

# THE ANCHOR NEWS



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

**[DIRECTORSJLSC@COMCAST.NET](mailto:DIRECTORSJLSC@COMCAST.NET)**  
**[WWW.SJLSC.ORG](http://WWW.SJLSC.ORG)**

**HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM**



## WELCOME OUR NEW STAFF ASSISTANT



Please welcome Sandy Draper as part of our staff here at the Senior Center. Sandy was born and raised in Southwest Michigan and currently resides in Stevensville. Previously she worked for Whirlpool Corporation for 34 years and retired in 2020. She enjoys traveling, biking, corn hole, and golf, although according to her, that is still a work in progress. Please stop and say hi, introduce yourself and make Sandy feel at home!

## ELECTION FOR BOARD OF DIRECTORS



It's time again to begin the process of electing new board members for a 3-year term.

Please consider submitting your application if you have a passion for the Center and can volunteer your time for meetings and projects. See below the dates for the nominating/election process:

<b>Aug. 13th</b>	<b>Applications Available</b>
<b>Aug. 19th</b>	<b>Applications Due by 4 pm</b>
<b>Sep. 16th</b>	<b>Presentation of Nominees to Board</b>
<b>Sep. 27th</b>	<b>Candidate Interviews</b>
<b>Sep. 30th</b>	<b>Candidate Meet &amp; Greet 11:15 am</b>
<b>Oct. 8th</b>	<b>Absentee Voting 8 am-4 pm</b>
<b>11th &amp; 12th</b>	
<b>Oct. 14th</b>	<b>Board Elections 9 am-4 pm</b>
<b>Oct. 21st</b>	<b>Board Meeting with Election of Officers 10:00 am</b>
<b>Oct. 22nd</b>	<b>Annual Breakfast 9:00 am</b>

Our Center has been extremely fortunate since it started to have exceptional Board Members. These individuals have brought their ideas, skills and knowledge to assist in developing our Senior Center into the success it is today. Please talk to a Board member or our Executive Director, Cindi if you have an interest in serving on our Board.

## SUPER BOOKS



We will only have Super Books until August 13th so hurry on in and get yours before you miss out on all the money you can save. Remember these books make great gifts!





## PRE-REGISTRATION IS REQUIRED FOR THESE PROGRAMS

The programs listed below were in July's newsletter. If you would like more detailed information about a program, refer to that newsletter or call the Center for more details.

### MEDICATION MANAGEMENT

Thursday, August 5th, 11:30 am



### CARING CIRCLE PROGRAMS

Wednesday, August 11th, 10:00 am

### DEMENTIA EDUCATION AND UNDERSTANDING

Wednesday, August 18th, 10:00 am

### STAMPED GREETING CARD MAKING

Monday, August 23rd, 12:00-3:00 pm



### BINGO SPONSORED BY PACE

Thursday, August 26th, 12:45 pm

Prior to Bingo Connie Didonato and Natalie Amicarelli will be discussing the many services PACE has available to our community. They will also be providing the bingo prizes.



### PREDIABETES CLASS



Monday, August 30th, 10:00 am

Did you know that in the United States 1 in 3 adults has prediabetes and is at risk for Type 2 Diabetes, yet nearly 85% don't know they have it? Traci Kuhn and Nicole Morrissey from Spectrum Health will be here to discuss prediabetes. You will learn if you are at risk for developing diabetes and what lifestyle changes can help in avoiding or delaying the onset of this disease. Remember to sign up to attend!

## PHONE & ONLINE SCAMS

Thursday, September 2nd, 11:00 am



Charlie Olszewski will be here to discuss how you can spot phone and online scams (including Robo calls and COVID scams), typical phone & online scams, including how to spot them. He will tell you how to reduce the likelihood of being scammed, how to prevent and deter scams and what to do if scammed. Don't forget to sign up to attend.

## MICHIGAN BOYS IN BLUE

Thursday, September 9th, 10:30 am



John Urschel, historian and author of "Michigan Boys in Blue St. Joseph/Benton Harbor," will be here to discuss the contribution Berrien County soldiers made to the Union effort during the Civil War. His book presents St. Joseph and Benton Harbor in the Civil War, and examines the number of Berrien County Civil War soldiers, where they hailed from and what regiments were the most popular. You won't want to miss this. Please remember to sign up to attend.

## SAVE ON YOUR ELECTRIC BILL

Monday, September 13th, 10:30 am



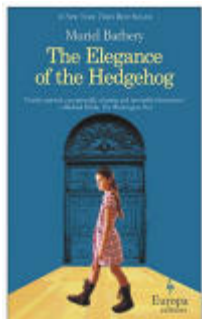
Learn easy ways to save energy and reduce your energy bill! Indiana Michigan Power will explain how you can get rebates and if you are eligible to apply for the Senior Citizen Discount Rate. They will also provide information on easy low-cost energy-saving tips to help you save even more. Please remember to sign up to attend this program.



		NEWSLETTER MAILING VOLUNTEERS			
		This month's mailing is Wednesday, August 25th			
		at 8:00 am			

## BOOK CLUB

Wednesday, August 11th, 10:00 am



For the month of August, the Book Club will be discussing "The Elegance of the Hedgehog" by Muriel Barbery. Sally Huling will be the group leader. If you have a passion for reading and would like to join this monthly group, please call and let us know.



## FOOT CLINICS

By Appointment Only

Friday, August 13th & Friday, August 20th



**A signed permission form by your doctor is required to receive this service.** Permission forms are available at the Center or can be emailed to you. Once you have this form from your doctor, please call the Center and we will make you

an appointment. Your first visit is \$30, which includes a reusable foot care kit. Follow up visits are \$25.

## COMMODITIES CERTIFICATION

If you would like to receive monthly food commodities, it is time to apply. The Commodity Supplemental Food Program in Michigan guidelines state that you will qualify if your household size is 1 person and your income is less than \$1,383 per month, or a household size of two, less than \$1,868. **If you are currently receiving commodities you do not need to recertify.** To apply you need to bring: Proof of total household income for ALL people living in the home and proof of identification and address. Falsification of any information that you provide can/will result in denial of services and/or prosecution. **If you would like to apply for commodities, call and make an appointment with Jennifer.**



## MANY THANKS TO THE STARKS AND HARTE FAMILIES!

Our Center recently received donations that will make it possible for us to install an underground irrigation system on the Walking Trail. These generous donations are from Bob & Carol Starks, Tom Starks, and Barbara Harte and will be in loving memory of Tracey Starks, Laura Spencer, Ollie Harte and Phillip Harte. Presently our gardening group, the Late Blooming Landscapers, volunteer many hours every week weeding and watering our Walking Trail. This thoughtful donation will definitely reduce the time that is spent maintaining our wonderful outdoor facility. We are so fortunate to have people in our community like the Starks and Barbara Harte who give back to their community in ways that benefit others.

## BUTTERFLY SCULPTURE



We hope that you have noticed the beautiful sculpture of the butterfly located by the Betty Kohn Outdoor Fitness Zone. This piece of artwork was created by Margie Mattice. She describes this sculpture

as a medieval form of stained glass known as Dalle De Verre, which is slabs of glass that you break and form into art using a resin mixture. The metal part of the sculpture is created by bending and shaping the metal with a welding technique. Margie was educated at Water Street Glassworks in glass blowing and metal sculpture. She has 14 years of experience in glass blowing and 8 years of experience in the metal field. Creating artwork through metal and glass is a love of hers and she is delighted to share this with the Senior Center. We thank you Margie!

## SPREAD THE W-O-R-D

**Metanoia:** (Met-a-noia) To turn from the darkness and face the light.

**Noun (Greek)**

## RECURRING SCHEDULE

### MONDAYS

9:00 am - Resistive Exercise  
 9:00 am - Cardio Drumming **OUTSIDE**  
 9:30 am - Quilting Group  
 10:00 am - Calisthenics  
 11:00 am - Balance Class  
 12:00 pm - Tai Chi  
 1:15 pm - Hand & Foot Cards  
 1:15 pm - Beginning Line Dancing  
 1:45 pm - Intermediate Line Dancing



### TUESDAYS

9:00 am - Resistive Exercise  
 9:30 am - Pinochle  
 10:00 am - Range of Motion  
 10:30 am - Intermediate Bridge  
 11:00 am - Chair Drumming  
 12:30 pm - Bridge  
 12:30 pm - Pickleball



### WEDNESDAYS

9:00 am - Resistive Exercise  
 9:00 am - Computer Lab  
 9:00 am - Greeting Card Making  
 10:00 am - Calisthenics  
 11:00 am - Balance Class  
 12:00 pm - Mah Jong  
 12:00 pm - Parkinson's Exercise  
**REGISTRATION REQUIRED**  
 12:00 pm - Yoga **OUTSIDE**  
 12:30 pm - Pickleball  
 1:00 pm - Stitch & Chat  
 1:15 pm - Dominoes



### THURSDAYS

9:00 am - Resistive Exercise  
 10:00 am - Range of Motion  
 11:00 am - Tai Chi  
 12:00 pm - Duplicate Bridge  
 12:30 pm - Beginner Pickleball **1st and 3rd week**  
 1:00 pm - BINGO **2nd and 4th week**  
 1:15 pm - Hand & Foot Cards

### FRIDAYS

9:00 am - Chair Yoga  
 12:00 pm - Parkinson's Exercise  
**REGISTRATION REQUIRED**  
 1:00 pm - Euchre  
 1:00 pm - Sit & Share  
**LAST FRIDAY OF EACH MONTH**  
 1:15 pm - Golf Card Game/Aggravation



**CLASS DESCRIPTIONS ARE AVAILABLE AT THE  
 FRONT DESK AND ON OUR WEBSITE**

## BEGINNER PICKLEBALL

**1st & 3rd Thursdays, 12:30 pm**



Pickleball is the fastest growing sport in America so now is a great time to learn something new! This trending game is a combination of tennis, badminton and ping pong. Pickleball was originally created for children yet today, the age range with the most players is 65 years and older. This class is for you if you have never played Pickleball before or need a refresher class. The other 2 scheduled times for play are just for our more advanced players and with a little practice you will be able to play with them soon.



### **SIT & SHARE**

### **NEW CLASS FOR PARKINSONS**

**Last Friday of each month**

**August 27th, 1:00-2:00 pm**

## **Parkinson's Support Group**

*Caregivers and family members are welcome!*

This is a new program that is being offered as an opportunity for Parkinsonians to share their stories with others afflicted with the same disease. **Caregivers and spouses are welcome.** We have learned that Parkinson's can be a complicated disorder and requires specialized treatment for some. What better way to learn than from those who experience the symptoms every day. We plan to discuss physicians, medications, treatment options, exercise and possibly how the disorder affects each individual. It is an open forum and we welcome any discussion regarding Parkinson's Disease. Rocco Pavese, who is the instructor of our Parkinson's Exercise Class, will be leading the group. **You do NOT have to participate in the Parkinson's Exercise Class in order to be part of this Sit and Share forum.**

**Thursday, August 12th, 1:00 pm \$1**

**Thursday, August 26th, 1:00 pm FREE**

**YOU CANNOT ENTER THE GYM  
 UNTIL 12:30 PM**





**Menu Is Subject To Change  
Without Notice**  
**Lunch is served at 11:45 a.m.**  
**Arrive 10 minutes early**







**AUGUST 2021**

**CALL 269-921-0136**  
**2 DAYS IN ADVANCE TO MAKE OR**  
**CHANGE LUNCH RESERVATIONS**  
**TAKEOUTS AVAILABLE**

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
2 Beef taco salad Black bean/salsa Diced tomato Grapes Tortilla chips	3 Country chicken Creamy corn Mixed vegetables Cornbread Pineapple	4 Chef's salad Potato salad Wheat crackers Fruit yogurt	5 Lemon tilapia w/rice Snap peas Stewed tomatoes Mixed fruit	6 Cheeseburger Roasted potatoes Lettuce, pickle & tom. Cherry crumble Whole wheat bun
9 Beef sandwich Steamed zucchini Broccoli/grape salad Applesauce Steak bun	10 Chicken salad Marinated vegetables Fruit jello Roll	11 Sloppy joes Potato wedges Peas & carrots Oranges Whole wheat bun	12 Roasted chicken Mashed pots. w/gravy Summer salad Roll Mixed fresh berries	13 Pepper steak/rice Steamed broccoli Oriental vegetables Cantaloupe
16 Pizza casserole California blend vegg. Side salad Pineapple	17 Beef fajitas Shredded lettuce, cheese and tomato Watermelon Tortilla	18 Turkey ala King Spinach salad Zucchini Pears	19 Stuffed green peppers Potatoes O'Brien Beet & onion salad Mandarin oranges	20 Salmon patty Confetti rice Sauteed carrots Peaches Whole wheat bun
23 Walnut chicken/rice Chinese salad Steamed broccoli Apricots	24 Chef's salad Potato wedges Coleslaw Breadstick Banana pudding	25 Polish sausage German potato salad Green beans Melon Bun	26 Chicken salad wrap Mixed vegetables Potato salad Fruit jello Tortilla wrap	27 Philly cheese steak Cucumber/tom. salad Roasted cauliflower Bun Oranges Birthday cake
30 Pork tenderloin Baked potato Marinated veg. salad Pineapple	31 Spaghetti & meat balls Sauteed broccoli Sliced tomatoes Roll Fruit yogurt			
			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!

# THANK YOU!



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

Jane Jeffery, Else Elsner, Jeanette Jeske, Margaret O'Neill, Dean Gleffe, Don & Fredonna Kempf, Celina Bevelhymer, Dolores Frantz, Shirley Lindquist and John Schmidtman.

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

Golden Brown Bakery, Harriet Reed, Helen Holmes, James Durden, Joan Kuester, Barb Brunke, Cindy Burch, William Wagner, Suzanne First, Margaret Hogeom, Sally VanderArk, Lydia Dearing, John Schmidtman, Wendy Nielsen, Gladys Pickering, Margie Mattice, Pauline Fox, Sally Gaishin, Shirley Zych, Helen Sinn, Betsy Albrecht and Sandy Markham in memory of Mary Sundquist.

## MONETARY DONATIONS

- ♦ All the anonymous transportation riders for Donations to our Transportation Program.
- ♦ Clover Lee Wolford, Ruth Ludlow, Phyllis Herod, Wanda Scates, David Golliday, Joe Smith and Bruce & Priscilla Banghart made a Donation to our General Building Fund.
- ♦ Barbara Harte and Tom Starks made a Donation to our General Bulding Fund which is to be designated for an Irrigation System on the Walking Trail.
- ♦ Roger Morrissett made a Donation for the Appreciation Celebration.
- ♦ Marjorie Zibbel and Sally Grumbine made a Donation to the Parkinson's Exercise Class.
- ♦ Sally Gaishin and Linda Lieberg said Thank You for the Loan Closet.
- ♦ Carol Orlaske, Christine Wright and Debbie Sherman made a Donation to the Brick Fundraiser.
- ♦ Ray Hicks and Elaine Roberts made a Donation in Memory of Mary Ellen Hicks.
- ♦ Norman Sauser made a Donation in Memory of Lee Miller.
- ♦ Anthony & Carol Dlouhy made a Donation in Memory of Mike Whitaker.
- ♦ Greg Foster made a Donation in Memory of Connie Foster.

\*\*\*\*\*



We would like to take this opportunity to thank everyone who came out for our Appreciation Celebration and to also thank all those who contributed to make this possible; Lakeland Health Foundation, Frederick S. Upton Foundation, Priscilla Byrns's children; Carrie Vill, Katie McClendon, Steve Byrns and Mindy O'Brien. Also, Bob and Betty Kohn, Dr. Jack Porritt, Erika Mauerman, Bob and Carol Starks, Tom Starks, Barbara Harte, and everyone who donated to the Walking Trail and those who have



purchased bricks. Last, but not least, our Board of Directors, the SJLSC Staff, and all of the volunteers that assisted the staff in getting ready for the Appreciation Celebration. We couldn't have done it without you! This transformation of our back yard over the last 4 years is truly amazing. This was all done by grants, donations, and a very hard working group of volunteers.

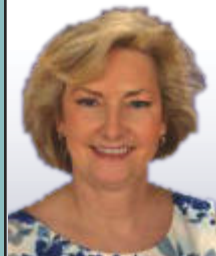


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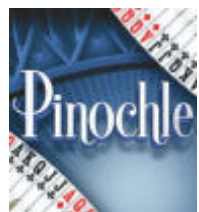
15-0754

## LOOKING FOR TAX AIDE VOLUNTEERS

The AARP Tax Aide program assists seniors each year by preparing federal/state tax returns free of charge. This valuable service is a great assistance to people of limited income by saving them money in tax preparation fees. We are in need of more volunteers to become tax preparers. Volunteers must know their way around a computer, take tax law training in December/January and pass a test to be certified by the IRS and be willing to work from February 1st thru April 15, 2022. If you are interested, please contact St. Joe Local Tax Coordinator, Bob Rechner, (217-741-3478) or at [rrechner@yahoo.com](mailto:rrechner@yahoo.com).

## PINOCHLE

Tuesdays 9:30 am



If you enjoy playing pinochle and would like to have some fun with a great group of people, come in on Tuesday mornings and join them. We currently only have 4 people and would like at least 4 other people to join the fun, so bring some friends with you.

## TWIN CITY CAMERA CLUB



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 August 16th. Photos must be 8x10 inch prints and are limited to 4 entries per person.** Voting will take place on August 23rd-September 7th. One vote per person per category. In case of a tie, impartial judges will decide the winner. Start digging out those photos!



## COOKIES & CANVAS

Friday, August 20th, 12:00-3:00 pm

\$15 per person, payable at sign up

Make checks payable to Roy Hruska



Did you know that the hummingbird first arrives in huge numbers along the Gulf Coast before migrating north and arriving here in late April or early May? Another fun fact is that the males arrive before the females do. For the month of August join us and you can create your own version of a beautiful hummingbird! If you sign up for this class and you cancel or don't show, your money will not be refunded.

## LOOKING FOR CRAFTERS!



Do you love to craft and would like to do more of it? Do you have a project or idea you would like to share? We are looking for more craft ideas and we need your help! If you would like to host a class and share your favorite craft, stop by and see Jennifer.

## IMPORTANT REMINDERS

- ⇒ Remember to sign in when entering the building. You need to go through the pages until you find the class you are here to attend and remember to hit **FINISH** when done so it will log your day's activities.
- ⇒ The library is in need of magazines, but no older than 4 months please.
- ⇒ At this time we are not accepting greeting card donations.
- ⇒ Please call ahead to arrange for pick up of loan closet equipment.
- ⇒ We are still only providing transportation for medical appointments and activities at our Center.



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When it comes to Veterans Benefits, many veterans and dependents don't know what they don't know. Nationwide, less than 10% of those eligible apply. Let us help to educate and navigate you thru the maze of what is available from discharge to death. Here are some of the many benefits:

★ Disability Compensation benefits for prior conditions, diseases or injuries that occurred in service or many years later as a result of service (e.g. Agent Orange Exposure, Camp Lejeune Contaminated Water, Post Traumatic Stress Disorder – combat or personal trauma) to name a few.

★ PTSD Counselors from the South Bend Vet Center who come to Berrien County twice a week.

★ Non-Service Connected Veterans Pension and Survivors Pension benefits (House Bound as well as Aid and Attendance) for low income veterans over age 65 or prior to age 65 that are disabled and have at least one day of wartime service (additional means tested restrictions apply).

★ Free transportation at designated stops for veterans enrolled in the VA Health Benefits Program to the VA Medical Center in Battle Creek and the VA Health Care Center in Mishawaka.

★ Financial assistance thru the Michigan Veterans Trust Fund for wartime veterans or peacetime veterans who earned an expeditionary medal (additional means tested restrictions apply).

★ Free financial coaching from an Accredited Financial Counselor and Financial Fitness Coach Counselor as well as ongoing Dave Ramsey's Financial Peace University Military Edition classes.



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15-0754

**FOREVER PLAID  
DRURY LANE THEATER**

**Wednesday, October 13th - \$100 per person**

**Payable in full at sign up**

Includes roundtrip motor coach transportation, show tickets and lunch. On the way to their first big gig, tragedy strikes Forever Plaid, a "guy group" specializing in barbershop quartet harmonies and pitch-perfect melodies. Forever Plaid begins when the guys are given the chance to perform from the afterlife. This smash hit musical is a nostalgic homage to the music of the '50s and includes hits such as "Three Coins in the Fountain" and "Love is a Many-Splendored Thing."

**NEW TRIP - MODERATE ACTIVITY**

**DASHING THROUGH THE SNOW  
TURKEYVILLE**

**Thursday, November 4th - \$78 per person**

**Payable in full at sign up**

Includes roundtrip motor coach transportation, show tickets and their famous all you can eat turkey luncheon buffet. Kindle your Christmas spirit with song, family and laughter! The Tannenbaum's are trying to make it back home to Michigan to celebrate Christmas with their family, but a blizzard forces them to camp out in a lobby of a small family-owned Inn. Determined to make the best of it, they find holiday spirit in the holiday favorites, such as Jingle Bells, Grandma Got Run Over By a Reindeer, O' Holy Night and many more.

**NEW TRIP - MODERATE ACTIVITY**

**WAITING LIST**

**CUBS VS. ROCKIES**

**Wednesday, August 25th**

**\$81 per person - Payable in full at sign up**

Take advantage of being transported by Cardinal Bus to picturesque Wrigley Field. Enjoy an afternoon with friends watching the Cubs battle the Colorado Rockies. Price includes your ticket and transportation.



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

**TRIP REMINDERS**

All Center trips are for seniors 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 can be found. **We ask that you don't mail in your trip payments** because the trip could already be filled by the time we receive your payment in the mail. All trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.



**2022 TRIPS**

»DON'T  
wait until  
IT'S TOO  
»late«

We are in the process of planning trips for 2022 and will announce them in the coming months. Remember, our trips fill up fast so don't procrastinate when you see a trip you would enjoy participating in.



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This newsletter mailed @ St. Joseph Post Office on 7-28-21



**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**

<b>President</b>	Rick Freridge
<b>Vice President</b>	Pauline Fox
<b>Secretary</b>	Mary Sundblad
<b>Treasurer</b>	Bob Hopkins

**Board Directors**

Celina Bevelhymmer, Len Casario, Tim Kragt, Shirley Miller, Tom Oatman, Rocco Pavese, Jerry Radenbaugh, and Carol Small.



**Staff**

<b>Executive Director</b>	Cindi McLaughlin
<b>Program Coordinator</b>	Jennifer Malone
<b>Support Associate</b>	Sharyl Freehling
<b>Receptionist</b>	Onalee Hartman
<b>Staff Assistant</b>	Sandy Draper
<b>Building Custodian</b>	Tai Huynh
<b>Senior Nutrition Manager</b>	Suzi Polega 269-921-0136



**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
Lakeshore 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
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	983-7111



**AUGUST'S ACTIVITIES**

5 Medication Management 11:30 am  
11 Book Club 10:00 am  
11 Caring Circle Programs 10:00 am  
12 BINGO 1:00 pm  
13 Board Applications Available  
13 Foot Clinic I - **BY APPOINTMENT ONLY**  
18 Dementia Education/Understanding 10 am  
19 Board Meeting 10:00 am  
19 Board Applications Due  
20 Commodities - Monthly - 9-11:00 am  
20 Cookies & Canvas 12:00 pm  
20 Foot Clinic II - **BY APPOINTMENT ONLY**  
23 Stamp Card Making 12:00-3:00 pm  
25 Newsletter Mailing 8:00 am  
26 BINGO 1:00 pm  
30 Prediabetes Class 10:00 am



**ROBO Calls and Call Blockers**

We send important recorded messages, such as class cancellations and trip reminders, to our members. These calls will come to the phone numbers we have on file for you. If you have call blockers on your cell phone, you will not receive these pertinent voicemails, so please add our telephone number, **269-429-7768**, into your cell phone contacts, then the message will not be blocked. We want you to stay informed!