

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



CHRISTMAS OPEN HOUSE

Friday, December 3rd

Open House 11:00-12:30 pm

Dance Arts 12:30 pm in the gym

St. Joseph High School Concert Choir 12:45 pm

SIGN UP BY NOVEMBER 24TH

Come and join us for a Christmas Open House where you can visit rooms throughout our Center to observe groups participating in various activities that are offered at our Center. Groups will include card games and arts and crafts. We will also have some crafts in Friendship Hall, which you can participate in if you would like. We will have some snacks available in the classrooms. Entertainment will start in the gym at 12:30 pm to get you in the holiday spirit. After these performances we will have some door prizes and will draw for the winning quilt raffle winner. **Please remember to sign up if you want to join us for some fun!**



BAKELESS BAKE SALE



Thank you to everyone who has already contributed to this annual fundraiser. This year we are raising money to support new programs and make improvements to some of the old ones. If you haven't made a donation yet, please consider donating any amount that you can to help us to continue to provide the many programs we offer you. We appreciate your support!

QUILT RAFFLE



Time is running out for you to win the beautiful queen size quilt located in the display case by the front desk that was made by the creative hands of our Quilting Group. Get your tickets before it is too late!

FREE VETERAN'S DAY BREAKFAST

Thursday, November 11th, 9:00 am

Sign up by November 4th



Don't forget to join us for the Veteran's Day Breakfast sponsored by Starks and Menchinger Funeral Home. This is our way of showing all those who served how much you are appreciated!

**The Center will be closed
December 3rd for our
Christmas Open House**



PAULINE'S POST

As you can see, there has been a change in the officer's positions on our Board. Due to term limits, President Rick Freridge, Treasurer Robert Hopkins and Secretary Mary Sundblad are currently not serving on the Board. They have provided dedicated service to our Center for 9 years.

My name is Pauline Fox and I will be taking the role of President for this fiscal year. I have been a member of the Center for 8 years. Hopefully, many of the members will recognize me since I volunteer in several roles. I have also been called "The Cookie Lady."

I worked for Social Security for 30 years prior to my retirement. My work there began my love of senior citizens. I am married and will be celebrating my 50th wedding anniversary in July. I have a son and a daughter and four amazing grandchildren.

Hopefully, everyone read Rick's Notes in the October newsletter. It addressed the numerous changes that have occurred in the last four years of Rick's presidency. What he did not mention is the amount of time he contributed to make these projects happen. We all owe him a big THANK YOU!

I have big shoes to fill as I begin my new term on the board. Luckily, Rick has assured me that he will still be around. Also, we have a multi-talented board to provide guidance as I begin this journey.

In looking forward to the Center's future, I don't anticipate as many physical changes that have occurred in the last four years. I am looking forward to seeing the Center return to pre-COVID days: higher attendance, serving more lunches, hearing laughter coming from the various card rooms and seeing smiles instead of masks. We need to be patient because that day will come.



The Staff is working on arranging several educational classes. Personally, I am looking forward to learning different ways to use my smart phone without asking my 9 year old grandson. Computer classes will start in December with a different topic each class. The concerns for your health and welfare for all our members is the number one priority for the Staff and Board Members.

As the Center's membership continues to grow, the unused space in the front of the building will present space opportunities. In the meanwhile, we look for potential qualified renters to occupy the space to generate income for the upkeep and maintenance. Due to zoning regulations, the criteria for potential renters is limited.

Generating additional revenue for our future growth has always been a concern for the Board. If you have ideas, either seek out a member of the fundraising committee or consider joining the committee.

I plan on starting regular office hours in what used to be the nurse's office. I plan to be in the office on Monday, Wednesday and Friday mornings from 8:30-10:30 effective November 8, 2021. If you have some ideas about how to make our Center a better place, talk to the Staff or any Board Member. Please stop in, even if it is to introduce yourself or just to say hello.

Pauline Fox
SJLSC Board of Directors President

IMPORTANT CENTER NEWS

The Center has a new mask procedure. If you are in the Center, you do not need to wear a mask in class, if you are constantly 6 feet from others. However, if you are in the hallways, bathrooms, playing cards/games, etc., you will be required to wear a mask. Thank you in advance for your cooperation!

Give thanks

CONSISTENT MONTHLY PROGRAMS

COOKIES & CANVAS

Friday, November 19th, 12:00-3:00 pm

\$15 per person, payable at sign up

Make checks payable to Roy Hruska



The painting for the month of November is "Christmas Card." This would make a beautiful Christmas gift to someone or for yourself!

Remember, if you sign up

for this class and you cancel or don't show, your money will not be refunded.

BOOK CLUB

Wednesday, November 10th, 10:00 am



The Flight Girls by Noelle Salazar is the chosen book for the month of November. The Book Club will be discussing this book and the group leader will be Earlene Whorton. 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, November 12th

Friday, November 19th



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.

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 come on in!

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 not accepting magazines at this time, and also does 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.

MOVIES AT THE CENTER!

Tuesday, November 16th, 1:00 pm



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 and remember to sign up.

HOLIDAY BINGO

Thursday, December 9th, 1:00 pm



Please join us for our annual Holiday Bingo. To play please bring a **\$1 NEW WRAPPED GIFT**. This year at 12:15 pm the Peace Lutheran Choir will be performing Christmas carols for us, so plan to arrive early to hear them sing. They are sure to put you in that Christmas mood!

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



TRIPS



PEKING ACROBATS

Sunday, March 20th - \$100 per person

Payable in full at sign up



Join us and take round-trip motor coach transportation to Kalamazoo and visit the Miller Auditorium for a 3:00 pm show like no other. For the last 32 years, The Peking Acrobats have redefined audience perceptions of Chinese acrobatics. They perform daring maneuvers atop a precarious pagoda of chairs and display their technical prowess at such arts as trick-cycling, precision tumbling, juggling, somersaulting, and gymnastics. They push the limits of human ability, defying gravity with amazing displays of contortion, flexibility, and control. After the theatre you will be escorted to Martells (previously the Black Swan Restaurant) where you will enjoy a three-course dinner. You will have your choice of four entrees, which you will select when you sign up. Remember to sign up soon, this trip will fill up fast!

MODERATE ACTIVITY

THE KING AND I

Wednesday, April 27th - \$111 per person

Payable in full at sign up



We are heading to Drury Lane in Oakbrook Terrace, Illinois to see the King and I musical. This includes round-trip, transportation on a Cardinal bus, lunch and show ticket. British tutor Anna Leonowens and the King of Siam struggle with cultural differences after Anna arrives at the royal place in Bangkok. Inspired by true events, Rodgers and Hammerstein's The King and I is a tale of the human experience, exploring the historical intricates of class, race, and politics in 1862. Featuring beloved songs like "Shall We Dance?" and "Getting to Know You." This Rodgers and Hammerstein classic won 13 Tony Awards, including Best Musical and Best Revival of a musical. The 1957 movie adaptation was nominated for nine Academy Awards, winning five, including Best Score. Sign up soon! **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.

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



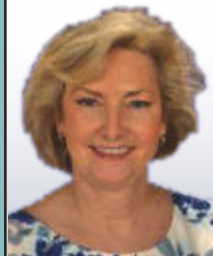


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DONATION OPPORTUNITIES

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 - This annual fundraiser will run through the end of 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.

SNOWBIRD REMINDER



Are you making plans to head to a warmer temperature during the winter months? If you are and you receive our monthly newsletter via the mail, please remember to let us know. We will put a stop on your mailing. Just call us when you return to Michigan and we will resume the newsletter being mailed to your home. Thank you for your cooperation!

WEATHER REMINDERS



Please keep in mind that in inclement weather: **If the St. Joseph schools are closed, the Center is closed. If you reach the Center's answering machine during our normal operating hours, the Center is closed. When in doubt, always call the Center before venturing out. If the Benton Harbor schools are closed, Senior Nutrition closes and no lunches are served, even if the Center is open. Check local television and radio stations for closings.** If you are using our transportation, please be patient as everyone's safety is first. Remember to keep your driveway clear of snow and ice. If we are unable to get into your driveway, we unfortunately will not be able to pick you up.

SMSO MAINSTAGE TICKETS



Southwest Michigan Symphony Orchestra is once again offering discounted tickets for seniors. The next date is Saturday, December 11th, 7:30 pm, The Spirit of Southwest Michigan, 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 date for this program is Wednesday, December 8th.



RECURRING SCHEDULE

MONDAYS

8:00 am - Cardio Drumming
9:00 am - Resistive Exercise **No class Nov. 8th**
9:30 am - Quilting Group
10:00 am - Calisthenics
10:30 am - Jokers and Marbles ***NEW CARD GAME***
11:00 am - Balance Class
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
10:30 am - Range of Motion
11:00 am - Chair Drumming
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
12:30 pm - Pickleball
1:00 pm - Stitch & Chat
1:15 pm - Dominoes

THURSDAYS

9:00 am - Resistive Exercise **No class Nov. 4th, 11th, 18th**
10:00 am - Range of Motion **No class Nov. 11th & 18th**
11:00 am - Tai Chi **No class Nov. 18th**
12:30 pm - Beginner Pickleball **Class only 1st week**
1:00 pm - BINGO **2nd week**
1:00 pm - Craft and Chat ****NEW****
1:15 pm - Hand & Foot Cards

FRIDAYS

9:00 am - Chair Yoga
10:30 am - Beginner's Pickleball
12:00 pm - Parkinson's Exercise **No class Nov. 5th**
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/Computer Classes
- ♦ Educational Programs
- ♦ Fitness Classes
- ♦ Foot Clinic
- ♦ Friendship Garden (Seasonal)
- ♦ Garden Nook
- ♦ Lending Library
- ♦ Loan Closet
- ♦ Lunch
- ♦ Monthly Movies
- ♦ Parkinson's Support Group (Sit & Share)
- ♦ Pickleball
- ♦ Priscilla Upton Byrns Walking Trail & Gardens
- ♦ Puzzles (to take home)
- ♦ Softball (Seasonal)
- ♦ Transportation In Our Service Area
- ♦ Trips
- ♦ Videos Of Exercise Classes On Our Website
- ♦ Videos Of How To Properly Use Our Outdoor Equipment On Our Website
- ♦ Volunteer Opportunities
- ♦ Website & Facebook



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.

ONLINE EXERCISE VIDEOS



Now that the weather is changing, you might not want to come to the Center. But, remember that we have our exercise videos online, so you won't have to miss a beat due to weather conditions. Below are the steps to take to get to the videos on our website.

You'll be able to stay fit all winter if you can't make it into the Center!

- ♦ **Go to www.sjlsc.org**
- ♦ **Click on exercise videos on the home page (top right-hand corner)**
- ♦ **There you will find the following videos:**
 - ⇒ **Outdoor fitness equipment**
 - ⇒ **Resistive Exercise Versions 1 & 2**
 - ⇒ **Calisthenics Versions 1 & 2**
 - ⇒ **Range of Motion Versions 1 & 2**
 - ⇒ **Chair Yoga Versions 1 & 2**
 - ⇒ **Tai Chi**
 - ⇒ **Balance Class Versions 1 & 2**

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; someone will be happy to assist you.

DAYLIGHT SAVINGS TIME ENDS



Don't forget to turn your clocks back one hour on Sunday, November 7, 2021, 2:00 a.m. This is also a great time to replace the batteries in your smoke and carbon monoxide detectors!



BEGINNER PICKLEBALL



For those of you who want to play pickleball but need to learn or may need to sharpen your skills, we have added another class every Friday from 10:30 am-1:00 pm. Come and join in on the fun!

CRAFT AND CHAT - NEW!

Thursdays, 1:00-3:00 pm



We have a new class to offer, Craft and Chat. This class will not have a teacher. It's a time for all of you creative people to meet in the Art Room and bring your own projects and brainstorm about what you'd like to do. There is no need to sign up for this class, just show up and have a great time!

BOOSTER/VACCINE SHOT CLINIC

Thursday, November 18th

BY APPOINTMENT ONLY



The Berrien County Health Department will be coming to our Center to provide COVID **booster shots** to anyone who qualifies for them. They also will be administering **vaccine shots** if you need your first or second shot. All vaccine types are welcome but **you need to be 60 years or older** to receive the booster or shots at our Senior Center. After your vaccination you will have a 15-30-minute waiting period. Your appointment can be made directly on the Health Department's website at: <https://BerrienPublicHealthCOVID19VaccineClinics.as.me/?appointmentType=27407893> or you can call 1-800-815-5485, a representative from the Health Department will assist you in scheduling an appointment. After you make an appointment, if you receive a shot at another location, please cancel your appointment 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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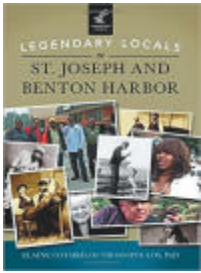
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15-0754

LEGENDARY LOCALS OF ST. JOSEPH & BENTON HARBOR

Tuesday, November 2nd, 10:30 am



Elaine Thomopoulos, PhD, will be here for a presentation of her book. There are a cast of characters that tumbles out of the pages of this book, and there are even a few of our members included! Covered in this program are the courageous settlers and the dynamic denizens of St. Joseph and Benton Harbor who harvested fruit, established factories, and opened tourist attractions, and much more. If you'd like to attend this program, remember to sign up!

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

Thursday, November 4th, 10:30 am



Brian Carroll, PhD, Historian and Archivist from the Israelite House of David will be here to present interesting facts on the House of David, that include its amusement park, barnstorming baseball teams, signature long hair and beards, and much more. You won't want to miss this, so remember to sign up to attend.

VETERAN SUPPORT SERVICES

Monday, November 8th, 10:00 am

Stephanie Kostizen, LMSW, ACHP-SW, a hospice social worker, will be here to present this program that 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, along with providing referrals to organizations that will work with veterans to pursue benefits. She will touch on some of the community options available to veterans who may be seeking additional support. We will also conduct a ceremony honoring community veterans in attendance to thank them for their service to our country. Remember to sign up to attend!



HAND STAMPED CARD MAKING

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.

FAMILY SEARCH

Wednesday, November 17th, 10:00 am



Family Search is a free genealogy website with many different record types from all over the world. Join us as Patsy Miller from Berrien County Genealogical Society will teach us more about searching for records, adding your family tree, and other unique resources on this website. Please sign up to attend this program.

MEDICARE PART D COVERAGE

Monday, November 22nd, 10:00 am



Every year, between October 15th and December 7th, people who have prescription drug coverage under a Medicare Part "D" plan are eligible to change their plan. The new plan becomes effective January 1st of the new year. Because the December 7th deadline is drawing near, it's important for you to compare plans that are available to you. Medicare gives you free use of their internet list of available plans to help you find the plan that's best (least expensive) for you. To use this list, all you need is a list of your current prescription drugs. If you want to do so, you can even make the change of plans using their internet website. If you choose to do that, you'll need your Medicare card. Bob Hopkins will be here to show you how to use this money-saving tool in a short computer class. Please come in and see how easy it is to save money on your prescription drugs. Remember to attend, you will need to sign up for this program.

FALL AND WINTER HOUSEPLANT CARE

Tuesday, November 23rd, 10:00 am



Michelle McCoskey, Director of Education from Fernwood, will be here to inform you how to care for your houseplants as the temperatures drop and the days get shorter. She will go over the needs and care routines of our houseplants and how they shift. In this program, presented by Fernwood Botanical Garden, you'll learn all the tips and tricks for keeping your houseplants happy and healthy over the autumn and winter seasons. Remember to sign up to attend!

ALZHEIMER'S PART I & PART II

Tuesday, November 30th, 10:30 am - Part I

Tuesday, December 7th, 10:30 am - Part II



Join us as Jeanne Merkel, MSW, Certified Alzheimer's Speaker will be here to present Alzheimer's Part I. She will go over her Personal Care Giving Story and introduce you to terminology and concepts, research and contribution locally as well as a healthy lifestyle for those suffering from Alzheimer's. She will answer any questions that you may have, so have your questions ready. Alzheimer's Part II, on December 7th, will cover nutrition, pharmaceuticals, and Dr. Dale Bredesen's book. Please remember to sign up for these programs to attend.

JEWELRY MAKING

Thursday, December 2nd, 1:00-3:30 pm

\$10.00 fee, due at sign up.

Please make checks payable to Kay Cashner



Kay Cashner will be here to show you how to make the beautiful crystal Roundell beaded bracelets that you see here. Please remember to sign up for this program if you are interested in attending!



CARING CIRCLE FALL PREVENTION

Thursday, December 9th, 10:00 am



Please join Mary Peters, RN from Caring Circle Spectrum Health Lakeland for a free and informative class on preventing falls in the home. You will learn to:

- ⇒ Identify the leading causes of most falls.
- ⇒ Identify the 6 steps to prevent falls.
- ⇒ Describe 4 elements of strong mobility.
- ⇒ Discover if there is anything you can do about declining mobility and falls.
- ⇒ Prioritize 2 key aspects in your day-to-day schedule to help prevent falls.

To attend, you must sign up for this class.

NATURAL CHOICES FOR PAIN MANAGEMENT

Tuesday, December 14th, 10:00 am



Jane Oelke, ND, PhD will be presenting this informational program. Are you experiencing pain too often and want help in reducing it naturally? Pain is a signal that the body is lacking energy. Come and discover ideas that will show you how to increase circulation that can support creating better energy in your tissues. We will look at food choices, simple supplements, movement and other lifestyle choices you can make easily. Don't forget to sign up!

NEWSLETTER MAILING



If you visit the Senior Center regularly, please consider picking up the Anchor News when you are here. This will help us keep our costs down on newsletter mailing and we'll be able to use those funds elsewhere. Thank you for your cooperation!



NEWSLETTER MAILING VOLUNTEERS

**This month's mailing is Wednesday,
November 24th at 9:00 am**

MARY BARTELS - SJLSC SCRAPBOOKS



Mary Bartels has been working on putting together scrapbooks on the history of our Senior Center for many years and she recently delivered several books to us. Mary has spent more hours than we can count, meticulously displaying

newspaper articles and pictures since the start of our Center's existence in 1975. Her attention to detail is incredible and we cannot thank her enough for taking the time to put this history together. If you are interested in looking at the books, please inquire at the front desk. We are also looking for someone to continue the task of preserving our history in the future. If you enjoy scrapbooking and would like to take on this task, please come and see Cindi. Mary also never forgets the SJLSC staff and transportation drivers, making up goody bags for all at different times of the year. Many thanks to you, Mary; you are one special lady and such a blessing to SJLSC. We thank you so much!

STITCH AND CHAT DISPLAY



Have you seen the Stitch and Chat display located by the front desk? There are all kinds of homemade goodies that would make wonderful

Christmas or birthday gifts! Our members of the Stitch and Chat group have lovingly made these items and the Center receives all the money. You will find blankets, bags, hats, mittens, hangers, pot holders, and earrings! Can't find what you are looking for? Check back at another date. New things are added all the time. Take a minute and see what might catch your fancy!

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.

BOARD OF DIRECTORS



Newly elected Board members, Bill Burrows, Pauline Fox and Patty

Nordberg started their 3 year terms in October. We welcome back Bill after a year off and first time Board Member, Patty, to the team. Pauline has now taken on the role of President. When you see these individuals or any of our Board members, please thank them for committing to the role of making decisions to steer our Senior Center towards a sustainable future and continuing to make sure we have the adequate resources to advance our mission. Serving on a volunteer non-profit Board can be a very difficult task. We are so lucky to have had such exceptional past and present Board Members. Thank you to all of you!

COMPUTER CLASS

Wednesday, December 1st, 3:00-4:00 pm



Saint Joseph High School Key Club members will be here to teach our seniors computer skills. We will begin having them twice a month (first and third Wednesdays from 3:00-4:00 pm in our Computer Lab).

Remember to sign up if you are interested in attending this program.

VETERANS DAY



Veterans Day is a time for us to pay our respects to those who have served. For one day, we stand united in respect for you, our Veterans. This holiday started as a day to reflect upon the sacrifices and heroism of those who died in our country's service and was originally called Armistice Day. It fell on November 11 because that is the anniversary of the signing of the Armistice that ended World War I. However, in 1954 the holiday was changed to "Veterans Day" in order to account for all Veterans in all wars. When first celebrated as Armistice Day, the day marked the end of World War I, formally recognized on the "11th hour, of the 11th day, of the 11th month" in 1918. It is on this day that we get a chance to show recognition for all you've done for us and say thank you, though we could never say it enough. THANK YOU!



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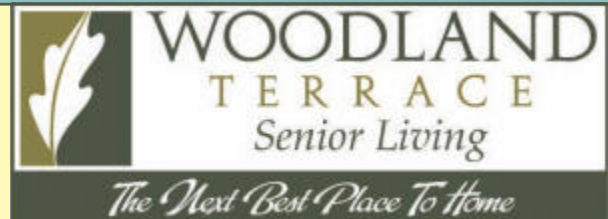
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ملحوظة: إذا كنت تتحدث اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1.888.389.6648 (رقم هاتف المسعدين: 711).

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

NOVEMBER 2021
CALL 269-921-0136
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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 Fish fillet sandwich Roasted fall vegs. Spinach/cheese cass. Bun Pineapple	2 Chicken chow mein Steamed brown rice Oriental vegetables Oranges	3 Spaghetti Meat sauce Mixed salad Roasted broccoli Pudding w/bananas Peaches	4 Cheese enchilada Mexican rice Black beans Whole wheat tortilla Citrus mix	5 Turkey meatloaf Confetti rice Creamed peas WW roll Fruit yogurt
8 Loaded baked potato Peppers and onions Mandarin oranges	9 Beef stew California blend Roll Pears	10 BBQ chicken Mac n cheese Green beans Biscuit Applesauce	11 CENTER IS OPEN NO SENIOR NUTRITION 	12 Lasagna Zucchini Roasted broccoli Breadstick Pineapple
15 Turkey Ala King Roasted carrots Steamed spinach Baked apples	16 Chicken parmesan Pasta side w/marinara Italian vegetables Breadstick Fruit cup	17 Chili w/beans Dirty rice Crackers Peaches	18 Taco cornbread cass. Side salad Santa Fe blend vegs. Fruited jello	19 Sweet/sour meatballs Roasted carrots Steamed zucchini Pears Birthday cake
22 Carolina pulled pork Coleslaw Roasted vegetables WW bun Orange sections	23 Swiss steak Gravy Mashed potatoes Mixed vegetables Raisins	24 Roasted turkey Mashed potato Gravy Green bean casserole WW roll Pie	25 THANKSGIVING DAY CENTER CLOSED HAPPY THANKSGIVING!	26 CENTER CLOSED 
29 BBQ chicken Scalloped potatoes Peas Biscuit Apricots	30 Pork roast w/gravy Roasted potatoes Succotash WW roll Fruit crumble			
			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 for snacks at the Front Desk:

Margaret O'Neill, Susan Pagan, Char Wilkens, Carol Hadley, Erika Lucius, Erika Mauerman, Linda Doyle, Kathy Grootendorst, Celina Bevelhymmer, John Schmidtman, Judy Paruch, Jean Oatman, and Jill Post.

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

John Schmidtman, Bonnie & Tony Korican, Betty Van, Ruthanne Terbach, Nancy Moore, Mary Jane Hiler, Christine Wright, Patrick Dwyer, Dorothy Jinkins, Karla Giannola made a donation in memory of Eugene Sears, Jeff Starke donated in memory of Bea Starke, Pam Wheeler, Margaret O'Neill, Susan Pagan, Lee Hornack, Marcia DeMars, Stephanie Mack, Glenn Chapman, George Morgan, Huntington Bank, John Perry, Susan Meny, Jeff Starke in memory of Bea Starke-Bridge Club, Charlie Bevelhymmer, Cheryl Montgomery, Sherry Eagan-Petzke, Sandra Kays Bakery, Colette Metzger, Virginia Ferguson, Carolyn Summerill, Dorothy Jinkins, Dennis & Lyla Metz, Jaquava Brenneke, and Mary Ann Robinson.

MONETARY DONATIONS:

- ♦ All the anonymous transportation riders along with Theresia Brandt, and Barb Findley, for Donations to our Transportation Program.
- ♦ Lee Wolford, Gus Scheffler, Daniel Schram, Joyce Howell, Bill Riekels, and Karen Brown made a Donation to our General Bulding Fund.
- ♦ Bruce Linscheid says Thank you for the Loan Closet.
- ♦ Sue Plummer made a Donation to the Walking Trail in recognition of Rick Freridge's creative & devoted leadership.
- ♦ A. J. Jaeger-Heiden & Edwin Heiden, Alan & Sandra White made a Donation in Memory of Arden Pridgeon.



Carolyn Strzyzkowski, Mary Sundblad, Barbara Durflinger, Phyllis Herod, Anthony & Bonnie Korican, Polly Hardin, Pat Worick, Arlene Sisson, Joan Kugel, Raelene Stickney, Eddie Mae Woodley, Kathy Grootendorst, Joe & Connie Ferrier, Nancy Hemingway, Celina Bevelhymmer, Cathy Clem, Betty Vande Merkt, Joan Stilwell, Sharon Foxworthy, Gene & Peggy Stemm, Phyllis Keehn, Ray Lietz, Kathleen Cowall, Janice Hicks, Janice Albright, Bernice Tretheway, Joyce Myers, Mark & Sally Matzke, Joanne Sutton, Irene Hudson, Carolyn Corteville, Ada Greene, Gloria Winn, Susan Braun, Janet Hahn, Charlotte Wilkens, Helma Schlaman,

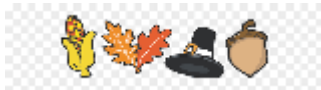
Madelyn Huelsberg, Mary Pielemeier, Harriett Reed, Eleanor Krejci, Ronald & Paula Schroeder, Darlene State, Jean Fannin, Jill Post, Judith Barricklow, Lester White, Lucy Ann DeVries, Mary Ann Schultz, Carol Hadley, Dawn Jewell & Ross Julian, Nancy Barrett, Linda Moore, Harriett Gotsch, Nancy Moore, Patricia Contreras, Sandee Marks, Judith Benson, Darlene Adler, John Hubbard, Donna Suloff, Lydia Groth, Orlow & Myra Voth, Virginia Kuball, Shirley Pittman, Tom & Bonnie Parrish, Bob & Cheri Freed, Sue Chandler, Wilma Bean, Don & Fredonna Kempf, Charles & Kathleen Nelson, Steve & Patty Nordberg, Gil Mueller, Gisela Holtz, Barbara Harte, Steve & Bev DeMaria, Dennis & Elizabeth Sexton, Dorothy Rue, John & Marilyn Feters, Dolores & Jeanette Fester, H. Milbrandt, Diane Trulove, Dennis & Sharon Kniola, Phyllis Kenke, Judith Thompson, Mary Burke, Norma Nisbet, Linda Doyle, Mary Ann Forsythe, Jean Bower, and Winifred Zimmerman made a Donation to the Bakeless Bake Sale.



Thank you to Senator Kim LaSata for presenting our Center with a Michigan State flag which will be flying outside on the Walking Trail to welcome everyone to our beautiful outside facility.

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

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



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.

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AND ALL OUR WONDERFUL VOLUNTEERS!

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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

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NOVEMBER'S ACTIVITIES

- 2 Legendary Locals 10:30 am
- 4 House of David 10:30 am
- 8 Veteran Services - Caring Circle 10:00 am
- 10 Book Club 10:00 am
- 11 Veteran's Day Breakfast 9:00 am
- 11 BINGO 1:00 pm
- 12 Foot Clinic I - **BY APPOINTMENT ONLY**
- 15 Hand Stamped Card Making 12:00 pm-3:00 pm
- 16 Monthly Movie 1:00 pm
- 17 Family Search 10:00 am
- 18 Booster Shot Clinic 9:00 am-3:00 pm
- 18 Board Meeting 10:00 am
- 19 Commodities - 9:00 am-11:00 am
- 19 Cookies & Canvas 12:00 pm
- 19 Foot Clinic II- **BY APPOINTMENT ONLY**
- 22 Medicare Part D 10:00 am
- 23 Fernwood - House Plant Care 10:00 am
- 24 Newsletter Mailing 9:00 am
- 25 Thanksgiving Day - Center Closed**
- 26 Center Closed**
- 30 Alzheimer's Part I 10:30 am



HAPPY Thanksgiving

Thanksgiving is right around the corner and this is a time for gratitude. Regular expressions of gratitude can decrease blood pressure, reduce anxiety and depression, and even help you sleep better. There is so much to be grateful for. To name just a few, your health! A roof over your head, friends and family, your favorite foods, and you can't forget your furry friends (also proven to lower your blood pressure!). We want you to know that the Board of Directors and Staff of SJLSC are so very thankful for all of you! Thank you for hanging in there with us. Have a blessed holiday!