

THE ANCHOR NEWS



St. Joseph-Lincoln Senior 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

HAPPY NEW YEAR



Out with the old and in with the new. May the year 2020 bring delightful surprises and good luck for you! Wishing everyone a Healthy and Happy New Year from all of us here at the Senior Center!

SUPERBOOKS ARE COMING!



We hope that the Superbooks have arrived by the time you get this newsletter so you can buy them for Christmas gifts for that special person on your list. Remember this is a great way to help out the local businesses, save a lot of money and help your Center. Please call to see if the books have arrived or to get on the list to reserve your copy.

TAX TIME IS UPON US



Beginning Monday, January 20th, you can call to make an appointment to get your taxes done. Time slots will begin on February 4th. Please round up all of your paperwork before scheduling an appointment. Please use the checklist on page 2 of this newsletter when gathering your documentation. The AARP tax volunteers are able to help you file simple Federal and State income tax returns, including Homestead Property Credit and Home Heating Credit. Due to changes in the property tax rules, more people will be eligible for credits this year. It is suggested that everyone bring their property tax bill to their appointment. FYI, **COMPLEX TAXES MUST BE COMPLETED BY A TAX SERVICE!** This includes any business pursuits. Appointments fill quickly, so call as soon as possible to save your spot!

WE NEED YOU!



Due to our continued extreme growth, we are in need of some volunteers who love our Center and would like to share that enthusiasm by working a 2-hour shift registering new members, giving them tours of our Center and assisting the staff in various ways. If you are interested, please see Sharyl for the details.

**THE CENTER IS CLOSED
DECEMBER 31st & JANUARY 1st
HAPPY NEW YEAR!**



BOOK CLUB

Wednesday, January 8th, 10:00 a.m.



The first book of 2020 is "When Evil Came to Good Hart" by author Mardi Link. Leading this month's discussion will be Barb Dorow.



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

ST. JOSEPH NORTH PIER LIGHTHOUSES

Tuesday, January 7th, 10:30 am

COMPUTER ROOM REMINDER

Just a reminder that once tax season begins, the Senior Center's Computer Room will only be available on Mondays. Ralph Rumpf, our computer consultant, will be available on Mondays from 9:00 am until 12:00 pm. After the tax season is complete, the schedule will then return to Mondays and Wednesdays. We thank you for your cooperation during the busy tax season.



JINGLE & MINGLE CHRISTMAS PARTY



Thank you all for coming to the annual SJLSC Christmas party! We would like to thank the many volunteers who helped decorate, wrap gifts, donated gifts, and helped at the party. We are looking forward to next year!



January 9th	1:00 pm	\$1
January 23rd	1:00 pm	FREE
January 30th	1:00 pm	\$1



NEWSLETTER MAILING VOLUNTEERS!

This month's mailing is
Wednesday, January 29th at 9:00 am

TAX CHECKLIST

EVERYONE MUST HAVE A PHOTO ID AND SOCIAL SECURITY CARD WITH THEM TO HAVE TAXES DONE. THERE WILL BE NO EXCEPTIONS! IF FILING MARRIED/JOINTLY, BOTH PEOPLE NEED TO BE PRESENT.

Also, bring **ALL** of the following to your appointment:

- 2018 tax filed forms, no matter where they were done
- 2019 Social Security Benefit Statement (SSA-1099)
- 2019 Interest Statement for bank or credit union (1099-INT)
- 2019 Statements of dividends earned or capital gains distributions from mutual fund companies or sale of stocks (1099 Div., 1099B)

Please calculate your cost basis of stocks/funds that you sold

- 2019 statements for income received from pensions, annuities, IRA, etc. (1099 R)
- 2019 information about any earned income (W-2, 1099's)
- 2019 premiums *paid by you* for health insurance
- Summer AND Winter property tax bills. **BOTH** bills must be brought in; the bill that was due in Sept. 2019 **AND** the bill that is due Feb. 2020
- 2018 **AND** 2019 state income taxes paid in 2019, if you itemize your deductions
- 2019 heating bills. (Please get a printout from your utility company for billings for Nov. 1, 2018 through Oct. 31, 2019)
- Any and all Federal and/or State income tax forms you may have received in the mail
- Any other information you feel may be helpful in preparing your taxes
- If you want your refund direct-deposited, you must bring a blank check or savings account information with **both the account number and routing number**
- If you rent, have the amount you pay each month and the name and address of your landlord

HELPFUL TIPS

PREVENTING FALLS

We all want to stay in our homes as long as possible. Preventing injuries from falls will help maintain our independence. Because falls can be life changing, some simple precautions can ensure safety and reduce your risk of falling at home. Have you done a safety check in your home recently?

FOOT CLINIC

By Appointment Only

Friday, January 10th

Friday, January 17th



Van's Medical Equipment provides this monthly service which is also available to diabetics, with a doctor's order. The first visit is \$30, which includes a reusable foot care kit. Follow up visits are \$25.

WINTER BLUES



Looking to reduce those winter blues? If you are a crafty person and would like to share your craft for a couple hours with a group here at the Center, please contact Jennifer. We know there are a lot of you out there, so please help raise the spirits of everyone during these months ahead.

CHARM BRACELET MAKING

Friday, February 14th, 10:00 am

\$20.00 payable at sign up

\$2.00 per charm-payable day of class



On Valentine's Day Kathy Kasischke will be here to show you how to make yourself or a loved one a Pandora-like charm bracelet. You will be able to select from a large variety of beautiful charms. You decide how many charms to add, pick out and design your very own charm bracelet. Don't forget to sign up for this class, space is limited.

HEALTH NEWS



The Nurse is in!

BRAIN HEALTH

Brain health is an interesting topic. Mayo Clinic did a study that showed doing more activities daily may offer greater cognitive protection for our brains (the part of our brain used for thinking, memory, using existing knowledge and new knowledge).

I find that interesting from the standpoint that our Senior Center revolves around the number of activities available to all the seniors in our community. The choices seem endless.

A prescription for maintaining or improving brain health might include the following: Reading books, playing games, spending time on the computer, engaging in social activities, and taking on a craft project.

"It's not just about engaging in an activity, it's about mixing it up with two or more," says study co-author Yonas Geda, M.D., a professor of Psychiatry and Neurology at Mayo Clinic. "Two activities are better than one, three are better than two, and four are better than three." He suggests doing a mix of these activities three to five days a week.

Learning something interesting every day challenges your brain and at the same time, nutrition, physical exercise and sleep promote brain health.

See you in the library, the game room, the computer room, the craft room, the exercise room, the dining room, in Yoga, Tai Chi, Resistive Exercise, Chair Drumming, or wherever we might find ourselves improving our brain health!!

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
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
12:30 pm - Euchre
12:30 pm - Bridge (contact: 208-9682)
1:00 pm - Art Class- **NO CLASSES UNTIL MARCH**
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 - 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
11:30 am - Zumba 1st & 3rd Thursdays
12:00 pm - Duplicate Bridge (contact: 487-5170)
1:00 pm - Hand & Foot Cards
1:00 pm - Cribbage

FRIDAYS

9:30 am - Chair Yoga
10:00 am - Line Dancing
12:15 pm - Parkinson's Exercise
 *Registration Required
12:00 pm - Tai Chi
12:30 pm - Euchre
1:00 pm - Golf (Cards) and/or Aggravation
1:30 pm - Pickleball

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

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).

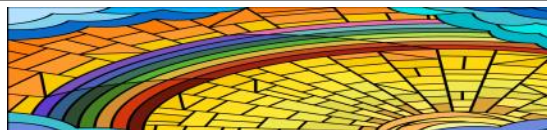
Resistive Exercise-Uses exercise bands, dumbbells, and body weight to improve muscular strength and endurance throughout the body. Seated and standing positions (moderate activity).

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).

Zumba-International dance with no partner needed! Worldwide program designed for fun, coordination, and a great workout for many different fitness levels (active activity).



TRIPS



WAIT LIST ONLY

MOUNT RUSHMORE & THE BLACK HILLS OF SOUTH DAKOTA

July 12th -18th, \$75 deposit

\$699 per person-double

Active Activity



AN AMERICAN IN PARIS

DRURY LANE THEATER

Thursday, March 26th

\$101 per person

\$20 deposit

Moderate Activity



RIGHT BED WRONG HUSBAND

TURKEYVILLE

Thursday, April 30th

\$67 per person

\$20 deposit

Moderate Activity



SIGN UP SOON!

STOLEN

BLUE GATE DINNER THEATRE

SHIPSHEWANA

Wednesday, May 13th

\$91 per person

\$20 deposit

Very Active Activity



NASHVILLE SHOW TRIP

November 30th-December 4th

\$75 deposit

\$657 per person-double

\$637 per person-triple

\$837 per person-single

Includes round trip motor coach transportation, 4 nights lodging, 8 meals; 4 breakfasts & 4 dinners, 2 Great Shows; 1.) The Grand Ole Opry, 2.) Nashville Nightlife Dinner Theatre. Guided tours of Nashville & Belle Meade Plantation, admission to the Country Music Hall of Fame & Grand Ole Opry Behind the Scenes Tour, ride on the Delta Flatboats, and admission to Johnny Cash Museum & Patsy Cline Museum.

Active Activity



HELLO DOLLY

THEATRE AT THE CENTER

MUNSTER INDIANA

Wednesday, October 7th

\$81 per person, \$20 deposit

Includes round trip motor coach transportation, show tickets and choice of herb roasted chicken OR boneless pork chop for lunch. This Tony Award-winning classic musical is bursting with humor, dance and romance which is why it is one of the best-loved musicals of all time! Starring E. Faye Butler as the irrepressible matchmaker Dolly Levi who travels to New York to arrange a match for the miserly Horace Vandergelder and gets more than she bargained for.

Moderate Activity



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.



To all of you who bring goodies or donate money to the Coffee Table and for the Front Desk: Golden Brown Bakery, Sandra Kay's Bakery, Flour Shop, Ray Lietz, Vita Marquez, Dorothy Jenkins, Shirley Gast, John Schmidtman, Jim Hardin, Sue Mayville, Judy Wittman, Sallie Coldren, John Allen, Charlie Bevelhymmer, JoAnn Scates, Doris Schultz, Tom Kubash, Myrth Kremers, Patricia Ludlam, Elaine Taylor, Nancy Barrett, Carolyn Summerill, Howard Wenzlaff, Hue Le, Adolph Pelzer, Ann Stedman, Howard Roth, Charlotte Wilkens, Millie Carney, Jane Jeffry, Rosemary Stokes, Polly Hardin, Margaret O'Neill,

Robert Brown, Jim Hardin, Elaine Thomopoulos, Richard Johnson, Dreamers, Eric & Mary Baker, Mary Burke, Fay Pressnitz, Rich Ellis, and Tim Kragt.

To all those who donate other items that benefit the Center and Participants:

John Schmidtman, Pauline Fox, Frieda Wickens, Gene Harris, Chris Peters, Shirley Gast, Virgil Cimala, Marietta Ziebart, Richard Fester, Mary Jane Hiler, Mary Edwards, Susan Pagen, Charlotte Wilkins, Marcia Hess, Patti LaBaumbard, and June Rollinger.

Monetary Contributions:

All the anonymous transportation riders along with Michael & Barbara Pries for your **Donations to our Transportation Program.**

-Dolores Frantz, Clover Lee Wolford and Karen Schiltz made **Donations to the General Building Fund.**

-Ronald Schroeder made **Donations to the Loan Closet.**

-Erika Mauerman made a **Donation to the Walking Trail.**

-Jennifer Malone and Gloria Hopkins made a **Thrivent Choice Donation.**

-Ida Galbreath, Mike & Kathy Phipps, Robert & Jane Hierholzer and Gloria Woodward's family made a **Donation in Memory of Dorothy Kramer.**

-Cleo Ruppel made a **Donation in Memory of Chris Ruppel.**

-Judy Bodjack, Mr. & Mrs. Scott Bodjack & Son and Mr. & Mrs. Jeffrey Bodjack made a **Donation in Memory of Maryanne Ball.**

Pat Nordberg, Virginia Kuball, Shirley Hollacher, Martha Ambrosino, Ann Stedman, Elizabeth Sexton, Anonymous, Rick & Barb Freridge, Cynthia Tobias, Marie Volpe, Mildred Crum, Alma Arent, Gretchen Lenz, Sandra Thurlow, Mary Sanderson, Phyllis Herod, Lois Wallace, and Robert & Ruth Dongvillo, all made **Donations to the Bakeless Bake Sale.**

-The Golden Eagles and Gladys Ullig made a **Whirlpool Matching Donation.**

Thank you to John Schmidtman who brings in two newspapers every day so everyone can read the news early in the morning!



We are in need of artificial sweetener and coffee stirrers.



JUNK MAIL

Tired of receiving all that junk mail and not sure what to do about it? You can bring it to the Center and Ken Schneider will contact the people that are sending you this mail and ask that you be removed from their mailing list!

BAKELESS BAKE SALE



We cannot express enough our heartfelt appreciation to all who donated to this fundraiser. The Center is so very fortunate to

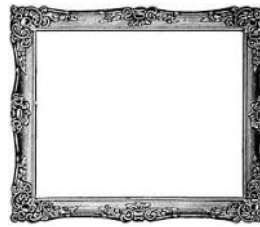
have so many people in the community who care about our senior citizens. One of these people is Judy Felland. Judy reached out to the Center stating she wished to purchase the van we needed. Because of her generous donation we have redirected the funds to update one of the bathrooms to an ADA compliant restroom, which we plan on doing this year. Thank you to everyone who donated!

WE WANT TO HEAR FROM YOU!



Do you have an expertise in building, long range planning or fundraising? If you have some free time on your hands and would like to assist our Board committees, please stop in and see Cindi if you are interested.

HERITAGE MUSEUM AND CULTURAL CENTER



We have been fortunate enough to have historical pictures of St. Joseph and Benton Harbor on loan to us for two years from the Heritage Museum and Cultural Center. If you have

not seen them already, you can find them in the hallway of the new entrance and in the new board room. It's like taking a walk down memory lane. Thank you Heritage Museum and Cultural Center!

SLOW DOWN



Please remember in the snowy, icy months to slow down in the parking lot and to walk slowly. Your safety is important to us!

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



The next few months this section of the newsletter will focus on our fitness instructors, their classes and how they feel their classes benefit our seniors. More information will be displayed on the bulletin board by the front entrance.



MARGARET O'NEILL

Advanced Line Dancing
Tuesday 1:00 pm
Friday 10:00 am

The Advanced Line Dancing classes demonstrate steps for line dancing while learning various dances. Line Dancing is beneficial in

helping with memory and encourages everyone to keep moving in time to music.



DALE BALDRIDGE

Beginning Line Dancing
Tuesday 2:00 pm

"I teach beginners and intermediate line dancing steps. Line Dancing is beneficial for exercise, fun, and socializing. Get out and get moving."



NOEL BASH

Contra Dance
Monday 2:30 pm

"I have over 30 years' experience teaching dance. Contra Dance is social, energetic, accessible and fun! No fancy footwork! Come try this American

classic form of dance! Benefits of Contra Dance; low impact, moderate cardio, balance, bone strengthening, social and fun!"

SCAMS

Wednesday, January 15th, 10:00 am



Attorney Brian McMahon is a business law attorney in St. Joseph and has been practicing business law for more than 25 years. He is frustrated by the inability to better protect seniors, and individuals less

familiar with technology from scam artists. For that reason, his presentation will describe two methods he believes will guarantee an individual does not fall victim to a phone scam, if the individual uses one of two methods. The best part is neither method costs any money, nor does it require any special knowledge. To attend this class, please remember to sign up at the front desk.

YOUR GUIDE TO HEALTHY HEARING

Tuesday, January 21st, 10:30 am



Tony Meyer, from Professional Hearing Services, will be here to discuss how your hearing health is related to your overall health. There will be a 30 minute presentation and following this

he will spend the remaining time in 10 minute, previously scheduled appointments, to clean and repair your hearing aid. Call to sign up for the class and reserve your 10 minute appointment.

COOKIES & CANVAS

Tuesday, January 28th, 12:00-3:00 pm



Not all robins are "snowbirds," some stay year-round. You can paint this winter robin on a 9" x 12" canvas. All supplies are provided. Please sign up and

pay by January 24th. 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.**

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



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












JANUARY 2020

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

Meals are Funded in part by



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

Monday	Tuesday	Wednesday	Thursday	Friday
Meals provide (average per week) Carbs: 75 grams Calories: 800 avg. Sodium: 800 mg Protein: 19 grams Total Fat: 30%	Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can.	1NEW YEAR'S DAY CENTER CLOSED 	2 Baked manicotti Steamed broccoli WW roll Peaches 	3 Roasted turkey Gravy Mashed potatoes Chef's choice vegs. Fruited jello
6 Chicken sandwich Lettuce, tomato Roasted vegs. Bun Pineapple	7 Stuffed pepper Creamed corn Fruit & yogurt parfait 	8 Fish w/tartar sauce Herbed rice Mixed vegs. Mandarin oranges	9 Traditional goulash Coleslaw Biscuit Apricots 	10 Roasted chicken Vegs. Redskin potato 3 bean salad Pears
13 Pork loin w/gravy Mashed potatoes Broccoli florets Cornbread Fruit cocktail	14 Chicken teriyaki Rice Steamed spinach Oriental blend Peaches 	15 Pot roast Peas WW roll Baked apple 	16 Chef's choice meat European blend Bun or biscuit Oranges 	17 Corn meal fish Coleslaw Carrot coin Biscuit Vanilla pudding Fruit
20 MARTIN LUTHER KING JR. DAY NO SENIOR NUTRITION CENTER OPEN	21 Hot beef sandwich Baked potato wedges Beet salad Bun Pineapple 	22 Chicken dumplings Chef's choice vegs. Rye bread Ambrosia fruit salad	23 Hamburger Potato salad Lettuce/tomato Bun Mandarin oranges	24 Chef's choice meat Corn Key West vegs. Rye Birthday cake Fruit
27 Country chicken Rice Capri blend vegs. Pears 	28 Swiss steak w/onions Mashed potatoes Steamed spinach WW roll Craisins 	29 Teriyaki stir fry White rice Oriental blend Applesauce	30 Turkey chili Tomato & cheese Corn bread Pineapple 	31 Baked potato Cheese/bacon Broccoli Cucumber salad Peaches

St. Joseph – Lincoln
Senior 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 12-18-19



Serving the Community Since 1975

It is the mission of the St. Joseph-Lincoln Senior 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	2-1-1
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
National Do-Not-Call	(888) 382-1222
Senior Help Line	(800) 654-2810
Senior Legal Hotline	(800) 347-5297
Michigan OMBUDSMAN	(866) 485-6393
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	983-7111

MONTH AT A GLANCE

1 NEW YEAR'S DAY-CENTER CLOSED

7 Blood Pressure Clinic 9:00-11:00 am

7 St. Joseph North Pier Lighthouses 10:30 am

8 Book Club 10:00 am

9 BINGO 1:00 pm

10 Foot Clinic I-BY APPOINTMENT ONLY

15 Scams 10:00 am

16 Board Meeting 10:00 am

17 Commodities - Monthly - 9:00-11:00 am

17 Foot Clinic II-BY APPOINTMENT ONLY

20 MARTIN LUTHER KING JR. DAY

CENTER IS OPEN-NO SENIOR NUTRITION

21 Your Guide to Healthy Hearing 10:30 am

23 Blood Pressure Clinic 9:00-11:00 am

23 BINGO 1:00 pm

28 Cookies & Canvas 12:00-3:00 pm

29 Newsletter Mailing 9:00 am

30 BINGO 1:00 pm

