

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

SUPERBOOKS ARE HERE!!

Don't forget that Superbooks have arrived! You won't want to miss your chance to take advantage of all the savings this year.

2020 CENSUS

We are still looking for volunteers to help our seniors be counted for the 2020 Census in April and May. If you can assist please call and let us know. Appointments will be on a first come, first serve basis starting March 23rd. **Please contact us for the hours that volunteers will be here to assist you.** Everyone needs to be counted in our county, please help us make sure this happens!



CELEBRATING ONALEE -15 YEARS AT SJLSC!!



January 24th marked the 15 year anniversary of Onalee as an employee here at St. Joseph-Lincoln Senior Service Center. We are

beyond blessed to have such a devoted and dedicated employee, and a wonderful co-worker. Onalee's face is the first one you will see when you walk in the front door and she greets everyone with a smile and makes them feel welcome. Onalee enjoys her job because there are so many seniors who come to the Center who brighten her day. Onalee plays such an important part in making our Center run smoothly, and we cannot thank her enough for that! We love you, Onalee, and thank you so much for your dedication to your job. We hope we can get 15 more out of you!

CONNECTIVITY KIOSK

We have a new addition to the Senior Center!



Located in the Friendship Hall is a user-friendly kiosk that we think you will find very informative. This kiosk is made possible through Campus on Creative Aging whose objective is to connect seniors with

offerings and information in Berrien, Van Buren and Cass counties which will assist them in achieving an active, healthy lifestyle. Please take a moment and check it out. If you have any questions, please feel free to ask a staff member. We're here to help!

BOOK CLUB

Wednesday, March 11th, 10:00 am

The book club will be reading "The Marsh King's Daughter" by author Karen Dionne. Leading the discussion this month is Sally Matzke.



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**

SENIOR SURVIVAL TIPS

Tuesday, March 3rd, 10:30 am

DOWNSIZING

Thursday, March 5th, 10:30 am

FROM FRENZIED TO FOCUSED

Monday, March 9th, 10:30 am

DIABETES SERIES-CARB COUNTING

Tuesday, March 10th, 10:00 am

COMPUTER SAFETY - KEEP SAFE SERIES

Monday, March 16th, 10:00-11:30 am

Monday, March 23rd, 10:00-11:30 am

Monday, March 30th, 10:00-11:30 am



There's nothing more aggravating than problems with your computer, and not knowing what to do about it. Charles Olszewski will be here to show you what to do when disaster strikes. If you're seeking a bit more computer knowledge, join us. Please sign up to attend this class.

March 12th 1:00 pm \$1
March 26th 1:00 pm FREE



NEWSLETTER MAILING VOLUNTEERS!

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

PEACE LUTHERAN CHOIR SING-ALONG

Tuesday, March 17th, 11:00 am

On St. Patrick's Day, the Peace Lutheran Choir will have a Sing-Along before lunch in the Friendship Hall. There is no need to sign up for this, just join us and enjoy!

FRIENDSHIP GARDEN AND PRISCILLA UPTON BYRNS WALKING TRAIL MEETING

Tuesday, April 7th, 10:00 am

With spring just around the corner, we need to begin developing plans on how best to maintain all our garden areas throughout the 2020 growing season. Digging, planting, weeding and watering are just a few of the things we need volunteer help with. Come and hear what our master gardeners and helpers planted in 2019 and the second phase we need to accomplish in 2020.

TRAVELING EUCBRE GROUP

Saturday, March 21st, 1:00 pm

This traveling group plays euchre at different Senior Centers every month. For the month of March, they will be meeting at Buchanan Senior Center. Please call 269-695-7119 to sign up to play. It's a great time so come out and join the fun!

STEELHEAD TRIATHLON VOLUNTEERS

Thursday, June 25th - packing bags

Saturday, June 27th - registration

We are looking for volunteers to help with packing bags and registering the athletes for the triathlon. Please sign up at the front desk and if you have any questions, please see Jennifer.

VETERANS Q & A

Monday, March 16th, 10:00 am-12:00 pm

If you are a Veteran and you have questions, we'd like to help with the answers. Lee Lull, Director of the Berrien County Veterans Services, will be here to answer questions and provide the latest information for all of our Veterans. No need to sign up for this program.

Act **FAST**

Stroke: every minute counts

Remember the acronym: **FAST**

F=face: Ask the person to smile. Any drooping?

A=arm: Raise both arms. Any downward drifting?

S=speech: Repeat a simple phrase. Sound strange?

T=time: Observe any of these signs? **TIME** to call 911.

FOOT CLINIC

By Appointment Only

Thursday, March 19th

Thursday, March 26th



This is a monthly service that is provided by Van's Medical Equipment and is also available to diabetics, **with a doctor's order**. The first visit is \$30, and includes a reusable foot care kit.

Follow up visits are \$25.

ARE YOU A THRIVENT MEMBER?



Did you know that if you are a Thrivent member you can direct Choice Dollars to our Senior Center? All of the information is on their website: Thrivent.com or

click on Join the Generosity Movement by going directly to livegenerously.com. You can also call and speak with a representative at 800-847-4836. Just select St. Joseph-Lincoln Senior Service Center to receive your donation, it's as easy as that!

COOKING WITH COMMODITIES

Friday, March 20th, 10:30 am

March 20th is commodities day and Heather Rudnik, a Registered Dietician from Spectrum Health Lakeland, will be here to present a class on how to cook with the different types of foods received from the monthly commodities. Join us and taste test some samples of different ways to use these foods. Please register for this program!



HEALTH NEWS

The Nurse is in!



We are often reminded of the ways we can change our lifestyle and eating habits to help in the prevention of many cancers and other health problems like heart disease, high blood pressure and diabetes.

It is recommended that we should maintain a healthy weight, stay active, and eat more plant-based foods. It is important to limit fast food, processed foods and meat, consumption of red meats, sugary drinks, and alcohol. We should not rely on supplements for prevention. **Small changes in the diet can help.**

It's recommended by **MyPlate** that adults eat **at least** 1-1/2 to 2 cups of **fruit** and 2-3 cups of **vegetables** per day as part of a healthy eating pattern. With a little planning, eating enough fruits and vegetables can be easy. Here are some ideas:

- Add a serving of fruit to breakfast such as 1/2 cup of berries, 1/2 cup fruit juice, or a banana.
- At lunch include a cup of crisp raw carrots or celery and a small fresh peach or plum.
- For dinner eat 1 small baked potato along with 1/2 cup of green beans or broccoli.

Other new and creative ways to add more vegetables to our diet:

- Substitute vegetables for pastas in our recipes, i.e.: replace lasagna noodles with sliced zucchini, spaghetti noodles with spiralized zucchini, potatoes or rice with riced cauliflower.
- Adding vegetables to omelets or oatmeal.
- Add carrots, spinach, kale and broccoli to soups and casseroles.

For more creative cooking ideas, come and see the nurse.



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
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
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 - 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

AN AMERICAN IN PARIS
DRURY LANE THEATER
Thursday, March 26th

RIGHT BED WRONG HUSBAND
TURKEYVILLE
Thursday, April 30th

STOLEN THE MUSICAL
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

HELLO DOLLY
THEATRE AT THE CENTER
MUNSTER INDIANA
Wednesday, October 7th

NASHVILLE SHOW TRIP-ONE ROOM LEFT!
TENNESSEE
November 30th-December 4th



NEW TRIPS

CHICAGO DINE AROUND



Tuesday, July 21st

\$115 per person, \$20 deposit

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

Active Activity

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

MACKINAC ISLAND GRAND EXPERIENCE

September 22nd-25th

\$1,180 single occupancy

\$880 double occupancy

\$782 triple occupancy

50% deposit at sign up



This trip includes motor coach and ferry transportation and a 3 night stay at The Grand Hotel with all taxes, fees and gratuities included. Enjoy a full breakfast each morning, Grand luncheon buffet upon arrival, 5 course dinner each night, champagne reception, carriage tour of the island, free admission to Fort Mackinac, tea and cookies each afternoon & many more activities. Sign up soon! This trip will fill fast!

Active 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, Hue Le, Jan Jackson, Sallie Coldren, Kathy Grootendorst, Dolores Frantz, Elaine Thomopoulos, Tim Kragt, Dorothy Jenkins, John Schmidtman, Jeannette Jeske, Erika Lucius, Doris Schultz, Doris Dewitt, Jan Ferguson, Jean Fannin, Terri McGrath, Margaret O'Neill, Theresa Robandt, Patricia Ludlam, Linda Bennett, Mary Burke, Margaret Schmieding, Cheryl Ryno, Erika Mauerman, Gloria Muth, Eva Morgan, Adolph Pelzer, Walt Waldenmaier, Jean Hardt, Millie Head, Pat Nordberg, Sally Matzke, Art Wagner, Helen Schlitter, Elaine Adams and Gladys Taylor.

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

Robin Wojciechowski, Susie Wagner, Hong Son, Art Wagner, Tim Kragt, Vicki May, Roz Podjan, Richard Johnson, Tom Kubash, Elaine Thomopoulos, Rosemary Raines, Dave Grumbine, Erna Felgner, Carol Small, Doris Schultz, Dawne Nelson, John Schmidtman, Helen Schlitter, Dolores Kuriata, Gil Rau, Sandy Arndt, Cindy Eisenhart, Cheryl Ryno, Don & Fredonna Kempf, Joan Ziebarth, Pam Wheeler, Barbara Morgan and Linda Kragt.

Monetary Contributions

All the anonymous transportation riders **for your Donations to our Transportation Program.**

-Lou Bergman and Janet Drews made a **Donation to the General Building Fund.**

-Charlene Rorick, Ruth Ball, Kathryn Watson, Janice Hicks, Virgil Binnion, Ralph Russo, Jane Jeffrey, Dave Gustafson, Julie Brenneke, Stephen & Jacqueline Dunafin, Nora Boone, Renate Steinke, Herbert & Linda Brandt and Gladys Pickering all made **Donations to our Building Fund Program.**

-Shirley Miller made a **Donation in Loving Memory of her husband Matt and In Memory of Frank Small and John Bentley.**

-Martin & Margaret Barber made a **Donation in Memory of John Bentley.**

-Mary & Kim La Mar and Donna Neuendorf made a **Donation in Memory of Maryanne Ball.**

-Dolores Frantz made a **Donation in Memory of Frank Small.**

-Cheryl Stewart, Dawn Burch and Kathleen Vlick say **Thank you for the Loan Closet.**

-Elaine Thomopoulos and Sallie Coldren made a **Donation to Friendship Garden.**

-Lisa & Matt Williams made a **Donation to the Bakeless Bake Sale in Honor of Tim Kragt.**

-June Rollinger made a **Donation in Memory of the North Lincoln Teachers who Taught our Children.**

-Chris & Julie Brockman made a **Donation to the Circuit Training Room.**

-Joan Ziebarth made a **Donation to the Parkinson's Program.**



WISH LIST

We are in need of microwave popcorn (Pop Secret), cookies, Febreze air freshener, and Purell hand sanitizer. Thank you so much!



Spring is right around the corner so its's that time of year again! Don't forget to set your clocks ahead one hour on Sunday, March 8th.

OUTDOOR FITNESS DEMONSTRATION

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



Are you thinking about spring yet? Well, we are and would like to help you get in shape. We'd like to teach you how to use the equipment in the Betty Kohn Outdoor Fitness Zone. Did

you know if you have a cell phone you can scan each machine and see how to use it? There's no need to sign up, just show up!

REGISTER OF DEEDS

Thursday, April 2nd, 10:00 am



Lora Freehling from Berrien County Register of Deeds will be here to discuss land records in general and property deeds. She will discuss searching and reviewing deeds to

the importance of properly drafting the conveyance of property in a deed. Local real estate attorney, Stephen Smith, will also be on hand to address general legal questions. Please sign up.

COLOR MY WORLD

Wednesday, April 15th, 10:30 am



Did you know that coloring engages both sides of your brain in that it's both creative and tactical? Coloring can be a way to calm down and unwind at the end of the day. It also gives you a chance to sit and be mindful, and in the end, you get a beautiful result! You will

need to bring your own colored pencils. Please join us for some colorful fun and don't forget to sign up for this class.

INTERMEDIATE BRIDGE LESSONS



This class is back to help you learn this card game more proficiently. Feel free to join us on Tuesdays at 10:30 am.

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



The last few months this section of the newsletter has focused on our 11 fitness instructors, their classes and how they feel their classes benefit our seniors. To see all the instructors information be sure to look at the bulletin board by the front entrance.

MELODIE MOERMOND

Moving with Melodie

Monday 11:45 am & Wednesday 10:00 am



"Dancing is good aerobic fitness, good for your heart, lungs, bones, muscular strength, and can improve your coordination, agility and flexibility. Since the dances are choreographed, it challenges our memories. It's also fun and enriches the soul.

Our class enjoys camaraderie and friendship, and we go out to lunch once a month to celebrate that month's birthdays. I really enjoy teaching this class as I love to dance. Being a senior myself, it really challenges my brain and memory, and I forget steps many times, but it's all good."

CAROLYN MARGOL

Range of Motion, Monday 10:30 am



"I have 27 years of teaching thru American Council on Exercise. Range of Motion maintains and/or increases strength, the body's range of motion and we have lots of fun. Get moving!"



COOKIES & CANVAS

Tuesday, March 31st, 12:00-3:00 pm

\$15 per person, payable at sign up



For the month of March you can paint this "Tiger in Winter" on a 9" x 12" canvas. All supplies are provided. Please sign up and pay by March 27th. 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.**

GAS UTILITY RESOURCES AND REBATES

Wednesday, March 18th, 10:30 am



Jodi Strong, Market Outreach Specialist from Efficiency United, is a group of Michigan Energy Providers offering energy saving solutions to residential customers across the state. MI Gas Utility (MGU) is one of those utilities in

our area and has a residential program, which includes rebates and resources for homes. Join us and find out how this can benefit you. Please sign up at the front desk.

LONG-TERM CARE STRATEGIES & INSURANCE

Tuesday, March 24th, 10:30 am



Many seniors have their Social Security and Medicare insurance figured out, but in the event of long-term care some may have questions. Karl Bair from Trans America Financial Advisors will be here

presenting ways to plan for your future, other than insurance policies. Come learn important information to protect your assets in the event of long-term care. Please sign up to attend.

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.**

MARCH 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
2 BBQ chicken Potato salad Peppers & squash Peaches 	3 Rotini & meat sauce Italian blend vgs. Mixed lettuce Pears	4 Sliced turkey Gravy Mashed potatoes Carrots & broccoli Banana pudding	5 Philly steak Baked beans Scandinavian blend Steak bun Citrus mix	6 Baked tilapia Confetti rice Green beans Applesauce
9 Beef stroganoff Noodles Beet/onion salad Collard greens Pineapple	10 Roasted pork loin Potato wedges Steamed broccoli Bun Baked apples	11 Chicken pot pie European blend Cucumber salad Mandarin oranges	12 Meatball sandwich Zucchini casserole WW bread Mixed fruit 	13 Vegetarian chili Corn & peppers Side salad/dressing Crackers Fruited jello
16 Roasted chicken Winter blend vgs. Roasted potatoes Roll Craisins	17-St. Patrick's Day Corned beef Potato & carrots Cabbage Silver dollar roll Irish fluff 	18 Pepper steak & rice Oriental vgs. Pears	19 Scalloped potatoes Chicken Sugar snap peas Carrot coins WW roll Fruited yogurt	20 Crispy fish fillet Tartar sauce Potato salad Mixed vgs. Applesauce
23 Taco casserole Black beans Tossed salad French dressing Pineapple	24 Country chicken Mashed potatoes Gravy Peas & carrots Peaches	25 Chinese beef Brown rice Asian vgs. WW bread Mandarin oranges	26 Sloppy joes Coleslaw Southwest blend Bun Apples w/raisins	27 NO SENIOR NUTRITION CENTER IS OPEN 
30 Pot roast Potatoes and carrots Green beans Roll Citrus mix 	31 White chili Mixed vgs. Crackers Fruited jello		Meals provide (average per week) Carbs: 75 grams Calories: 800 avg. Sodium: 800 mg Protein: 19 grams Total Fat: 30% 2% Milk	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!

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

Non-Profit Org.
U.S. Postage Paid
St. Joseph, MI 49085
Permit 416

**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	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

3 Blood Pressure Clinic 9:00-11:00 am
3 Senior Survival Tips 10:30 am
5 Downsizing 10:30 am
9 From Frenzied to Focused 10:30 am
10 Diabetes Series-Carb Counting 10:00 am
11 Book Club 10:00 am
12 BINGO 1:00 pm
16 Veterans Q & A 10:00 am-12:00 pm
16 Computer Safety-#1-Keep Safe 10:00-11:30 am
17 Peace Lutheran Choir Sing-Along 11:00 am
18 Gas Utility Resources and Rebates 10:30 am
19 Blood Pressure Clinic 9:00-11:00 am
19 Board Meeting 10:00 am
19 Foot Clinic I-**BY APPOINTMENT ONLY**
20 Commodities - Monthly - 9:00-11:00 am
20 Cooking with Commodities 10:30 am
23 Computer Safety-#2-Keep Safe 10:00-11:30 am
24 Long Term Care Strategies & Insurance 10:30 am
25 Newsletter Mailing 9:00 am
26 BINGO 1:00 pm
26 Foot Clinic II-**BY APPOINTMENT ONLY**
30 Computer Safety-#3-Keep Safe 10:00-11:30 am
31 Cookies & Canvas 12:00-3:00 pm

