUM
ROBIN'S EGG
SALMON
SCARLET
SEPIA
SHAMROCK
SIENNA
TANGERINE
TEAL
VIOLET



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



• • • FESTIVAL MARKET SQUARE • • •

SEPT
27
2025

10
AM
BATTLE
CREEK
MICHIGAN

dementia

MILES *for* MEMORIES



All ages are welcome to stroll with us along the 1/2 mile or 1 mile routes.

Participants can enjoy walking, drumming, painting, music and dancing, photo booth, and more.

Also learn about how Miles for Memories safe return programs can help your loved ones.

WAYS TO PARTICIPATE

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Become a Sponsor | Become a Volunteer

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Battle Creek, MI 49016

MAKE CHECKS PAYABLE TO:

BCCF/Miles for Memories

MORE INFORMATION

Call (269) 979-1412 | www.milesformemories.org | sherii@milesformemories.org | Follow us on Facebook

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OUR VISION: Creating solutions for those impacted by dementia in Calhoun County through movement, programming and research.

COME RELAX, ENJOY A DAY AWAY & FEEL REFRESHED

Miles For Memories

Caregiver Retreat

NOVEMBER
12
2025

**10AM
UNTIL
2PM**

CHAPEL HILL UNITED METHODIST CHURCH
157 Chapel Hill Dr., Battle Creek, MI 49015

The day is **FREE** to Caregivers. Registration is required.
Lunch will be provided. Ask about respite availability.

CAREGIVERS

Any unpaid individual who regularly assists a loved one with personal care, household chores or health issues.

ACTIVITIES

Informative speakers, massages, manicures, simple exercises, and helpful vendors.

Thank You to Our Committee Sponsoring Members: CareWell Services Southwest Region 3B Area Agency on Aging, Evergreen Senior Care and Rehab Center, Nexcare Health Systems, HomeCare Transitions, Inc., Marian E. Burch Adult Day Care and Rehabilitation Center, Miles for Memories, Senior Care Partners P.A.C.E., and Transitions Care.

TO REGISTER CALL (269) 979-1479

Please leave your name and a call-back number.

A MATTER OF BALANCE

A Matter ofBalance is an award-winning, free program designed to help prevent falls and increase activity levels. For people 60+



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

REGISTRATION IS REQUIRED BY SEPT 15

**Please call us @
(269) 966-2450**

LEARN TO:

- utilize practical strategies to manage falls
- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance



Mondays
Sept 22 - Nov 10



Heritage Commons
15885 W Michigan Ave, Marshall



2:00 PM - 4:00 PM

REGION 3B AREA AGENCY ON AGING



PROMOTING HEALTH • INDEPENDENCE • CHOICE

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A Matter of Balance Lay Leader Model: Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



YOU'RE INVITED!!

Join our community of WERQaholics who believe in having fun and moving our bodies!



THURSDAYS @ 2:30 PM
OCTOBER 2 – NOVEMBER 6

*No class October 23

Heritage Commons
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15885 W. Michigan in Marshall

Open for all levels of ability

Please call 269-966-2450
for information

What is WERQ? WERQouts are designed for every body. Our WERQ instructor, Colleen, has crafted a heart-pumping playlist featuring fun modern music. WERQouts are designed with repetitive athletic moves and fresh dance steps.

WERQ is a supportive space where you can come to feel challenged, inspired, entertained, and empowered! WERQ is fitness, fun, and friendships. JOIN US!

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Helping caregivers find resources and support while providing care for their loved ones. Offering classes, workshops, one-on-one and group support, plus more!

Open Monday – Friday from 2:00 – 4:00 pm

Kool Family Community Center

200 W. Michigan Ave., Second Floor

Battle Creek, MI 49017

Call us, we're here to help!

269-966-2450

www.carewellservices.org

REGION 3B AREA AGENCY ON AGING

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