

# 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**



## **IMPORTANT ELECTION DATES**

See dates below for the nominating/election process:

Oct. 8th Absentee Voting 8 am-4 pm  
11th & 12th  
Oct. 14th Board Elections 9 am-4 pm  
Oct. 21st Board Meeting with Election of  
Officers 10:00 am  
Oct. 22nd Annual Breakfast 9:00 am

**Must sign up by October 15th**

Areas that qualify for voting are the City of St. Joseph, the Townships of St. Joseph, Lincoln and the north section of Royalton (Marquette Woods Road and north) as well as the Villages of Stevensville and Shoreham.

## **BAKELESS BAKE SALE**



Here's a bit of news for you today  
A Bakeless Bake Sale is underway.  
If you don't have the desire to bake  
Do not worry, you can still participate.  
Enclosed in this newsletter you will find  
An envelope to save you time.  
Feel free to send what it would cost  
To bake those cookies or be a cake boss.

This year we are raising money to support new programs and make improvements to some of the old ones. Please donate whenever you can by putting it in the envelope enclosed in this newsletter, mail it in or drop it off at the front desk. Thank you for your support!

## **QUILT RAFFLE**

If you haven't already, please take a moment to look at the beautiful queen size quilt that is on display. This would make a wonderful Christmas gift for a loved one, or if you just want to treat yourself! Tickets are \$1 each or 6 for \$5, with a weekly winner drawn to receive 5 free tickets. Winner will be drawn on December 3rd. Special thanks to our Quilting Group for making another magnificent quilt!



### **RICK'S NOTES**

Well this is the last time you'll have to listen to me as President of the SJLSC Board of Directors. At our October meeting I will step down as President and pass the torch on. It has been an honor to serve as your Board President. I have truly enjoyed the challenges and accomplishments achieved in the past few years. It has really only been possible because of a very active Board of Directors, exceptional staff and great volunteers.

Here are a few of the projects that have come about in just the past 4 years. Enclosed the front door vestibule, addition of a wheelchair accessible van, Circuit Training Room, original and the expansion across the hall, touchscreen monitors at the entrances, Betty Kohn Outdoor Fitness Zone, Priscilla Upton Byrns Walking Trail and Gardens, doubled our parking lot, addition of a new entrance on the east side to access the outdoor exercise area, re-plumbed our cold water supply throughout the building with on demand hot water in places that needed it, touchless faucets and stools, added an air filtration system in the HVAC to help reduce airborne viruses, addition of second disability restroom at the south end of the main hall, surveillance camera system, and TV monitors in the hallways to keep us informed about daily activities. The Dr. Jack Porritt picnic area and shelter and the Erika Mauerman flag pole and memorial area. We purchased a golf cart and watering cart for the garden area, and soon to be added Starks/Harte Families irrigation system for the Walking Trail. There have also been many additions to the Friendship Garden area; thanks Onalee and Art Wagner. None of this could have come about without all the donors, volunteers, Board members, instructors, and staff who daily step up and help out. Thank you!

We are very fortunate here to be funded primarily by a County wide millage. Our Center had been growing pre "Covid-19" at almost 20% per year. We anticipate that post Covid-19 we will eventually return to those activity levels and continue to grow. So how do we continue to grow and fund programs, and activities, on a set limited budget?

We have many very successful fundraising events like the, Bakeless Bake Sale, recycled greeting card sales, Stitch & Chat, Quilt Raffle and the Super Book sales. Grants and gifts make up the rest. These fundraising events fill in the immediate need, but how do we look at long term sustainable income?

Last year we established the Forget-Me-Not-Society to honor those who choose to make a legacy gift to the SJLSC Endowment Fund. Our Endowment Fund

is administrated by the Berrien Community Foundation (BCF). The Endowment Fund is a permanent fund that provides income to support SJLSC. BCF provides professional investment management and administration of the fund. Our fund is invested along with other endowment funds by BCF. The initial gift amount is never spent, it is all invested with a portion of the investment earnings then distributed back to SJLSC. Each year the income from the fund provides another source of income for our Center. This year we used these monies to help fund the remodeling of the men's bathroom at the south end of the main hall into a 100% disability restroom. An endowment provides essential stability and is a permanent source of unrestricted funding for our organization.

Anyone can contribute to our endowment. Gifts to the fund are fully deductible as charitable gifts for federal income, gift, and estate tax purposes. If you are looking for a way to make a lasting gift to the Saint Joseph Lincoln Senior Center, what better vehicle could you use than our endowment fund. The gift that keeps on giving!

What form can an endowment gift take? Cash, gifts of non-cash assets such as stock or real estate, cars or boats, gifts through your will or trust, gifts of retirement plan assets or required minimum distributions, and gifts of life insurance.

By creating the Forget-Me-Not Society, we aim to honor those who choose to make a legacy gift to our Endowment Fund. A legacy gift is a gift through your estate planning. Estate gifts sometimes called planned, deferred or legacy gifts could be a variety of giving vehicles that allow donors to support causes they care about after their deaths, while meeting their current income needs and providing for their heirs. Consider being a part of providing some stability and security for generations to come. If you are interested in making a lasting gift and would like more information, please call the Center and leave a message for me or Cindi. We will set up a private meeting to discuss opportunities to participate.

Thanks again, you have all made being your Board President fun and easy.

Rick Freridge  
SJLSC Board of Directors President



## CONSISTENT MONTHLY PROGRAMS

### COOKIES & CANVAS

**Friday, October 15th, 12:00-3:00 pm**  
**\$15 per person, payable at sign up**  
**Make checks payable to Roy Hruska**

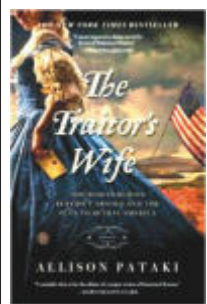


The painting for the month of October is Colors of Fall, and what could be more perfect than this? Come join us for this class and create your own Colors of

Fall painting. Just in time to be hung on your wall or given as a Christmas gift! Remember, if you sign up for this class and you cancel or don't show, your money will not be refunded.

### BOOK CLUB

**Wednesday, October 13th, 10:00 am**



The Traitor's Wife is the chosen book for the month of October. The Book Club will be discussing this book and the group leader will be Shirley Miller. 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, October 8th**

**Wednesday, October 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.



**NEWSLETTER MAILING VOLUNTEERS**  
This month's mailing is Wednesday,  
October 27th at 9:00 am

### COMPUTER LAB

**Wednesdays, 9:00 am-12:00 pm**



Did you know that our Computer Lab is open on Wednesdays from 9:00 am-12:00 pm? Ralph Rumpf is here every Wednesday and can assist you with any questions you may have regarding cell phones, iPads, computer use, etc. No appointment is needed, just stop in with your questions and Ralph will be sure to help you!



### IMPORTANT REMINDERS

- ⇒ Remember to sign in when entering the building. You need to go through the screens until you find the activity 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 not older than 4 months please. Also, we do not accept VCR tapes.
- ⇒ At this time we are accepting Halloween, Thanksgiving, and sympathy card donations **only**.
- ⇒ 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.
- ⇒ Class descriptions are available at the front desk and on our website.



### PUMPKIN CONTEST



Fall is my season,  
Orange is my color.  
If you guess my weight  
You will discover,  
A prize picked just for you  
From the St. Joseph-Lincoln  
Senior Center Crew!

It's the month of the pumpkin and we are having a pumpkin contest! You can find our big fat pumpkin in the gym hallway, so stop by and guesstimate its weight.

If you would like an email reminder when the newsletter is online, please email us at  
[assitantsjlsc@comcast.net](mailto:assitantsjlsc@comcast.net)



## TRIPS

### FOREVER PLAID - DRURY LANE THEATER

Wednesday, October 13th - \$100 per person

Payable in full at sign up



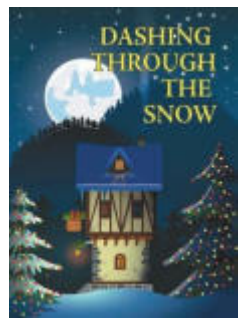
This trip is full, but we do have a waiting list, so call the Center if you would like to be added.

**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. Hurry in to sign up soon before all the seats are gone!

**MODERATE ACTIVITY**

## TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, 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 of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.



## VOLUNTEERS NEEDED

If you are looking for ways to give back to the community or if you have extra time in your schedule, we need you! We are in need of volunteers in the following areas:

- ⇒ Commodities Distribution
- ⇒ Foot Clinic Volunteers
- ⇒ Front Desk Receptionists
- ⇒ Front Door Greeters
- ⇒ Gardening Club Volunteers
- ⇒ Handymen or Handywomen
- ⇒ Newsletter Mailing
- ⇒ Transportation Drivers



If you are interested, please call the Center and speak to our Volunteer Coordinator, Sharyl.

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### OCTOBER BLESSINGS

- B**e present.
- L**et the day flow with grace.
- E**xpect joy. Be positive.
- S**erve with compassion.
- S**peak only kindness.
- I**mpart only love.
- N**ever forget you're not alone.
- G**ive thanks for everything.
- S**ee goodness in others.

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

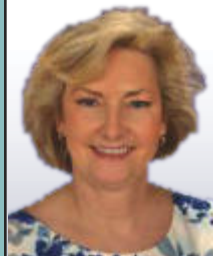


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15-0754



### DONATION OPPORTUNITIES

Contributions to our non-profit 501(c)3 corporation are tax deductible. There are many ways to donate and assist us in continuing to provide many services to our members.

**BERRIEN COMMUNITY FOUNDATION ENDOWMENT FUND** - Made to ensure long term sustainability of our organization.

**BUILDING FUND DONATIONS** - Made to contribute to our direct building expense.

**FORGET-ME-NOT SOCIETY** - Honoring those who choose to make a legacy gift to the SJLSC Endowment Fund, which is administered by the Berrien Community Foundation. This endowment will provide essential stability for our Center.

**HONORARY DONATIONS** - Made in honor of someone who has enriched your life.

**MEMORIAL DONATIONS** - Made in memory of a friend or loved one who has passed away.

**PROGRAM DONATIONS** - Designate a donation for a particular program we offer at the Senior Center, exercise classes, Circuit Training Room or to one of our outside areas; the Walking Trail or Friendship Garden.

### \*\*\*CURRENT FUNDRAISERS\*\*\*

**BAKELESS BAKE SALE** - It is time again for this annual fundraiser. This year we are raising money for new programs and improvements to some old ones. Our budget continues to get stretched with the many programs we offer. Please consider making a donation!

**BRICK SALE** - This is an opportunity for you to celebrate the life of someone by purchasing a brick to be placed on the walk around the flag poles. Remember a loved one who brought light to your life, a friend or your grandchildren. The purchase of a brick will forever honor or memorialize our loved ones. The profits from this project will assist in maintaining the Priscilla Upton Byrns Walking Trail and Gardens. Order forms can be emailed, mailed, and picked up at the front desk.

**QUILT RAFFLE** - This is your chance to own a beautiful quilt made by our Quilting Ladies. Tickets are \$1 each or 6 tickets for \$5. A weekly winner will be drawn to receive 5 free tickets.

### FRIENDSHIP GARDEN



Many thanks to Art Wagner and Onalee Hartman for their dedication to the Friendship Garden. Art and Onalee have spent many hours weeding, watering and harvesting the Friendship Garden. It was a beautiful site this year and we are so glad our members got to enjoy the harvest and

the beauty this garden provided. New to the Center is The Garden Nook. This is located past the activity room entrance and past the cards area. In the Garden Nook you will find books and magazines with subjects such as gardening, birding, landscaping, soils, and homesteading. You can check any of these materials out at the front desk. There are some beautiful pictures to look at as well as a couch and 2 chairs. It's just a lovely area to sit if that's what you'd like to do with the sun upon your back. We hope that you will enjoy this new addition to the Center!

### FREE VETERAN'S DAY BREAKFAST

**Thursday, November 11th, 9:00 am**

**Sign up by November 4th**



We would like to take this opportunity to show our appreciation to our Veterans by serving you and your spouse breakfast, sponsored by Starks and Menchinger Funeral Home. Following the breakfast, Representative Mark Casey will be presenting, Honoring our Heroes. This presentation teaches about the creation of the Department of Veteran Affairs, the national cemetery system, and the flagship Arlington National Cemetery outside Washington, DC. Attendees will learn about the thousands of dollars in end-of-life benefits available to veterans and their spouse and the steps necessary to take advantage of those benefits. Attendees will receive an informational handout about the benefits.

## RECURRING SCHEDULE

### MONDAYS

- 9:00 am - Resistive Exercise  
 9:30 am - Quilting Group  
 10:00 am - Calisthenics **No class 10/4**  
 10:30 am - Jokers & Marbles **\*NEW CARD GAME\***  
 11:00 am - Balance Class **No class 10/4**  
 12:00 pm - Tai Chi  
 1:15 pm - Hand & Foot Cards  
 1:15 pm - Beginning Line Dancing  
 1:30 pm - Art Class **\*\*NEW\*\***  
**NEW PARTICIPANTS MUST REGISTER**  
 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 Lessons  
 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 **No class 10/6 & 10/13**  
 11:00 am - Balance Class **No class 10/6 & 10/13**  
 12:00 pm - Mah Jong  
 12:00 pm - Parkinson's Exercise  
**REGISTRATION REQUIRED**  
 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 **No class 10/7**  
 11:00 am - Tai Chi  
 12:00 pm - Duplicate Bridge  
 12:30 pm - Beginner Pickleball **1st & 3rd week**  
 1:00 pm - BINGO **2nd & 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-Parkinson's Support Group  
**LAST FRIDAY OF EACH MONTH**  
 1:15 pm - Golf Card Game/Aggravation

## LOOK WHAT WE HAVE TO OFFER!

- ♦ Arts/Crafts
- ♦ Betty Kohn Outdoor Fitness Zone
- ♦ Cards/Games
- ♦ Circuit Training Room
- ♦ Commodity Distribution
- ♦ Computer Lab
- ♦ Educational Programs
- ♦ Fitness Classes
- ♦ Foot Clinic
- ♦ Friendship Garden (Seasonal)
- ♦ Garden Nook
- ♦ Lending Library
- ♦ Loan Closet
- ♦ Monthly Movies
- ♦ Parkinson's Support Group (Sit & Share)
- ♦ Pickleball
- ♦ Priscilla Upton Byrns Walking Trail
- ♦ Puzzles (to take home)
- ♦ Softball (Seasonal)
- ♦ Transportation In Our Service Area
- ♦ Trips
- ♦ Videos Of How To Properly Use Our Outdoor Equipment On Our Website
- ♦ Videos Of Many Exercise Classes On Our Website
- ♦ Volunteer Opportunities
- ♦ Website & Facebook



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### **BOARD GOVERNANCE SEMINAR**

**Tuesday, October 26th, 10:00 am**

**Sign up by October 19th**

If you are running for a seat on our Board of Directors or if you feel that you would be interested in the future, you should consider attending this seminar. Topics will be Roberts Rule, Board Meeting etiquette and confidentiality. Space is limited; please see Cindi if you are interested in attending.

### **OUTSIDE CARDIO DRUMMING**

While it has been fun exercising outside, with the colder weather approaching it will be necessary to move this class indoors. Possibly, in the spring we can relocate back outside in the fresh spring air! We will be starting indoor Cardio Drumming on Mondays at 8 am on November 1st.



## MEET OUR BOARD CANDIDATES

### William (Bill) Burrows



Bill's professional experience includes Chemical Bank, Plastic Masters, and the James River Corp. working on collections and sales. He is a member of the American Legion in Stevensville, and is active in community work and church fellowship. Bill drives for our transportation program at our Senior Center and serves as a trip escort.

Bill served on various committees during his prior terms as a Board Director and wishes to again serve after being off for one year due to term limits. Being a "people" person, Bill welcomes the opportunity to continue serving our Center.

### Pauline Fox (incumbent)

Pauline has served on the Board the past three years and as Vice President this past year and wishes to continue her volunteer work serving our Center. She has served on several committees and has been very active with the operation of the Circuit Training Room and serves as a trip escort. She is a graduate of Lake Michigan College, has experience working at the Social Security Administration, Curves (adult exercise program) and was an advertising agent at a local real estate company. Her past history and her prior experience on the board gives her the qualifications to continue to be a major contributor and volunteer to the future growth of our Senior Center.



### Patty Nordberg



Patty Nordberg's education consists of Bachelors and Masters degrees from Kent State and Michigan State University, respectively. She has served as a teacher in Ohio and at the Lakeshore Public Schools. Patty is very active in volunteer work and is a member of several local organizations, including Lory's Place, Krasl, Silver Beach Carousel, First Congregational UCC and Delta Kappa Gamma. Patty has served as secretary for several organizations and is currently President at Delta Kappa Gamma. With her vast experience with fundraising and community relations, she feels she can be a contributing member of our Board of Directors.

## TWIN CITY CAMERA CLUB PHOTO CONTEST WINNERS

Congratulations to our Twin City Camera Club photo contest winners! Thank you so much Twin City Camera Club for sponsoring this contest. The next contest will be in the spring so get ready and start taking those pictures!



**Ted Post**  
Nature



**JoAnn Scates**  
Animals/Pets



**Wendy Nielsen**  
Architecture



**Ron Bonczkowski**  
People





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[veterans@berriencounty.org](mailto:veterans@berriencounty.org)



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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## PRE-REGISTRATION IS REQUIRED FOR THESE PROGRAMS

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

### REFRESHER DRIVING CLASS

**Monday, October 4th, 9:00 am-3:00 pm**

### BELTONE HEARING

**Thursday, October 7th, 9:00 am-1:00 pm**

### WILLS, TRUSTS AND ESTATE PLANNING

**Thursday, October 14th, 10:30 am**

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### HAND STAMPED CARD MAKING

**Monday, October 18th, 12:00-3:00 pm**

**Monday, November 15th, 12:00-3:00 pm**

**\$12 per person, per class, payable at sign up**

**Make checks payable to Peggy Hruska**



Peggy Hruska will be teaching how to make homemade stamped greeting cards and in this class you will get to make 4 themed cards. You will also receive a free stamp to take home. All materials will be supplied,

but please bring your own scissors and a glue stick or Elmer's glue.

### SLIME AND SCALES

**Wednesday, October 20th, 10:00 am**



Julie Golob from the Sarett Nature Center will be here to show you comparisons and contrasts of the worlds of reptiles and amphibians.

Learn frog calls, see how a snake smells, and more with the live animal ambassadors! Remember to sign up to attend!

### PROVISION LIVING FACILITY

**Monday, October 25th, 10:30 am**

Provision Senior Living believes that the elderly deserve the opportunity to live healthy, happy, purposeful lives that include connection to their family, friends, and community. This new facility is being build by the Niles Road exit in St. Joseph. Join us to hear everything about this new way of living and new facility under construction!

### THE ART OF PLARN

**Wednesday, October 27th, 1:30-3:30 pm**

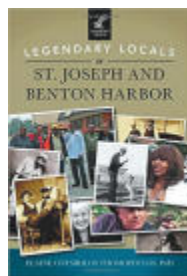


Janet Frazier and Kathy Kasischke will be teaching the art of Plarn, or plastic yarn. Come with brightly colored plastic grocery bags, plastic tablecloths, scissors, and large grade crochet hooks to learn

how to make floor mats, beverage holders and much more! Remember to sign up to attend.

### LOCAL LEGENDS

**Tuesday, November 2nd, 10:30 am**



A cast of characters tumbles out of the pages of this book, beginning with the courageous settlers who tamped the wilderness. By the 1890s, dynamic denizens of St. Joseph and Benton Harbor harvested fruit, established factories, and opened tourist

attractions. Drake and Wallace's Silver Beach Amusement Park, with its roller coaster, funhouse, and Lake Michigan beach, attracted visitors from Chicago. The Israelite House of David; a Christian sect founded by Benjamin and Mary Purnell, welcomed summer visitors to their amusement park. Despite an infamous scandal and trial involving Benjamin, the House of David thrived for decades. The cities spawned inventors like Augustus Herring, who flew an airplane five years before the Wright brothers; Emory Upton, who developed an electric-powered washing machine manufactured by a company now known as Whirlpool; and Walter Miller, inventor of a record-changing machine manufactured by V-M. Even a few of our members are featured in the book. You won't want to miss this, so remember to sign up to attend!



## FREEDOM, FAITH AND LOYALTY: THE HOUSE OF DAVID IN WORLD WAR II

Thursday, November 4th, 10:30 am



Brian Carroll, PhD, Historian & Archivist from the Israelite House of David will be here to present. Established in 1903, the Israelite House of David is famous for its

amusement park, barnstorming baseball teams, signature long hair and beards, and its larger-than-life founders, Benjamin and Mary Purnell. It was also made infamous by Michigan's high-profile lawsuit against Benjamin in 1927. However, the religious commune's experiences during World War II have been largely ignored. The war highlighted the House of David's struggle between its pacifist religious beliefs and its loyalty to the nation. Freedom or lack thereof was also a key theme in the wartime experience of House of David members. Members drafted into the military faced a serious moral dilemma. Would they fight for their country or stay true to their pacifist ideals? Perhaps the most harrowing aspect of the war involves the experiences of several members living abroad who wound up in Nazi concentration camps. The House of David also played an important role in the economic and public life of Michigan's home front during the war. The colony's leadership helped formulate the region's response to a dire labor shortage threatening Michigan agriculture, and the colony's swing-era jazz band performed for troops and the public across the state at USO events, war bond drives and military recruitment campaigns. Just as visible was Mary Purnell's role as a prophet and leader of the City of David during the war. She issued prophecies about the outcome of the conflict that galvanized her followers and that were reported coast to coast. You won't want to miss this, so remember to sign up to attend.



## VETERAN SUPPORT SERVICES

Monday, November 8th, 10:00 am



This program is offered by Spectrum Health Lakeland and focuses on assisting veterans in the community with understanding what resources may be available to them through the VA and veteran support organizations throughout Southwest Michigan and provides referrals to organizations that will work with veterans to pursue benefits. This presentation will highlight some of the community options available to veterans who may be seeking additional support, will answer questions about specific needs of veteran patients in our health system. It is also our mission to recognize community veterans and show our appreciation for their service that has helped to advance the hope of freedom and liberty for all. On this day, in addition to providing information on valuable veteran resources, we will also conduct a ceremony honoring community veterans in attendance to thank them for their service to our country. **In the process of registering for this event, please make sure to let us know if you have a history of military service and what branch of service and era you served in. Also, if you are a veteran who served during the Vietnam Era, please let us know if you have received a Vietnam Veteran Commemorative Lapel Pin in the past.** This event is provided by Stephanie Kostizen, LMSW, ACHP-SW who is a hospice social worker who also coordinates Veteran Support Services for Spectrum Health Lakeland and We Honor Veterans for Caring Circle. Please remember you will need to sign up to attend this program.





## HALLOWEEN BINGO

Thursday, October 28th, 1:00 pm



It's time to put on your costume and join us for Halloween Bingo! It's sure to be a spooky ghoulish time! We can't wait to see all of you and what you

come up with. It will be fun trying to guess who's behind those masks!

## SMSO MAINSTAGE TICKETS



Southwest Michigan Symphony Orchestra is once again offering discounted tickets for seniors. The dates and

programs are Sunday, October 17th, 4:00 pm, A Heroine's Tale, and Saturday, December 11th, 7:30 pm, The Spirit of Southwest Michigan; both at the Mendel Center located on the Lake Michigan College campus. If you are interested, call the Center to be included on the list. Cut off dates for both programs are 3 days before the performance.

## FREEDOM MACHINE VIDEO MAGNIFICATION SYSTEM



Recently we received this donation from George Morgan. This machine provides individuals with low vision the ability to view things that they may find difficult to do with other means. You can find the

Freedom Machine in our first classroom, also known as the Meeting Room.

## OPEN ENROLLMENT



It's that time of the year again when you can make changes to your Medicare coverage, which will take effect in 2022. Area Agency on Aging has

appointments for seniors who need assistance. To make an appointment, please call 983-0177 or Mistell Sleigh directly at 408-4354 to make an appointment.

### BINGO

Thursday, October 14th, 1:00 pm \$1

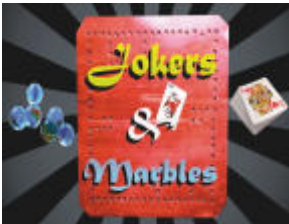
Thursday, October 28th, 1:00 pm

YOU CANNOT ENTER THE GYM UNTIL 12:30 PM



## JOKERS & MARBLES - NEW CARD GAME!

Mondays, 10:30 am



In this new game you will use your cards to move your marbles around the track. Special cards allow you to take a shortcut or send your opponent back to the starting position. First

player to get all five marbles home is the winner. You can have four to eight players and it only takes minutes to learn the game and a lifetime to master the strategy!

## COMPUTER ASSISTANCE



We have several people that are interested in taking some informational classes about cell phones and computer usage. We have many topics we would like to offer which include, how to use smart phones and apps, how to store and edit photos on your

phones and how to use FaceTime. How to set up accounts, send and receive emails, how to use Zoom, Skype and YouTube. These and many more topics can be offered if we can now find some people willing to share their knowledge with others. Our Board has approved a budget to update our Computer Lab but we need instructors to make this happen. So if you would like to offer your assistance with this program, please see Jennifer to discuss it.

## MOVIES AT THE CENTER!

Thursday, October 21st, 1:00 pm



Starting in October we will be showing monthly movies. We have purchased a Public Performance License which doesn't allow us to name the movie title to the general

public and since our website is accessible to the general public, we will need to advertise the movie title within our Senior Center. Look for the flyers throughout the building or call to see what the movie is. Please suggest any movie titles that you would be interested in seeing. Please sign up so we know how many people will attend.



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(Laundry, Housekeeping, ect.)



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wolvs1@hotmail.com

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ملحوظة: إذا كنت تتحدث اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1.888.389.6648 (رقم هاتف الصم والبكم: 711).

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15-0754





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

**OCTOBER 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
				1 Liver & onions Potatoes & gravy Green beans WW bread Grapes
4 Sweet & sour pork Rice Oriental blend Spinach w/peppers Pineapple	5 Oven fried chicken Sweet pot. casserole Mixed vegetables Cornbread Fruit crisp	6 Meatloaf with gravy Mashed potatoes Steamed greens WW roll Apricots	7 Turkey chili Mixed vegetables Mixed lettuce salad Crackers Fruited jello	8 Chicken parmesan Pasta w/marinara Italian blend vegs. Breadstick Plums
11 Sloppy joes Baked beans Carrot slaw Bun Mandarin oranges	12 Taco cornbread cass. Side salad Santa Fe vegetables Fruited jello	13 Beef stew Steamed spinach Apple crisp Roll	14 Chicken Ala King Rice Green beans Side salad Fruited yogurt	15 Crispy fish Confetti rice Baked zucchini cass. Biscuit Pineapple
18 Philly steak sandwich Steamed potatoes Carrots WW bun Craisins	19 Lasagna w/marinara Italian blend Side salad Breadstick Mandarin oranges	20 BBQ pulled pork Coleslaw Key West blend Cinnamon apples Bun	21 Chicken & rice bake Green beans Cauliflower Roll	22 Beef stroganoff Steamed broccoli Mixed lettuce Citrus mix Birthday cake
25 Pork chop Baked potato 3-bean salad Mandarin oranges WW roll	26 Lemon pepper pollack Rice Creamed corn Green side salad Vanilla pudding Fruit	27 Bratwurst on bun Capri blend Roasted potatoes Mixed fruit Bun	28 Italian chicken quarter Potatoes w/gravy Apple broccoli salad Italian blend vegs. Roll	29-Halloween Special Meal Meatballs & worms Salad w/French blood Creepy fingers Gory applesauce Roll/cookie
			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!





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

Else Elsner, Kathryn Klemesrud, Ada Greene, Margaret O'Neill, Judy Stelter, Jerry Geiga, Don & Fredonna Kempf, Karen Kietzer, Norma Jackson, and Erika Mauerman.

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

Golden Brown Bakery, Sandra Kay's Bakery, Annette Wright, George Morgan, Carl Dollar, Doug Monti, Deb Bollwitt, Jerry Geiger, Riley Raines, Else Elsner, Gayle Coon, Kay Cashner, Suzanne First, Edward Tracy, Sandi Kalin, Cathy Clem, Art Wagner, Bruce MicKatavage, Janet Hahn, Madelyn Huelsberg, Pam Wheeler, Judy Paruch, June Rollinger, D.J. Rogers, Diana Swartz, Christine Wright, Bruce Mickatavage, and Joanne Scates.

**MONETARY DONATIONS:**

- ♦ All the anonymous transportation riders along with Lee Wolford and Barb Findley for Donations to our Transportation Program.
- ♦ Lee Wolford, Glenda Head, Ruth Ludlow, David Golladay, John Hewitt, Evelyn Keigley, and Trinity Lutheran Ladies Aid made a Donation to our General Bulding Fund.
- ♦ Tony & Bonnie Korican, Gail Blazo, Carl & Lou Pagel, Faith Smith, Veda Wright and Rose Flugrath made a Donation to the Brick Fundraiser.
- ♦ Ann Lannert made a Donation for the Newsletter.
- ♦ Cathy Eppard, Elfriede Fitz, and Hue Lee made a Donation for the Exercise Programs.
- ♦ Renta Mais made a Donation for the Circuit Training Room.
- ♦ Jim & Toni Hardin made a Donation in Memory of Harv Hardin and Clem Hardin to Rest High on the Mountain.
- ♦ Norman Sauser made a Donation in Memory of Nurse Suzanne Jackson.
- ♦ Nathan Arent and Janice Hicks made a Donation in Memory of Alma Arent.

\*\*\*\*\*



Our beautiful pumpkin for the Pumpkin Contest was purchased from Barbott Farms & Greenhouse this year and donated by Sharyl Freehling.



Special thanks to the Late Blooming Landscapers for their many hours of watering, weeding and maintaining the Walking Trail. We have a magnificent outdoor facility to provide to our community because of these volunteers and all the time they dedicate to keeping this area beautiful for all of you to enjoy!



**UNITED WAY RAKE-A-DIFFERENCE-NOVEMBER 11TH**

Currently all slots are filled, but there is a waiting list. Seniors will only get served if there are more volunteers. To be added to the waiting list, please call 269-932-3554.



**WISH LIST:** Wipes for Circuit Training Room, full size candy bars, and individually wrapped candy for the front desk.



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Senior Service Center  
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This newsletter mailed @ St. Joseph Post Office on 9-29-21



**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**

**President** Rick Freridge  
**Vice President** Pauline Fox  
**Secretary** Mary Sundblad  
**Treasurer** Bob Hopkins

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Tom Oatman, Rocco Pavese, Jerry Radenbaugh, and Carol Small

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**Executive Director** Cindi McLaughlin  
**Program Coordinator** Jennifer Malone  
**Support Associate** Sharyl Freehling  
**Receptionist** Onalee Hartman  
**Staff Assistant** Sandy Draper  
**Building Custodian** Tai Huynh  
**Senior Nutrition Manager** 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	(269) 983-7111



**OCTOBER'S ACTIVITIES**

- 4 Refresher Driving Class 9:00 am-3:00 pm
- 7 Beltone Hearing Screening 9:00 am-1:00 pm
- 8 Foot Clinic I - **BY APPOINTMENT ONLY**
- 13 Book Club 10:00 am
- 14 Board Elections 9:00 am-4:00 pm
- 14 Wills, Trusts and Estate Planning 10:30 am
- 14 BINGO 1:00 pm
- 15 Commodities - Monthly - 9:00 am-11:00 am
- 15 Cookies & Canvas 12:00 pm
- 18 Hand Stamped Card Making 12:00 pm-3:00 pm
- 19 Flu Shot Clinic 9:00 am-12:00 pm
- 20 Foot Clinic II - **BY APPOINTMENT ONLY**
- 20 Sarett Nature Center/Slime & Scales 10:30 am
- 21 Board Meeting 10:00 am
- 21 Monthly Movie 1:00 pm
- 22 Annual Board Breakfast 9:00 am
- 25 Provision Living 10:30 am
- 26 Board Governance Training 10:00 am
- 27 Newsletter Mailing 9:00 am
- 27 The Art of Plarn 1:30 pm - 3:30 pm
- 28 BINGO 1:00 pm



**FLU SHOT CLINIC**

**Tuesday, October 19th, 9:00 am-12:00 pm**

**Sign up by October 11th**

We will be hosting a flu shot clinic on October 19th. Please bring your Medicare card with you. If you do not have Medicare, the cost is \$32. Make checks payable to Spectrum Health Lakeland. The shot is given in the upper arm, so please dress with that in mind.