

THE ANCHOR NEWS



**St. Joseph-Lincoln
Senior Service Center
3271 Lincoln Avenue
St. Joseph, MI 49085
(269) 429-7768**

**DIRECTORSJLSC@COMCAST.NET
WWW.SJLSC.ORG**

Hours: Monday thru Friday 8 am to 4 pm



2020

QUILT RAFFLE



This beautiful quilt was handmade by the loving and creative hands of our Quilting Group and could be yours! Tickets are on sale right now. You can get them at the front desk, or look for our volunteers on your way into the Center. Every week we will draw a ticket from the raffle entries to win 5 free tickets. This quilt will be raffled off at our SJLSC Annual Picnic on August 6th, with all proceeds going directly back to the Senior Center.



ANNUAL VOLUNTEER BREAKFAST

Friday, April 24th, 9:00 am

"OUR VOLUNTEERS ARE UNBEELEEVABLE"

You've been so very good to us.
You've been kind in every way.
You've made us treats and helped
On all our special days.
Today we'd like to thank you
For all you've done this year.
And tell you that you're special
And so very, very dear.
Today we want to show thanks
For all that you do.
You're the best of the best.
We appreciate YOU!

Our Center could not operate without the help of all of our amazing volunteers. You truly are **UNBEELEEVABLE!** If you have volunteered in the past year, join us for our Annual Volunteer Breakfast. Please sign up by April 17th. We look forward to treating you!

CULVER'S SHARE NIGHT

Tuesday, April 28th, 5:00-8:00 pm

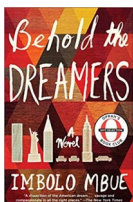
Come and join us for dinner at Culvers. A percentage of the proceeds from the dining room and the drive thru will come back directly to the Center. The more sales, the more money, so please spread the word by telling all your friends and family. We hope to see you there!

**CENTER IS CLOSED APRIL 24th
UNTIL NOON TO HONOR OUR
AWESOME VOLUNTEERS!**

BOOK CLUB

Wednesday, April 8th, 10:00 am

The book club will be reading "Behold the Dreamers" by author Imbolo Mbue. Leading the discussion will be Shirley Miller.



Just a reminder that all programs/events previously published will be listed in this section. Please refer to last month's newsletter or call the Center for more details.

PRE-REGISTRATION REQUIRED FOR ALL EVENTS

REGISTER OF DEEDS

Thursday, April 2nd, 10:00 am

COLOR MY WORLD

Wednesday, April 15th, 10:30 am

TRAVELING EUCBRE GROUP

Saturday, April 18th, 1:00 pm

This is a traveling euchre group who play at different Senior Centers every month. For the month of April, they will be meeting at Niles Senior Center. Please call 269-683-9380 to sign up to play. Feel free to join the fun!

EARTH DAY SPECIAL LAUGHING YOGA CLASS

Wednesday, April 22nd, 10:30 am

Cheryl Weise will be here teaching laughter yoga, which is a concept in mind-body exercise. There are many mental, physical and emotional benefits attributed to the practice of Laughter Yoga. Don't forget to sign up!

LOAN CLOSET SALE

Thursday, April 30th, 9:00 am-3:00 pm

Friday, May 1st, 9:00 am-12:00 pm

We are running out of room, so it's time for a sale! You'll want to come early so you don't miss out on the deals. We also have 2 stair lifts, office chairs with wheels and some filing cabinets.



April 9th	1:00 pm	\$1
April 23rd	NO BINGO	
April 30th	1:00 pm	FREE

NEWSLETTER MAILING VOLUNTEERS!

**This month's mailing is
Wednesday, March 25th at 9:00 am**

BEGINNING GENEALOGY

Monday, April 20th, 10:00 am

Do you want to find out more about your ancestors, but don't know where to start? Attend our Beginning Genealogy class, given by Patsy Miller from Berrien County Genealogical Society and learn the basics: how and where to start, how to record your information, what to record, and where to find information. This class is intended for those just starting out, but will also provide information for those that have begun their research. Remember you will need to sign up to attend this class.

AARP DRIVING CLASS

Tuesday, April 21st, 9:00 am-4:00 pm

\$15.00 for AARP Members

\$20.00 for AARP Non-members

This is a refresher course developed for older drivers, which will bring you up to speed on your driving skills, and may even help you save on your auto insurance. This is a 1 day, 8 hour course. You will need to register for this class. If you desire lunch, you will need to make a reservation by calling 269-235-4103.



SENIOR SHREDDING DAY

Friday, May 1st, 9:00 am-12:00 pm

\$5.00 per person

This is our semi-annual event that will allow you to shred your personal documents. Please remember you can have a **maximum of 4 boxes of PAPER ONLY**. Boxes should not be larger than a standard paper ream box, which is 11.5 inches wide, 17.5 inches long and 9 inches deep.



DIABETES SERIES

Tuesday, May 12th 10:00 am

Medications

Mike Rushlow, RN from Spectrum will continue to teach the Diabetes Series. Remember to sign up for the classes you wish to attend.

Our Center is actively monitoring information provided by the Centers for Disease Control and Prevention, the local Health Department and Spectrum Health Lakeland as it relates to the 2019 Coronavirus (COVID-19). As you know, this situation is dynamic and changing daily. The safety and well-being of our seniors is our top priority.

SJLSC GOLF OUTING FUNDRAISER

Monday, June 15th, 10:00 am

\$36.00 - payable at sign up - no refunds



Join us at Pebblewood Golf Course for a Best Ball Foursomes golf outing. You can get your Foursomes together, or we can match you up. The price includes 9 holes of golf and lunch. **Please**

make checks payable to Jim Wagner. Kindly sign up at the front desk by June 8th.

SECURE ACT

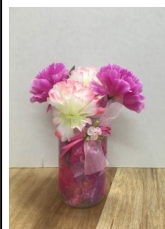
Monday, May 4th, 10:00 am

Gwendolyn Powell Braswell from Legacy Counsel Trusts & Estates Law will be here to explain the Secure Act. Gwendolyn is an experienced attorney who has been helping clients solve complex problems for over 25 years. If you have any questions, she is here to answer them. If you'd like to attend, please remember to sign up.

MOTHER'S DAY CRAFT

Tuesday, May 5th, 10:30 am

\$3.00 per person, payable at sign up



Susan Plee will be here to demonstrate the art of decoupage, and assist you in designing a vase and floral arrangement. Guests are asked to bring their own 8-10 oz. glass jar or container. Remember to sign up; you won't want to miss this!

2020 CENSUS

We will have volunteers here at the Center to assist you in filing your Census. **Please call to see what hours they are available.**

HEALTH NEWS



The Nurse is in!

HOW TO HELP PREVENT SPREAD OF CORONAVIRUS (Covid-19)

Daily in the news media we have heard about the spread of Coronavirus. It is a respiratory virus that is spread by droplets as we cough and breathe. Currently, there is no vaccine to prevent it or antiviral to treat it. Recommendations from the CDC (Centers for Disease Control and Prevention) in preventing the spread of respiratory diseases such as the Coronavirus:

1. **Avoid close contact** with people who are sick. Keep your distance from others if you are sick.
2. **Stay home from work, school and errands when you are sick.**
3. **Cover your mouth and nose** with a tissue when coughing or sneezing.
4. **Clean your hands often** with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.
5. **Avoid touching your eyes, nose or mouth.** Germs are often spread when persons touch something that is contaminated with germs and then touch their face.
6. **Practice other good health habits** like getting plenty of sleep, being physically active, managing your stress, drinking plenty of fluids, and eat nutritious food. Disinfect frequently touched surfaces at home.

CDC does not recommend that people who are well wear a facemask to protect themselves. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. Supportive treatment includes taking care of the symptoms and supporting the respiratory system. If you think you have been exposed to the Coronavirus, contact your healthcare provider.

Jan Yelding, RN

RECURRING SCHEDULE

MONDAYS

9:00 am - Computer Lab
9:15 am - Resistive Exercise
9:30 am - Quilting Group
10:30 am - Range of Motion Exercise
11:45 am - Moving with Melodie
12:00 pm - Tai Chi **NO CLASS APRIL 13TH**
12:30 pm - Bridge
1:00 pm - Hand & Foot Cards
1:15 pm - Chair Drumming
2:30 pm - Contra Dancing

TUESDAYS

9:00 am - Resistive Exercise
10:00 am - Calisthenics
10:30 am - Intermediate Bridge Lessons
(contact: 487-5170)
11:15 am - Beginner Pickleball ****NEW****
12:30 pm - Euchre
12:30 pm - Bridge (contact: 208-9682)
1:00 pm - Art Class
1:00 pm - Advanced Line Dancing
2:00 pm - Beginning Line Dancing

WEDNESDAYS

8:45 am - Resistive Exercise
9:00 am - Computer Lab
9:00 am - Greeting Card Making
10:00 am - Moving with Melodie
11:00 am - Mah Jong Game
11:15 am - Cardio Drumming
12:15 pm - Parkinson's Exercise
***Registration Required**
12:45 pm - Advanced Pickleball
1:00 pm - Dominoes / Scrabble
1:00 pm - Stitch & Chat

THURSDAYS

9:00 am - Resistive Exercise
10:00 am - Board Meeting-3rd Thursday of month
10:15 am - Range of Motion Exercise
12:00 pm - Duplicate Bridge (contact: 487-5170)
12:30 pm - Beginning/Refresher Bridge
1:00 pm - Hand & Foot Cards
1:00 pm - Cribbage

FRIDAYS

9:30 am - Chair Yoga **NO CLASS APRIL 24TH**
10:00 am - Line Dancing **NO CLASS APRIL 24TH**
12:00 pm - Tai Chi **NO CLASS APRIL 17TH**
12:15 pm - Parkinson's Exercise
***Registration Required**
12:30 pm - Euchre
1:00 pm - Golf (Cards) and/or Aggravation
1:30 pm - Advanced Pickleball

EXERCISE CLASS SUMMARY

Beginning and Advanced Line Dancing -Teaches dancing either for the new or experienced (active activity).

Calisthenics-Full body workout, improves general health and motor control by engaging muscular chains rather than individual muscles (moderate activity).

Cardio Drumming-Standing while you drum along to the beat of music (active activity).

Chair Drumming-Seated while you drum along to the beat of music (moderate activity).

Chair Yoga-Mindful approach to practicing balance, strength, flexibility, and breath work. Experience stress reduction, improve blood pressure and pain management (moderate activity).

Circuit Training Room-The training room is open daily from 9:00 am--3:00 pm. Monitors on duty at all times. No special time or appointment needed for first timers.**

Contra Dance-Social, energetic, accessible, and fun. No fancy footwork. Come try this American classic form of dance (moderate activity).

Moving with Melodie-Exercising, stretching, and a variety of dance numbers to all forms of music. No dancing experience required (active activity).

Parkinson's Exercise-Specifically designed for those diagnosed with Parkinson's.
Registration is required.

Range of Motion-Maintain and/or increase strength, flexibility, and joint health with stretching and body movements (moderate activity).

Resistive Exercise-Uses exercise bands, dumbbells, and body weight to improve muscular strength and endurance throughout the body. Seated and standing positions (moderate activity).

Tai Chi-The gentle martial art with slow focused movements. A wonderful way to relax, keep flexible, find balance, and improve overall health and well-being (moderate activity).

****Sanitizer wipes are always needed in the Circuit Training Room, to clean machines.**



TRIPS



WAITING LIST ONLY

RIGHT BED WRONG HUSBAND

TURKEYVILLE

Thursday, April 30th

STOLEN BLUE GATE DINNER THEATRE

SHIPSHEWANA, INDIANA

Wednesday, May 13th

CHICAGO BOTANIC GARDEN

Monday, June 22nd

CABARET LUNCH CRUISE

ON SPIRIT OF CHICAGO

Tuesday, June 30th

**MOUNT RUSHMORE & THE BLACK HILLS
OF SOUTH DAKOTA**

July 12th -18th

CHICAGO CUBS VS. DODGERS

Thursday, August 20th

MACKINAC ISLAND GRAND EXPERIENCE

September 22nd-25th

HELLO DOLLY THEATRE AT THE CENTER

MUNSTER INDIANA

Wednesday, October 7th

NASHVILLE SHOW TRIP TENNESSEE

November 30th-December 4th

STILL OPEN SPOTS

CHICAGO ARCHITECTURAL TOUR

Tuesday, August 25th

\$113 per person, \$20 deposit

Spend the summer day viewing Chicago's skyline. First stop will be for lunch at Petterino's Restaurant followed by a boat tour on Lake Michigan and the Chicago River. Price includes round trip motor coach transportation, meal and boat ride. Sign up soon!

Moderate Activity: Filling up Fast!

NEW TRIPS

CUBS VS. PIRATES

Thursday, September 17th

\$67 per person

\$20 deposit at sign up



Travel round trip via motor coach to historic Wrigley Field and enjoy cheering on the Cubs as they take on the Pittsburgh Pirates. We will be arriving early to the park so you can get lunch on your own prior to the game. Be sure to stop in at the Center and sign up soon.

Active Activity: This one will fill up fast!

PAR-TE-TYME SUNSET CRUISE

FUNDRAISER FOR OUR SENIOR CENTER

Thursday, July 9th, 7:30-9:30 pm

\$45 per person

payable at sign up

Come and join our staff for a 2 hour scenic boat ride while viewing the shoreline



of the St. Joseph River and a blazing sunset over Lake Michigan. Price includes dinner buffet on the boat while cruising on the water, and non-alcoholic beverages. Cash bar available. Transportation to 220 Anchor's Way Marine in St. Joseph, is on your own. Space is limited to 70 people.

Moderate Activity: Sign up soon!

STILL OPEN SPOTS

CHICAGO DINE AROUND

Tuesday, July 21st

\$115 per person, \$20 deposit

Includes round trip motor coach transportation to dine at three different restaurants. Enjoy appetizers at Troquet, your main entrée at Francesca's, followed by a stop at Chicago Cultural Center. You will wrap up your trip with dessert at Riva on Navy Pier. Don't miss this lovely day in the Windy City. Sign up now!

Active Activity: Filling up Fast!

TRIP REMINDERS

All Center trips are for ages 60+ unless otherwise noted. We only accept cash or checks. Most trips fill quickly, but waiting lists are taken. In cases of cancellations, refunds (less a \$5.00 administrative fee) are given, if a replacement is found. Trips depart from Roger's Foodland, 4039 Hollywood Road.



THANK YOU SO MUCH!

To everyone who brings goodies or donates money to the Coffee Table and the Front Desk

Golden Brown Bakery, Sandra Kay's Bakery, Gary Young, Celina Bevelhymmer, Juliann Swingler, Jim Wagner, Margaret O'Neill, Sallie Coldren, Diana Schmaltz, Erma Vanderbough, Mary Burke, Elaine Taylor, Anneliese Keehn, Margie Hardy, Shirley Lundquist, Bonnie Parrish, Cathy Eppard, Jill Post, Darlene Kiessel, Ray Leitz, Adolph Peltzer, Jane Jeffery, Doris Schultz, Art Wagner, Jan Jackson, Ramona Contreras, Gladys Taylor, Sally Matzke, Dorothy Thar, Sue Plummer,

Lorraine Ziebart and Glenda Keith.

To everyone who donates other items that benefit the Center and Participants

Ed Simmons, Robert Melcher, Charles Ross, Ed Zimmerman, Shirley Schaefer, Debbie Davis, Pam Olson, Celina Bevelhymmer, Lake Michigan Catholic Elementary School, Carol Small, Tom Wheeler, Jane Jeffery, Pat Nordberg, Kathryn Fetke, Cheryl Houser, Karen Schiltz, Mary Nielsen, Mary Burke, Fay Pressnitz, Carl Pagel, Virginia Ferguson, Norm Sauser, Anonymous—In Memory of Beth Reed, Dee Isham, Terri McGrath, Shirley Shadler, Bonnie Parrish, Chris Demis and Wayne Petzke.

Monetary Contributions

All the anonymous transportation riders and Joan Stilwell, Carol Ann Welton, Justine Wisler, Dolly Pintang and Barbara Pries for your Donations to our Transportation Program.

-Karen Schiltz, Hue Le, Hong Anh Son, Debbie Sherman, Sharon Drese, Orvid Harju, Roger Peterson, Velana Garner, Clover Lee Wolford and Kathy Beck, made a Donation to the General Building Fund.

-Fred Cooper, Elsie Harke, Sue Mayville, Rae Meyers, Evelyn Martin, Phyllis Herod, Virginia Aydelott, Phillip & Kathleen Preston, Eugene & Janet Wolff, James Ulery, Carol Hettig Cota, Dan & Sally Streick, Martha Wilder, Jack & Helen Aaron, Georgia Green, Barbara Nelson, Vance Kimball, Charmain Farnan, Robert Akright, Joe & Chris Heyn, Michaelyn Fillwock, Gloria Pecora, Darlene Adler, Joyce Vance, Marilyn Kiel, Helen Metzger, Patricia Hill, Patricia Karsen, Erna Felgner, Dorothy Zuber, Doris Hunter, R. Reynolds, R. Fredricks, Glen Flowers, Lois Rosetto, Sandra & Robert Baushke, Eddie Mae Woodley, Ron & Carol Bonczkowski, Kathie Kieras, Barbara Morgan, Harry Zmyslo, Robert Diederick, Jan Plangger and Virginia Miller all made Donations to our Building Fund Program.

-May Bucher made a Donation in Memory of Beth Reed.

-Jeanette Barker and Elaine Thomopoulos made a Donation to Friendship Garden.

-Jo Ann Scates, Clover Lee Wolford, Ada Greene and Hilde Milbrandt made a Donation to the Walking Trail.

-Diane Trulove and Diane Fishburn, made a Donation to the Exercise Programs.

-Janet DeRubbo made a Donation to the Parkinson's Class.

-Hjordis Repke made a Donation to the Circuit Training Room.

-Jerry Metz and James Calvert made a Donation to the Loan Closet.

-Donna Sieber made a Donation for Greeting Card Supplies.

Thank you to all the tax preparers and volunteers who helped this year. We greatly appreciate all of your time and efforts!

Thank you to Whirlpool for donating chairs for Friendship Hall and office furniture. We are forever grateful!



WISH LIST

We are in need of large extra strength glue sticks, hand sanitizer & wipes, white envelopes 6" x 8 1/2" and white, yellow, beige, green & orange envelopes 8 1/2" x 5 1/2", and small coffee filters.



SOUP'S ON!!

Meals on Wheels of Southwest Michigan will be serving soup in Friendship Hall on Wednesdays, Thursdays, and Fridays in April. You can purchase an 8 oz. bowl for \$5.00. Stop in for a serving; you'll be glad you did!



BEGINNER & ADVANCED PICKLEBALL

Because of increased interest, we have posted safety guidelines in the gym for skill levels, which will determine which class you should attend. Beginner Pickleball will be on Tuesdays at 11:15 am and Advanced Pickleball will be on Wednesdays at 12:45 pm and Fridays at 1:30 pm. We are so happy this has turned out to be a "big dill!"

PAIN MANAGEMENT

Tuesday, April 28th, 10:30 am

Dr. Sandy Martin from All Star Chiropractic will be discussing how acute pain can lead to chronic pain and the best way to deal with it. Please sign up to attend.

OUTDOOR FITNESS DEMONSTRATION

Friday, April 17th, 9:00 am-12:00 pm

In the coming months the sun will be showing its face more and the temperatures will hopefully be growing warmer, making us want to spend more time outside. If you enjoy exercising outdoors, you will want to check out our Betty Kohn Outdoor Fitness Zone! We invite you to attend this program where our monitors will demonstrate how to use all of the outdoor equipment. No need to sign up.

DESIGNER PURSE - SILENT AUCTION

Wednesday, April 29th-Silent Auction Begins

Wednesday, May 6th, Closes at 3:00 pm

Who doesn't love a designer purse?

Give one as a Mother's Day gift or

treat yourself! Prices will start at \$5

and winners will be notified on May

7th.



NOTE: "All advertising content is not endorsed by the Saint Joseph-Lincoln Senior Service Center but it is the view of the presenting organization."



This is the last month for this section of our newsletter to focus on our fitness instructors, their classes and how they feel they benefit our seniors. Check out our bulletin board by the front entrance to see all the information about our 11 instructors and classes.

JANET SNELGROVE

Tai Chi Monday & Friday 12:00 pm



"I have been teaching for over 25 years." "Tai Chi is the gentle martial art." "The slow, focused movements are a wonderful way to relax, keep flexible and find balance and improve overall health and wellbeing." "The mindfulness aspect of Tai Chi, the breathing focus and

rhythmic nature of the movements help calm the nervous system and reduce inflammation." "Proceed at your own pace, there is no competition."

JEAN GREEN

Calisthenics, Tuesday 10:00 am

Cardio Drumming, Wednesday 11:15 am

Chair Yoga, Friday 9:30 am



"All three of the classes I teach have one primary goal: train to keep your body primed for everyday activities and to prevent injury and enhance quality of life." "Everyone needs to train their bodies everyday to remain mobile and strong." "Keeping the brain

healthy as well as the body is also a priority." "I hope to keep people in their best physical and mental mindset." "I want them to feel strong and happy so they can dance through life."

COOKIES & CANVAS

Monday, April 20th, 12:00-3:00 pm

\$15 per person, payable at sign up



Did you know that Michigan chose its state flower, the apple blossom, on April 28, 1897? And, for the month of April you can paint Michigan's state flower on a 9" x 12" canvas. All supplies are provided. Please sign up and pay by April 16th. Make checks payable to Roy Hruska. **If you sign up for this class and you cancel or don't show, your money WILL NOT be refunded, unless you find someone to take your place.**

COOKIES & CANVAS

Tuesday, May 5th, 12:00-3:00 pm

\$15 per person, payable at sign up



Did you know that the tiger lily is often used as a symbol of friendship? This is the painting that will be offered for the month of May on a 9" x 12" canvas. All supplies are provided. Please sign up and pay by May 1st. Make checks payable to Roy Hruska. **If you sign up for this class and you cancel or don't show, your money WILL NOT be refunded, unless you find someone to take your place.**

TWIN CITY CAMERA CLUB PHOTOGRAPHY CONTEST



Calling all photographers! Twin City Camera Club is sponsoring a photography contest. There will be 4 categories: Nature, Architecture, People, and Animals/Pets. There will be a \$25 prize for each category. Please submit your photo by April 9th and voting will take place April 13th-April 24th. Photographers please check at the Center for all the details to enter your picture(s).

If you would like an email reminder when the newsletter is online, please email us at assistantsjlsc@comcast.net



MEALS on WHEELS

— OF SOUTHWEST MICHIGAN —

Senior Nutrition Services Region IV

**Menu Is Subject To Change
Without Notice**
Lunch is served at 11:45 a.m.

APRIL 2020

CALL 269-235-4103
2 DAYS IN ADVANCE TO MAKE OR
CHANGE LUNCH RESERVATIONS












Meals are Funded in part by



Area Agency on Aging, Inc.

SPECIALISTS IN AGING

Served in partnership with the Senior
Center and Senior Nutrition Services,
dba Meals on Wheels of SW Michigan

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals provide (average per week) Carbs: 75 grams Calories: 800 avg. Sodium: 800 mg 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 Turkey Ala King White rice Mixed vegs. Pineapple</p>	<p>2 Beef stew Side salad Roll Mandarin oranges</p>	<p>3 Tuna casserole Tomato/cucumbers Rice pudding</p> 
<p>6 Roast beef w/gravy Mashed potatoes Stewed tomatoes WW roll Pears</p> 	<p>7 Chicken sandwich Broccoli-apple salad WW bun Mixed fruit</p>	<p>8 Beef fajita w/onions Chopped tomatoes Black beans Tortilla chips Apple cobbler</p>	<p>9-EASTER MEAL Sliced ham Sweet potatoes Asparagus or peas Easter cookies Fruit punch</p>	<p>10 GOOD FRIDAY CENTER IS CLOSED</p> 
<p>13 Chicken casserole Glazed squash WW bread Pineapple</p> 	<p>14 Turkey burger Potato salad Coleslaw WW bun Peaches</p>	<p>15 Salisbury steak Mashed potatoes 3-bean salad Roll Fruited jello</p> 	<p>16 Lemon tilapia fillet Creamed corn Rice Mandarin oranges</p>	<p>17 BBQ beef sandwich Green bean cass. Cucumber salad Bun Pears</p>
<p>20 Sausage & shells Carrot coins Green beans Breadstick Raisins</p> 	<p>21 Baked chicken thighs Sweet potatoes Mixed vegs. Fruit punch</p>	<p>22 Stuffed pepper Tomato/cucumbers Roll Peach crumble</p> 	<p>23 Chicken teriyaki Stir fried vegs. Applesauce</p>	<p>24 Meatloaf Mashed potatoes Side salad Mandarin orange Birthday cake</p> 
<p>27 Traditional chili Collard greens Cheese Crackers Ambrosia fruit salad</p>	<p>28 BBQ chicken Mac & cheese 3-bean salad Pineapple</p> 	<p>29 Liver & onions Mashed potatoes Green beans Yogurt parfait</p> 	<p>30 Loaded potato Steamed zucchini Vanilla pudding Fruit</p>	

St. Joseph – Lincoln
Senior Service Center
3271 Lincoln Ave.
St. Joseph, MI 49085

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**DATED MATERIAL DO NOT DELAY
RETURN SERVICE REQUESTED**

This newsletter mailed @ St. Joseph Post Office on 3-25-20



Serving the Community Since 1975

It is the mission of the St. Joseph-Lincoln Senior Service Center to provide safe, friendly, and positive social, educational, and recreational services for the 60 + citizens of our community.

Executive Board Members

President Rick Freridge
Vice President Shirley Miller
Secretary Mary Sundblad
Treasurer Bob Hopkins

Board Directors

Celina Bevelhymmer, Louise Boelcke, Bill Burrows,
Pauline Fox, Dolores Frantz, Tim Kragt, Tom Oatman and
Carol Small

Staff

Executive Director Cindi McLaughlin
Program Coordinator Jennifer Malone
Support Associate Sharyl Freehling
Staff Assistant Sarah Rodgers
Receptionist Onalee Hartman
Building Custodian Tai Huynh
Nurse Jan Yelding
Senior Nutrition Manager Marilyn Hawkins 235-4103
AND ALL OUR WONDERFUL VOLUNTEERS!

Helpful Service Numbers

Area Agency on Aging	(800) 654-2810
Elder Abuse	(855) 444-3911
Health & Human Service/UW	2-1-1
Legal Aid	(888) 783-8190
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
Report a Scam	(877) 765-8388
Social Security	(800) 772-1213
Veterans Affairs Office	(269) 983-7111



MONTH AT A GLANCE

2 Register of Deeds 10:00 am
7 Blood Pressure Clinic 9:00-11:00 am
7 Garden Meeting 10:00 am
8 Book Club 10:00 am
9 BINGO 1:00 pm
10 **GOOD FRIDAY-CENTER CLOSED**
15 Color My World 10:30 am
16 Board Meeting 10:00 am
16 Foot Clinic I-**BY APPOINTMENT ONLY**
17 Commodities - Monthly - 9:00-11:00 am
17 Outdoor Fitness Demonstration 9:00 am-12:00 pm
20 Beginning Genealogy 10:00 am
20 Cookies & Canvas 12:00-3:00 pm
21 AARP Driving Class 9:00 am-4:00 pm
22 Earth Day Special Laughing Yoga Class 10:30 am
23 Blood Pressure Clinic 9:00-11:00 am
23 Foot Clinic II-**BY APPOINTMENT ONLY**
24 Volunteer Breakfast 9:00 am-**CENTER IS CLOSED
UNTIL NOON EXCEPT FOR THIS EVENT**
28 Pain Management 10:30 am
28 Culver's Share Night 5:00-8:00 pm
29 Newsletter Mailing 9:00 am
29 Designer Purses-Silent Auction Starts
30 BINGO 1:00 pm
30 Loan Closet Sale 9:00 am-3:00 pm