

# 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**



A new year means a new chapter. Here's to a new chapter full of blessings, laughter, good health, and lots of love. The Board of Directors and Staff of St. Joseph-Lincoln Senior Center thank all of you for sticking by our side through the ups and downs of this pandemic, bringing your positive attitude and smiles (under those masks) into the Center, and helping each and every one of us strive to get through this. "By lifting each other up, we lift ourselves up." ~ Lauren Fleshman



## **WOOD SHOP COMING TO SJLSC!**

Exciting News! The Frederick S. Upton Foundation has awarded our Senior Center with a \$50,000 Grant to help build a Wood Shop in the front of our building in a space previously occupied by the Saint Joseph School Administration. This Wood Shop will be fitted out with all the professional level tools needed to make just about anything you can make from wood. We will have classes teaching you how to use the tools and machines properly and safely. Classes will be offered making a variety of projects. Think bird feeders, bird houses, bowls on a lathe, wood toys for grandchildren, and advance classes in furniture making. Think of ideas we can have as classes and let us know, the options are limitless. For advanced woodworkers there will be open shop hours where you will be able to work on your own projects.

Things we will need: Volunteers; We will require two volunteers on duty any time open shop hours are available. Tools; We will be looking for specific tool donations and more details on this will be available in February. Volunteers to assist in transforming the space into the Wood Shop. And, of course, monetary donations, which can be made at the front desk, noted "wood shop." There will be 22 major pieces of equipment priced from \$3,500 down to \$100 or you can make a donation of a specific machine. If you are ready to volunteer, leave your name and number at the front desk and we will contact you.

This is going to be an exciting addition to our Center. If you have questions, contact Rick Freridge.

## PAULINE'S POST

Almost 9 years ago, I entered the Senior Center with my friend, Judy Paruch. We both had turned 60 and had heard that the Center offered trips. When I filled out the membership form, I checked the box indicating that I would be interested in volunteering at the Center. Two weeks later, I was contacted by Cindi to see if I was interested in making tax appointments. That began my journey for volunteering at the Center! I have done various duties including being an escort for several trips.

Mayo Clinic has done research on the benefits of volunteering and how it offers many health benefits, especially for older adults, such as:

- \* **Volunteering decreases the risk of depression.** Volunteering increases social interaction and helps build a support system based on common interests which has been shown to decrease depression.
- \* **Volunteering gives a sense of purpose and teaches valuable skills.** The work that volunteers provide is essential to the Center's every day process, which gives volunteers a sense of purpose. One of the skills that I have learned is understanding the complexity of the Center's monthly statistics.
- \* **Volunteering helps people stay physically and mentally active.** Volunteer activities get you moving and thinking at the same time. A study found that, in general, volunteers report better physical health than non-volunteers. Older volunteers experience increases in life satisfaction and greater positive changes in their perceived health as a result of volunteering.
- \* **Volunteering may reduce stress levels.** By enjoying time spent in service to others, you will feel a sense of meaning and appreciation, both given and received, which can have a stress reducing effect.



\* **Volunteering may help you live longer.** A study found that individuals who volunteer have lower mortality rates than those that do not. My 90-year-old mother volunteers two days a week at the Buchanan Senior Center. Living longer is definitely a bonus!

\* **Volunteering helps you meet others and develop new relationships.** One of the best ways to make new friends and strengthen existing relationships is to participate in an activity you can share together. Volunteering is a great way to meet new people who share common interests with you. This is my favorite benefit for volunteering. I have met several outstanding people due to my volunteering at the Center that I now call **FRIENDS**.

Our many volunteers have different reasons for volunteering. I applaud each and every one of you. If you are interested in volunteering, please contact our Volunteer Coordinator, Sharyl Freehling. Sharyl will help find the right job for you. We are currently in need of additional drivers, including a driver available on a monthly basis to deliver commodities.

In looking back to that day almost 9 years ago, Cindi is now the Executive Director and my friend, Judy Paruch, volunteers in the Walking Trail & Gardens, as a greeter and tour guide. Volunteering at the Center has enriched my life.

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, January 21st, 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 January is Snowy Fence Line. Such an appropriate scene for January. Remember, if you sign up for this class and you cancel or don't show, your money will not be refunded.

### BOOK CLUB

Wednesday, January 12th, 10:00 am



The Rosie Project is the chosen book for the month of January. The Book Club will be discussing this book and the group leader will be Sally Huling. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



### FOOT CLINICS

By Appointment Only

Friday, January 14th

Friday, January 21st

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



Ralph Rumpf is here every Wednesday from 9:00 am until 12:00 pm in our Computer Lab to help you with any questions regarding your computer, cell phone, tablet, 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 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, January 18th, 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.

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



## TRIPS



### CUBS VS. PADRES

Thursday, June 16, 2022

\$93 per person

Payable in full at sign up

Take advantage of being able to see this game in the picturesque Wrigley Field. Travel by motor coach to and from Chicago to watch the Chicago Cubs battle their nemesis, the San Diego Padres. Price includes transportation and your ticket. These games fill fast, so stop by and register soon.

**NEW TRIP - ACTIVE ACTIVITY**



### THE BEAUTY AND THE BEAST - THE BARN AT NAPPANEE SHIPSEWANA

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 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 you will want to share with friends.

**MODERATE ACTIVITY**

### TICKETS STILL AVAILABLE

#### THE KING AND I

Wednesday, April 27th

\$111 per person

Payable in full at sign up

**\*\*WAIT LIST ONLY\*\***

#### MOUNT RUSHMORE & THE BLACK HILLS OF SOUTH DAKOTA

Sunday, June 19th

\$75 deposit at sign up

If interested, please call for more details.

### 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.

**ADVENTURE**  
AWAITS

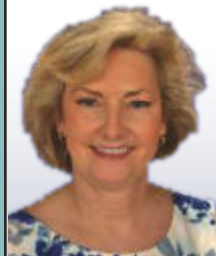


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### DONATION OPPORTUNITIES

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\*\*\*

**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, or picked up at the front desk.



### 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 \$15 for all seniors. The next program is on Friday, February 11th, 2022; **Dueling Pianos!** Please call the Center by February 8th to sign up. We will add your name to a list and you will receive your discount when you arrive for the program.

### QUILT RAFFLE



Congratulations to Diana Swartz, winner of the quilt raffle. The drawing for the quilt took place during Holiday Bingo on December 9th. This beautiful quilt was made by the loving and talented hands of our Quilting Group. Thank you ladies so much for your hard work and a creation of a beautiful keepsake, and thank you to everyone who purchased tickets!



## RECURRING SCHEDULE

### MONDAYS

9:00 am - Resistive Exercise  
9:30 am - Quilting Group  
10:00 am - Calisthenics  
10:30 am - Jokers and Marbles  
11:00 am - Balance Class  
12:00 pm - Tai Chi  
1:15 pm - Beginning Line Dancing  
1:45 pm - Intermediate Line Dancing



### TUESDAYS

9:00 am - Resistive Exercise  
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  
11:45 am - Cardio Drumming  
12:00 pm - Parkinson's Exercise -



### **REGISTRATION REQUIRED**

1:00 pm - Pickleball  
1:00 pm - Stitch & Chat

### 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 & 4th week**  
1:00 pm - Craft and Chat



### 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 -



### **LAST FRIDAY OF THE MONTH**

**\*\*Attention cards and game players: Some of the cards and games have been removed from the recurring schedule, but your space is still available. It seems misleading to leave it on the recurring schedule as lately no one has been coming to play and new people show up and no one is here to participate.\*\***

## 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



## ONLINE EXERCISE VIDEOS



Have you made a New Year's resolution of getting fit and staying fit? If so, you can do it in the comfort of your own home. Below you will find the directions of how to find the Center's exercise videos online. So, if the weather keeps you inside you don't have to miss your exercise!

- ♦ 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

## WINTER BUILDING TEMPERATURE



With winter comes those colder temperatures. 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.

## CRAFT AND CHAT - NEW!

Thursdays, 1:00-3:00 pm



We have a new class to offer, Craft and Chat. This class does not have a teacher. Bring yourself and your ideas and share with others, or do your own thing. There is no need to sign up for this class, just show up and have some fun!



## SIT & SHARE - CLASS FOR PARKINSONS

Last Friday of each month at 1:00 pm



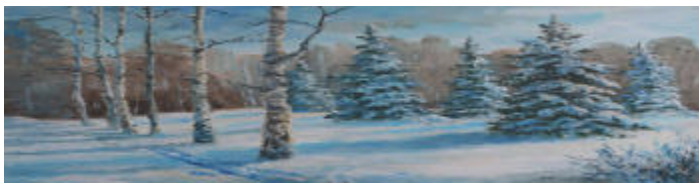
This is a fairly new program at our Center that is being offered as an opportunity for Parkinsonians to share their stories with others afflicted with the same disease.

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

## ELIMINATE YOUR JUNK MAIL



Bring your junk mail into the Center to put an end to it! If you are tired of receiving certain mailings, remember that you can bring them here and Ken Schneider will contact the organization that is sending you these publications. We also have information here at the Center if you would like to do this yourself. Remember that it can take several months before you could see a reduction in your junk mail. Please deposit your mail in the box in the front entrance if you want to start this process.



## BINGO

Thursday, January 13th, 1:00 pm \$1

Thursday, January 27th, 1:00 pm

YOU CANNOT ENTER GYM

UNTIL 12:30 PM





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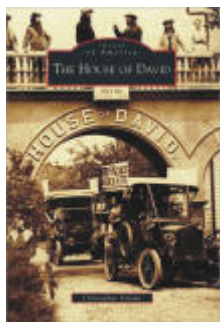


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**Thursday, January 6th, 10:30 am**



## FRESH START: RENEWING YOUR SPARKLE

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## DIABETES

## ESTATE PLANNING

## HAND STAMPED CARD MAKING

**Friday, January 21st, 10:30 am-12:00 pm**

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

## Make checks payable to Peggy Hruska



## PLANNING FOR HEALTH CARE EMERGENCIES

**Thursday, January 27th, 10:00 am**



## ALTERNATIVES TO PAIN MEDICATIONS



A photograph of a hare running across a snowy field. The hare is captured in mid-stride, with its long legs extended and its ears upright. The background is a vast, flat, snow-covered landscape under a pale sky.



Have you stepped inside our Library lately? If not, you should! We have so much to offer. We have DVDs, fiction, non-fiction, biographies, large print books, and magazines. Now that the winter weather is setting in, it's a great time to curl up with a book, magazine, or watch that movie you may not have had the time to see. You can check out the books for a month and the DVDs for two weeks at the front desk.

### PLEASE SLOW DOWN!



Please remember to slow down when you enter our parking lot. We have a lot of people departing at one time from our classes and we need everyone to look both ways and move slowly when entering and exiting our lot. With the winter months approaching, this will be even more important because we are usually physically moving a little slower in the colder months. Also, remember we have a lot more parking in the back of our building and a back door for you to enter. Please be safe and be smart!

### SUGGESTIONS



We would like to hear from you! Are there certain programs or games you'd like to have at the Center? We are open to suggestions and would love to hear your ideas. Call the Center or stop by the front desk and we will start a list of suggestions. Your opinion is important to us. Thank you in advance!

**NEWSLETTER MAILING VOLUNTEERS**  
This month's mailing is Wednesday,  
January 26th at 9:00 am

### BEATING THE WINTER BLUES

Winter can bring the beauty of freshly fallen snow and bright, crisp days. But the season can also leave some people feeling a little down, and the COVID-19 pandemic may only exacerbate the situation. If you are starting to feel your mood slipping, let that be your call to action. Making plans will help you stay connected and mentally healthy so you can head things off before they get bad. Below are a few daily strategies that can help you take control of your mood so that you can stay safe and sane!

- \* **Eat for energy.** When your energy crashes, your mood often will take a nosedive, too. To keep your energy up, choose a meal that's digested slowly. This will prevent a spike in glucose, followed by a quick drop. Try eating more fruit and vegetables and oatmeal with apples or a scrambled egg are great choices!
- \* **Make a plan for the day.** An unstructured day is a recipe for feeling purposeless, and that can lead to depression. Make a to-do list and remember the tasks don't have to be big or complicated.
- \* **Let in the light.** Getting some sunlight early in the day helps set your circadian rhythms, tells your body to wake up, and even helps you sleep better at night. If you can, go for a 15-minute walk or bundle up and sit outside. Taking time near a sunny window can help, too.
- \* **Experience nature.** It has been shown that being in nature - woods, gardens, parks, even the backyard - lowers stress levels and improves mood.
- \* **Exercise with others.** Going for a walk with a friend is a great way to be social while getting that exercise in.
- \* **Snack smart.** Snack healthy on fats, fiber, and protein. Nuts or fruit or a few slices of cheese are great choices.
- \* **Stay hydrated.** Drink that water. You can end up with an afternoon energy slump if you're a little dehydrated.
- \* **Give back.** The best way to make yourself happiest is to help other people. Reaching out to others and finding ways to contribute to your community can go a long way!

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

**Wednesday, January 19th, 3:00-4:00 pm**



Saint Joseph High School Key Club members will be here to teach our seniors computer skills. On January 5th you will learn more about cell phones and all that they have to offer and on January 19th the topic will be emails. 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.

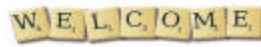
## NEWSLETTER MAILING



If you visit the Senior Center on a regular basis, please consider picking up the Anchor News while you are here. **If you decide to pick up your newsletter while in the Center, please let the staff know so that we can remove you from newsletter mailing.** 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!



## SCRABBLE ANYONE?



Would you be interested in playing Scrabble? If so, please call the Center and let us know. We will get a list of those interested and keep you posted.

## TRANSPORTATION DRIVERS NEEDED



If you have some free time on your hands and you're looking for something to do, why not be one of our transportation drivers? 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.

## NEW YEAR NEW THINGS



Why not start off the New Year doing new things? Is there an exercise program you've wanted to begin, but just haven't? Is there a game you've wanted to participate in, but you are hesitant? Or maybe there's a new craft you want to learn. Now is a great time to do those things, and even better to do them at the Center!

## ATTENTION MEMBERS!



We need all members to update their personal information with us **if it has changed in the last two years.** This includes addresses, phone numbers, and names and correct phone numbers of your emergency contacts. Every month we receive newsletters back because someone has moved and not let us know. We get charged for each newsletter returned and that cost is adding up. It also is important for us to have your current emergency contact information, so please let us know if any of your information has changed. We thank you for your assistance!

**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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Right at Home is an in-home care and assistance agency, providing quality care to senior and disabled persons since 1995.

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Monday through Friday

wolvs1@hotmail.com

Priority Health has HMO-POS and PPO plans with a Medicare contract. Enrollment in Priority Health Medicare depends on contract renewal. You must continue to pay your Medicare Part B premium. Priority Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.888.389.6648 (TTY: 711).

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**  
**JANUARY 2022**  
**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
<b>3</b> Sloppy Joes Santa Fe blend Sauteed carrots Pineapple Bun	<b>4</b> Chicken marsala Pasta Beet salad Roasted cauliflower Mandarin oranges	<b>5</b> Liver & onions Mashed potatoes Gravy Green bean casserole Biscuit Fruited yogurt	<b>6</b> Beef fajitas Diced lettuce & tomato Black bean Salsa Tortilla Peaches	<b>7</b> Fish with tartar sauce Herbed rice Mixed vegetables WW roll Pears
<b>10</b> Beef stroganoff Noodles Steamed broccoli Baked potato Citrus mix	<b>11</b> Lemon honey chicken Red potatoes California blend vegs. WW roll Raisins	<b>12</b> Lasagna w/tomatoes Italian blend Green salad Breadstick Pineapple	<b>13</b> Carolina pulled pork Baked beans Zucchini WW bun Pears	<b>14</b> BBQ chicken Mac-n-cheese Creamed peas Cornbread Apple pie
<b>17</b>  <b>NO SENIOR NUTRITION</b> <b>SENIOR CENTER OPEN</b>	<b>18</b> Baked spaghetti cass. Mixed vegetables Broccoli Tortilla chips Mandarin oranges	<b>19</b> Herbed chicken Creamed spinach Stewed tomatoes Biscuit Baked apple & cinn.	<b>20</b> Fish sandwich Confetti rice Spring blend Bun Apricots	<b>21</b> Ham & bean cass. Romaine salad Baked sliced pots. Crackers Peaches
<b>24</b> Pasta with meat sauce Spinach Mixed vegetables Italian bread Oranges	<b>25</b> Herbed pork chop Mashed pots. w/gravy Steamed carrots Biscuit Jello & fruit	<b>26</b> Chicken enchilada Southwest blend Corn Tortilla Craisins	<b>27</b> Beef tips Rice & gravy Lima beans Carrot coins Fruited yogurt	<b>28</b> Loaded baked pot. Sauteed onions Peppers Steamed spinach Pears & Bday cake
<b>31</b> Pork roast w/gravy Roasted potatoes Succotash WW roll Fruit crumble				
			<b>Meals provide</b> <b>(average per week)</b> <b>Carbs: 75 grams</b> <b>Calories: 800 avg.</b> <b>Sodium: 800 mg</b> <b>Protein: 19 grams</b> <b>Total fat: 30%</b> <b>2% Milk</b>	<b>Your donation toward</b> <b>the cost of the meal</b> <b>helps to make sure</b> <b>that these meals can</b> <b>continue. Please be as</b> <b>generous as you can.</b> <b>We thank you!</b>

# THANK YOU!



**To everyone who brings goodies or donates money for snacks at the Front Desk:** Dorothy Jinkins, Erika Lucius, John Schmidtman, Vicki Thomas, Ralph Rumpf, and Sharon Kabel.

**To everyone who donates other items that benefit the Center and Participants:** Roger's Foodland, John Schmidtman, Sharyl Freehling, Gil Mueller, Kathy Clem, Tim Kragt, Debra Baker, Robyn - Manager of Walgreens on John Beers, Kacey Schrader, Dolores Kuriata, Betty Van, Adolf Pelzer,

Sandra Kay Bakery, Golden Brown Bakery, Jim Cox, Duane Ostenson, Pat Nordberg, Harriet Farwell made a donation to the loan closet in memory of Jerry Farwell, Milton Richter, Jacquava Brenneke, Turkeyville, Don & Fredonna Kempf, and Huntington Bank.

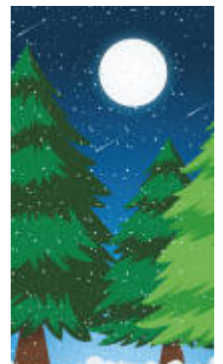
## **MONETARY DONATIONS:**

- ♦ **All the anonymous transportation riders along with Judy Stelter and Barb Findley for Donations to our Transportation Program.**
- ♦ **Karen Schiltz, Phyllis Herod, Jaquava Brenneke, Shirley Hetfield, Sandra Thurlow, David Howell, Nancy Anderson, Carol Reidsma and Susan Thompson made a Donation to our General Bulding Fund.**
- ♦ **Robert L. Starks Family made a Donation in Memory of Dr. Jack Porritt.**
- ♦ **The Families of Jeff Porritt, Michael Peirce, John Porritt II, Scott Nelson, and the Linforth Family made a Donation in Memory of their Dad, Grandpa & Papa, Dr. Jack Porritt.**
- ♦ **Mary Sundblad made a Donation in Memory of Jorge Monges.**
- ♦ **Caryl Meister made a Donation in Memory of Jim Meister.**
- ♦ **Shirley Miller made a Donation in Memory of her Beloved Husband Matt, to the Bakeless Bake Sale.**
- ♦ **Mary Ann Forsythe, Mark Wortman, Judy Barricklow, and Jan Jackson say Thank you for the Loan Closet.**
- ♦ **Pauline Fox, Tom & Jean Oatman, Douglas Wilson and Don & Fredonna Kempf made a Donation to the Circuit Training Room for a Bicep Tricep Machine.**
- ♦ **Onalee Hartman made a Donation to the Circuit Training Room.**
- ♦ **Rick Freridge made a Donation to the Wood Shop.**
- ♦ **Elaine Thomopoulos, Barb Radewald, Sharon Kabel, Pauline Fox, Rae Bacolor, Debbie Liggett, Maria Schuen, Dawn Engelsman, Jean Shersmith, Marguerite Atkins, Jo Ann Paul, and Bob May made a Donation to the Bakeless Bake Sale.**
- ♦ **An Anonymous donor made a Donation in Appreciation for the Peace Lutheran Choir.**



**We would like to thank the little group of elves who took the time out of their busy schedules to decorate the Center. Thank you so much for making the Center so festive and putting all of us in the holiday mood!**

**Thank you to everyone that volunteered to assist with the Booster Shot Clinic. Our volunteers are always here when we need them and we appreciate it greatly!!**



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

St. Joseph – Lincoln  
Senior Service Center  
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This newsletter mailed @ St. Joseph Post Office on 12-29-21



**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** Pauline Fox  
**Vice President** Tim Kragt  
**Secretary** Patty Nordberg  
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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

**JANUARY ACTIVITIES**

5 Computer Class 3:00 pm-4:00 pm  
6 House of David 10:30 am  
11 Fresh Start: Renewing Your Sparkle 10:30 am  
12 Book Club 10:00 am  
13 Diabetes 10:00 am  
13 BINGO 1:00 pm  
14 Foot Clinic I - **BY APPOINTMENT ONLY**  
18 Estate Planning 10:00 am  
18 Movie 1:00 pm  
19 Computer Class 3:00 pm-4:00 pm  
20 Board Meeting 10:00 am  
21 Commodities - 9:00 am-11:00 am  
21 Peggy Hruska Hand Stamps 10:30 am-12:00 pm  
21 Cookies & Canvas 12:00-3:00 pm  
21 Foot Clinic II- **BY APPOINTMENT ONLY**  
26 Newsletter Mailing 9:00 am  
27 Planning for Healthcare Emergencies 10:00 am  
27 BINGO 1:00 pm

**INCOME TAX PREPARATION**



The AARP tax preparation is being suspended for this year at our Center. Unfortunately, due to a lack of volunteers interested in preparing tax returns, combined with ongoing COVID restrictions, the program will not be offered during the upcoming tax season. Persons seeking tax assistance for their 2021 return will need to make other arrangements. We are looking ahead with hopes that we will be able to offer this service again next year.