



# South County SENIOR CENTER

*for active living*

2025 marked a pivotal milestone for the South County Senior Center for Active Living as it completed its first full year of operation. This inaugural year laid a strong foundation for the Senior Center’s mission, establishing it as a welcoming hub for connection, support, and enrichment within the South County community. From opening its doors with purpose to steadily building awareness and engagement, the Senior Center began shaping its identity as a vital resource for older adults.

This year we offered over 340 programs, with a total attendance of 1,970 participants. Key efforts included leading monthly Advisory Council meetings, recruiting new council members, supporting special initiatives, and developing essential processes and documentation for instructors, participants, and program marketing. We expanded weekly programming to include Cardio Drumming, Chair Yoga, and the South County Stitches sewing group, alongside ongoing Functional Fitness instruction and a robust slate of monthly educational Lunch & Learn events covering topics from cybersecurity and aging in place to community initiatives and local history.

Strategic collaborations with organizations such as Vicksburg Arts, Portage Zhang Senior Center, and OLLI at WMU enriched offerings with art classes, concerts, and evidence-based wellness programs, while community partners strengthened regional relationships. Together, these efforts reflect a foundational year of growth, engagement, and collaboration that positions the South County Senior Center for continued impact in the years ahead.

*We are sincerely grateful for all of the community support that we received over this year and are excited to bring that momentum into 2026!*

*- Sherri Martin, Senior Center Coordinator*

## Advisory Council Members

Brad Addis  
Syd Bastos

Greg Culver  
Mary Ann Kudary

Leah Milowe  
Michelle Morgan

Brian Penny  
Mary Ryan

Mary Teadt



# In 2025 we...

Collaborated with Vicksburg Arts to offer two art classes per month, such as: UV Resin Jewelry, Intro to Watercolor Painting, Beaded Jewelry, Clay Pottery, Fresh Thanksgiving and Christmas Centerpiece

Held four music concerts in collaboration with Vicksburg Arts

Developed a new logo for the Senior Center, installed a sign at VUMC over their main entrance, and began painting and decorating "our" rooms at the church

Added Chair Yoga to our regular weekly wellness programming of Beginner Pickleball, Cardio Drumming, Functional Fitness and Walking Group. Purchased 15 Cardio Drumming kits to expand our availability to 30 participants per class

Welcomed the Stitchers Group to the weekly program opportunities

Partnered with WMU's Osher Lifelong Learning Institute (Ollie) to offer a Nature Photography class in June as well as a music/educational class in November

Collaborated with Portage Zhang Senior Center to offer two evidence-based programs: Mind over Matter and Matter of Balance

Collaborated with Kalamazoo Area Agency on Aging to provide a Dementia Caregiver 3-part series in October

Worked with local businesses to offer monthly educational Lunch & Learn events focused on a variety of topics, such as: Cybersecurity Awareness for Seniors, Aging in Place, Healthy Hearts, It Takes a Village Vicksburg Tree Project, Vicksburg Historical Society Show and Tell



## Senior Center Funding Sources

Vicksburg Foundation	\$36,700
Senior Millage	\$10,000
Private Donations	\$1,150



Programs	Classes Offered	Attendances
Wellness/Fitness	235	1165
Art	21	151
Music	4	182
Lunch & Learn Events	11	127
Special Events	15	166
Stitching Group	36	177

## Testimonials

"The Senior Center is a great place for our senior friends to gather in a safe, comfortable place close to home. I enjoy participating in the FUNctional Fitness class. It is important to me to keep strong and flexible so I can age gracefully."  
 – Mary Ann Kudary

"As a recent widow, I truly value the activities offered at the senior center. They provide me with a chance to meet new people and give me something to look forward to each day. It has been a wonderful way for me to stay active and engaged in the community. What I especially appreciate is how the senior center encourages my friends to join in, creating opportunities for us to get out together and enjoy activities, like jewelry-making. It's not just about staying active—it gives us a chance to bond and spend quality time as a group.

I also love having someone to walk with. It's important to have that connection, to share conversations, and to meet new people. These moments allow me to talk about things that are on my mind and gain new perspectives, which helps me cope with life's stresses. Overall, the senior center has made it easier for me to get out of the house, stay social, and be part of a supportive, vibrant community." – Marti Moore