

# 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**



Christmas is a time for remembrance, and although none of us will forget what we've been through in the past many months, may 2022 be a year filled with blessings, brighter

days, and promises of better things to come. Again, we want you to know how much we appreciate all of you and your patience with the changes we've had to make to keep the Center open during these trying times. The Board of Directors and Staff of SJLSC would like to wish all of you a very Merry Christmas and a Happy New Year.

## **VETERAN'S DAY BREAKFAST**



On November 11th we were able to honor our Veterans. The program and breakfast for our amazing Veterans was sponsored by Starks and Menchinger Funeral Homes. After having to miss our Veteran's Day Breakfast last year due to COVID, it was wonderful to be able to celebrate this year and treat all the Veterans to good food and conversation. It always means so very much to the Board of Directors and SJLSC Staff to be able to show our appreciation to our Veterans. Thank you will never be enough, but it's a start! Thank you again to the Starks Family for taking such good care of our Veterans.



**The Center will be closed**  
**December 3rd for our**  
**Christmas Open House,**  
**as well as December 23rd,**  
**24th and 31st.**





## PAULINE'S POST

### DECEMBER: THE TIME FOR GIVING

When I think of the month of December, thoughts of giving and receiving gifts comes to mind. Finding that perfect gift for a dear friend, taking time to make treats for a neighbor or seeing smiles on children visiting Santa warms the heart. The price of a gift is immaterial to the joy of giving or receiving. Personally, my favorite Christmas gift is the yearly calendar I receive from my family that is full of pictures of my grandchildren.

"Since you get more joy out of giving joy to others, you should put a great deal of thought into the happiness that you are able to give". - Eleanor Roosevelt.

This quote is appropriate in our thanks to everyone who has given monetary gifts to the Senior Center this year. Our most recent was the generous gift from Jerry Hanes for the purchase of additional land that abuts the south end of the Walking Trail. Also, we received funds from a member to purchase additional equipment for the Circuit Training Room that has been on our wish list.

Every year the contributions from the Bakeless Bake Sale support new programs or improvements to the Center. We are continuing to accept donations throughout this month. Please refer to page 6 of the newsletter to see various donation opportunities.

Giving of your time is also a gift. We enjoy the beautiful Walking Trail and Friendship Garden due to the many volunteers that maintain the gardens. Any day that you visit the Center, you will see many volunteers helping with daily operations.

Did you know that you can request a donation to the Center to be directed to several different programs or projects?

For instance, if you regularly enjoy using the Circuit Training Room, you can specify your donation to be used for that room.

The Center provides many programs, exercise classes and cards/games on a regular basis. Receiving donations to supplement the income we receive from the county, is essential for providing what is offered. "It is every man's obligation to put back into the world at least the equivalent of what he takes out of it". - Albert Einstein.

Consider giving a monetary gift (regardless of the size) this month as a way to say "Thank You" to the Center. The Center is an important part of my life and I will be heading to the front desk to give my monetary gift.

In closing, I want to wish everyone a very Merry Christmas and a Happy New Year.

Pauline Fox

SJLSC Board of Directors President



### IMPORTANT CENTER NEWS

If you are in our Center, you do not need to wear a mask while participating in your class or in the Circuit Training Room if you are **constantly 6 feet from others**. However, if you are in the hallways, bathrooms or playing cards or games, you will be required to wear a mask.

Thank you for your cooperation!



## CONSISTENT MONTHLY PROGRAMS

### COOKIES & CANVAS

Friday, December 17th, 12:00 pm-3:00 pm

\$15 per person, payable at sign up

Make checks payable to Roy Hruska



The painting for the month of December is "Tiger in Winter." There's still time to give this as a Christmas gift, or to keep 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, December 8th, 10:00 am



Instead of reading a book for the month of December, we're having a party! Members please plan to attend and share in the joy of the Christmas season!

### FOOT CLINICS

By Appointment Only

Friday, December 10th

Friday, December 17th



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.
- ⇒ Please remember to arrive at least **10 minutes** before a program starts so you have plenty of time to sign in at the monitor.
- ⇒ The library 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, December 7th, 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 let us know if you have any suggestions of movie titles that you would like to see and remember to sign up.

### HOLIDAY BINGO

Thursday, December 9th, 1:00 pm



Join us for our Holiday Bingo!

Please bring a **\$1 NEW WRAPPED GIFT** to participate.

Also, the Peace Lutheran Choir will be performing at 12:15 pm, so it's sure to be a jolly good time!



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



# TRIPS



## MOUNT RUSHMORE & THE BLACK HILLS OF SOUTH DAKOTA

**Sunday, June 19th - June 25th, 2022**

**\$725 per person, double occupancy**

**\$705 per person, triple occupancy**

**\$980 per person, single occupancy**

**\$75 deposit at sign up**

**Final Payment is due - April 12, 2022**

**Mandatory Trip Meeting - Friday, May 20th at 9:30 am**



This trip consists of seven days, six nights, and includes motorcoach transportation five breakfasts and four dinners. You will stay four consecutive nights in South

Dakota, visit the Mount Rushmore National Memorial, the Unique Journey Museum, tour of Wildlife Loop Road at Custer State Park, Crazy Horse Memorial, Corn Palace, tour Deadwood and Casino and Wall Drug Store. More details available at the Center.

**NEW TRIP - ACTIVE ACTIVITY**



## THE BEAUTY AND THE BEAST - THE BARNs AT NAPPANEE SHIPSHEWANA

**Wednesday, May 4, 2022 - \$113 per person**

**Payable in full at sign up**

Includes roundtrip motor coach transportation, horse drawn wagon tour of farms and houses, show tickets and a broasted chicken farm table buffet luncheon. Start the day with a tour of historic homes and farms around Shipshewana before lunch at the Farm Table Restaurant. Followed by the classic musical Beauty and the Beast performance at the Round Barn Theatre at Amish Acres. The play is a Disney classic that tells the tale of an enchanted prince in the shape of a hideous beast and the intelligent woman who enters his life and must learn to love him if the curse is ever to be broken. Join the Beast, Belle, Gaston, Lefou, Lumiere, and friends as they embark on a grand journey filled with adventure, cheer, and learning to love. With the classic songs, "Be Our Guest," "Something There," and "Beauty and the Beast." This will be a musical experience the whole family can share and enjoy.

**NEW TRIP - MODERATE ACTIVITY**



## TICKETS STILL AVAILABLE

### PEKING ACROBATS

**Sunday, March 20th**

**\$100 per person**

**Payable in full at sign up**



### THE KING AND I

**Wednesday, April 27th**

**\$111 per person**

**Payable in full at sign up**



We still have tickets available for the above trips, so if you are interested please come into the Center.

## 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.





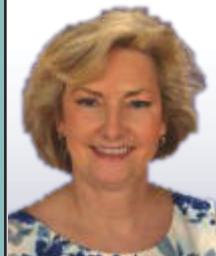


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### DONATION OPPORTUNITIES

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 December. 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.

### 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



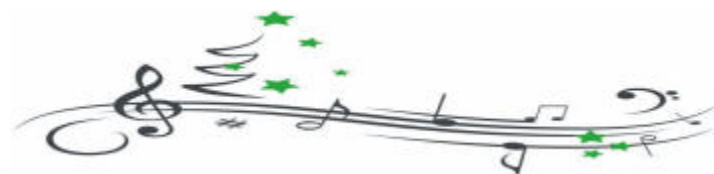
Please keep in mind that in inclement weather: **If the St. Joseph schools are closed, the Center is closed. If you reach the Center's answering machine during**

**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  
 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 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  
 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  
 10:00 am - Range of Motion  
 11:00 am - Tai Chi  
 12:30 pm - Beginner Pickleball  
 1:00 pm - BINGO **2nd & 5th week**  
 1:00 pm - Craft and Chat **\*\*NEW\*\***  
 1:15 pm - Hand & Foot Cards



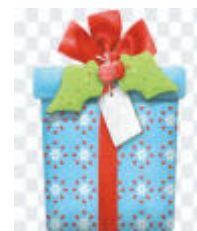
### FRIDAYS

- 9:00 am - Chair Yoga  
 10:30 am - Beginner's Pickleball  
 12:00 pm - Parkinson's Exercise  
**REGISTRATION REQUIRED**  
 1:00 pm - Euchre  
 1:00 pm - Sit & Share-Parkinson's Support Group  
**DECEMBER 10TH**  
 1:15 pm - Golf Card Game/Aggravation



## 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 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, you can make it your goal to be fit and healthy in the new year and you can do it in the comfort of your own home. Take a look at these exercise videos online. You won't have to miss a beat and you'll be able to stay fit all winter even if you can't make it into the Center!

- ♦ Go to [www.sjlsc.org](http://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



## I'M NOT FEELING WELL!



Please remember right now during the winter months and this unfortunate time in history, it is more important than ever to stay home if you don't feel well. Please be considerate of others if you just aren't feeling your

normal self. Help us to keep our Center a healthy place to be this winter. Get plenty of rest, stay hydrated and give your body the time it may need to recover.

## WINTER BUILDING TEMPERATURE



With winter upon us, things are about to get a little chillier. We all have different body temperatures, so we ask that you dress accordingly for yours, so that you can be comfortable. We keep the room temperatures down a little in the Gym and Circuit Training Room because of exercise classes, but all of the other rooms will be set at a comfortable temperature for most.



## PUMPKIN CONTEST WINNERS



For this year's pumpkin contest, we had three ladies who guessed the same weight of the great pumpkin. Our pumpkin this year weighed in at 70 lbs. and Judy Stelter, Cheryl Weiss, and Elsa Gustafson all guessed 69 lbs. They were all given a pumpkin pie and whip cream for their guesstimates. Thank you to all who participated.



## 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. Bring your craft ideas, brainstorm with others, and chat while you craft! There is no need to sign up for this class, just show up and have some fun!

## CHRISTMAS CARDS



We have a great selection of Christmas Cards here at the Center. Ours are unique, with the beautiful personal touches of our greeting card makers, and you won't find any like them anywhere else. Did we mention that the prices for these beautiful cards cannot be beat? Stop in and take a look!



## BINGO

Thursday, December 9th, 1:00 pm

Thursday, December 30th, 1:00 pm

YOU CANNOT ENTER GYM UNTIL

12:30 PM





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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.



**Anne Seymour Odden**

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## 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 beautiful crystal Roundell beaded bracelets. Please remember to sign up for this program if you are interested in attending.



## ALZHEIMER'S PART II

Tuesday, December 7th, 10:30 am



Join us as Jeanne Merkel, MSW, Certified Alzheimer's Speaker, will be here to present Alzheimer's Part II. She will cover nutrition, pharmaceuticals, and Dr. Dale Bredesen's book.

Please remember to sign up for this program.

## HAND STAMPED CARD MAKING

Tuesday, December 7th, 12:00-2:00 pm

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

Make checks payable to Peggy Hruska



Peggy Hruska will be teaching you how to make homemade stamped greeting cards and 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.

## TRANSPORTATION DRIVERS NEEDED

Do you find that you have some free time on your hands and you're not sure what to do with it? If so, please consider being a transportation driver for the Center. Many of our drivers are snowbirds and head south for the winter months, so we are a bit short on drivers. We will only need you to drive 1-2 times a month. If this is something that you think you'd be interested in doing, please call or drop into the Center and see Jennifer.



## CARING CIRCLE FALL PREVENTION

Thursday, December 9th, 10:00 am

**Prevent a Fall** 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. 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!



## MENTAL HEALTH DURING THE HOLIDAYS

Tuesday, December 21st, 10:00 a.m.

Please join us for a presentation by Kim Forsey, Executive Vice President of Centered On Wellness, about depression, isolation, and feeling blue around the upcoming holiday season. So many of our members have lost loved ones or are unable to get together with family due to COVID. This will reassure you that you are not alone in how you are feeling and hopefully will be uplifting for all who attend. Please remember to sign up for this class.





**Tuesday, December 28th, 10:30 am**

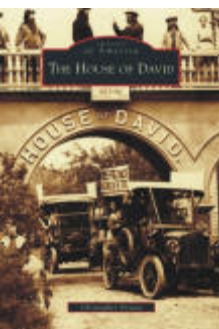
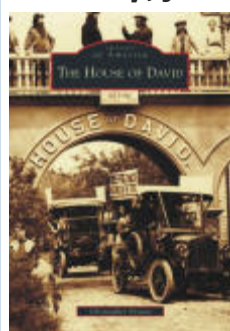
This condition is normally caused by an inner ear infection, cochlear problem, or a brain issue. If you'd like to learn more, please sign up to attend.

**Thursday, December 30th, 10:30 am**



Do you hear that? That ring, that roar, that whoosh? Are you one of the millions of Americans who experience tinnitus? Nearly 15% of our population experiences some form of tinnitus. But do you know the cause, the treatments, and the recommendations for coping with your tinnitus? Join us for a presentation from Dr. Sarah Groff of Professional Hearing Services as she dives into the mystery of tinnitus. Please remember to sign up if you'd like to attend this program.

**Thursday, January 6th, 10:30 am**



Chris Siriano will be here to shed light on the fascinating story of the religious colony founded in Benton Harbor in 1903. The House of David entertained the nation for over three-quarters of a century, and made a rural southwestern Michigan County into an economic powerhouse while waiting for the world to end. Their members weren't allowed to have sex, no meat, no alcohol, no tobacco and no personal property, either. Yet to this day, people talk about how fun they were. Chris's book, *The House of David*, will be available for sale at this event. This book will take readers on the fascinating journey of the House of David. Don't forget to sign up to attend.

**Tuesday, January 11th, 10:30 am**

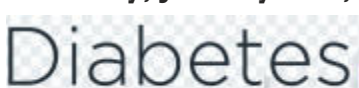


The cold dark days of winter, the concern about COVID, post holiday blues; just some of the joy robbers that can effect our spirits. Let's reboot our resilience and get a fresh start in the new year by joining Raelene Stickney, a former social worker, as she guides us on how to renew your sparkle through sharing your wisdom and encouraging others. Just as the snow sparkles in the sunlight, come join the fun and renew your sparkle, too! Remember to sign up if you would like to attend this program.

**Thursday, January 13th, 10:00 am**



**Diabetes**



A diabetes educator from Spectrum Health Lakeland will be here discussing diabetes, the medications to treat such, the differences between those medications, and their effect on this disease. Remember to sign up to attend this program.



Have you been to the SJLSC Library lately? If not, you may be missing out! Our library has so much to offer. Step inside and find out for yourself. We have DVDs, fiction, non-fiction, biographies, large print books, magazines, etc. With the cold months heading our way, we have many books you can cozy up with. You can check out the books for a month and the DVDs for two weeks.



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

## STITCH AND CHAT DISPLAY



Are you still needing things for that Christmas list? You may be able to cross some of those things off your list here at the Center. Our Stitch and Chat ladies have made some beautiful items that you may like. You can find these items in the display case located by the front desk. All proceeds from these items that have lovingly been made go to the Center. 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. Come and check out this fun game!

## COMPUTER CLASS

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

**Wednesday, December 15th, 3:00-4:00 pm**

**Wednesday, January 5th, 3:00-4:00 pm**



Saint Joseph High School Key Club members will be here to teach our seniors computer skills. The subject for classes on December 1st and December 15th are general computer skills, so if your computer knowledge has gotten a bit rusty, this is the class for you! On January 5th you will learn more about cell phones and all that they have to offer. We will have these classes twice a month, so remember to sign up if you are interested in attending this program.

## CRIBBAGE AND PINOCHLE



Would you be interested in playing cribbage or pinochle, but you need to learn how? We have someone who would love to teach you! Please call the Center to let us know.

## NEWSLETTER MAILING



If you visit the Senior Center on a regular basis, please consider picking up the Anchor News while you are here. This will help us to keep our mailing costs down and allow us to use what we save on postage in other areas of the Senior Center.

Thank you so much for your cooperation!

## LATE BLOOMING LANDSCAPERS



Many thanks to all who donated your time and knowledge to the Walking Trail and Gardens. It could never be as beautiful as it is without all of you helping to make it that way! As you know, we're heading into 2022 and we are looking for

two volunteers to help us out. The landscaping committee is in need of two people to assist with spraying, cutting limbs, moving plants, fertilizing, etc. for the coming growing season. It would involve being available a couple hours per week as needed. Season would run April through November. If you would be interested, please see Onalee at the front desk.

## BAKELESS BAKE SALE



Many thanks to all of you who have contributed to the Bakeless Bake Sale. We are so grateful for your donations, which will help us in so many ways. We couldn't accomplish everything that we do without all of you and your generosity. We greatly appreciate your support!



**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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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**  
**DECEMBER 2021**  
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**2 DAYS IN ADVANCE TO MAKE OR**  
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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 Chicken lasagna Italian vegetables Steamed greens Breadstick Citrus mix	2 Roast pork w/gravy Steamed broccoli Mashed potatoes Roll Apple Crisp	3 Lemon pepper tilapia Rice Orange glazed carrots Green beans Roll Fruit yogurt
6 Beef & broccoli Rice Peas Mandarin oranges	7 Chicken tetrazzini Italian blend veggies Mixed green salad Breadstick Peaches	8 Philly steak sandwich Peppers and onions SW blend Steak bun Pears	9 Glazed turkey ham Roasted potatoes Green bean casserole Pudding w/fruit	10 Roast beef with gravy Mashed potatoes Mixed vegetables Roll Jello w/fruit
13 Sloppy joes Mexican corn SW mixed vegetables Bun Pineapple	14 Italian chicken quarter Au gratin potatoes Stewed tomatoes Roll Fruit yogurt	15 Beef stroganoff Baked cauliflower WW roll Fruit crisp	16 Honey garlic chicken Baked red potatoes Lima beans Roll Citrus mix	17 Liver & onions Mashed potatoes Carrots Roll Cinnamon applesauce Birthday cake
20 Shepherd's pie Steamed greens Roll Mixed fruit cup	21 Philly cheese steak Potato wedges Steak bun Mandarin oranges	22 Chicken Kiev Roasted potatoes Creamed corn Silver dollar roll Christmas dessert	23 <b>CENTER CLOSED</b> 	24 <b>CENTER CLOSED</b> 
27 Spaghetti Peas & carrots Broccoli Breadstick Pears	28 Fish sandwich Spinach Stewed tomatoes Bun Peaches	29 Chicken fajitas Black beans Mexican rice Tortilla Juice	30 <b>GOOD LUCK MEAL</b> Cabbage rolls Greens Black eyed peas Cornbread Cake	31 <b>CENTER CLOSED</b> 
			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 for snacks at the Front Desk:**

**Art Wagner, Jane Jeffery, Don and Fredonna Kempf, Pat Breyen, John Schmidtman, Carolyn Summerill, and Dorothy Thar, and Jill Post.**

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

**John Schmidtman, Sharyl Freehling, Carolyn Summerill, Maro Semerciyan, Celina Bevelhymmer, Lynne Willadsen, Virginia Ferguson, Joe Ferrier, Tim Kragt, Bruce Mickatavage, Dorothy Jinkins, Art Wagner, Linda Mueller, Jill Post, and Ron Robb.**

**MONETARY DONATIONS:**

- ♦ **All the anonymous transportation riders along with Barb Findley and Judy Stelter for Donations to our Transportation Program.**
- ♦ **Priscilla Banghart, David Elias, Constance Lind, and Beverly Selent, made a Donation to our General Bulding Fund.**
- ♦ **Pauline Fox and Vergie Wolfe made a Donation to the Brick Fundraiser.**
- ♦ **Diana Flora made a Donation to the Circuit Training Room for a Rowing Machine.**
- ♦ **James Leonard, Horisce Young, and Joyce Baum said Thank you for the Loan Closet.**
- ♦ **Cathy Eppard made a Donation for the Exercise Programs.**
- ♦ **Beverly Jordan made a Donation in Memory of Bea Starke.**
- ♦ **Gary & Lani Agens made a Donation in Memory of Cheryl Montgomery.**
- ♦ **Mary Sundblad made a Donation in Memory of Barbara E. Shafer.**
- ♦ **Carolyn Corteville and Merrily Mahon made a Donation in Memory of Dr. John (Jack) Porritt.**
- ♦ **Cherilene Mulbar made a Donation in Memory of Harmon Mulbar.**
- ♦ **Judith Stanton made a Donation in Memory of her father & Veteran, Vernon Ross.**



**Charles & Frances Billingham, Robert & Bonnie Szygielski, John & Pamela Olson, Joyce Vance, Onalee Hartman, Barb Dorow, Janice Fischer, Barb Klein, Gladys Hunter, Jane Jeffrey, Judy Stelter, Sallyanne Crumley, Trudy Enders, Lona Bumbula, Anonymous, Barbara Rochon, Doris DeWitt, Lillian Hasse, Carol Ackerman, Cynthia Herzog, Larry & Gini Frank, Elli Maas, Jeanne Hardt, Liz Ball, Kathleen Andries, Daniel Schram, Carolyn Summerill, Dave Lange, Marguerita Walker, Robert Hauch, Judy Paruch, Patricia Breyen, and Priscilla Banghart made a Donation to the Bakeless Bake Sale.**



**Thank you to everyone that assisted us in any way with our Christmas Open House. We have the best volunteers in the world and feel so blessed that you chose to spend your time helping us!**



**WISH LIST: Wipes for Circuit Training Room and popcorn.**



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**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** Pauline Fox  
**Vice President** Tim Kragt  
**Secretary** Patty Nordberg  
**Treasurer** Jerry Radenbaugh

**Board Directors**

Celina Bevelhymmer, Bill Burrows, Len Casario, Shirley Miller, Tom Oatman, Rocco Pavese, and Carol Small



**Staff**

**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

**DECEMBER ACTIVITIES**

- 1 Computer Class - General Skills 3:00 pm-4:00 pm
- 2 Jewelry Making 1:00 pm-3:30 pm
- 3 Christmas Open House 11:00 am-2:00 pm
- 7 Alzheimer's Part II 10:30 am
- 7 Peggy Hruska Card Making 12:00 pm-2:00 pm
- 7 Movie 1:00 pm
- 8 Book Club 10:00 am
- 9 Caring Circle-Fall Prevention 10:00 am
- 9 Peace Lutheran Choir 12:15 pm
- 9 Holiday BINGO 1:00 pm
- 10 Foot Clinic I - **BY APPOINTMENT ONLY**
- 14 Natural Choices for Pain Management 10:00 am
- 15 Computer Class - General Skills 3:00 pm-4:00 pm
- 16 Board Meeting 10:00 am
- 17 Commodities - 9:00 am-11:00 am
- 17 Cookies & Canvas 12:00 pm
- 17 Foot Clinic II- **BY APPOINTMENT ONLY**
- 21 Mental Health During the Holidays 10:00 am
- 23 CENTER CLOSED**
- 24 CENTER CLOSED**
- 28 Vertigo 10:30 am
- 29 Newsletter Mailing 9:00 am
- 30 Tinnitus 10:30 am
- 30 BINGO 1:00 pm
- 31 CENTER CLOSED - HAPPY NEW YEAR!**

