

# 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**



## CENTER CLOSING

When our newsletter went to print mid-January our Center was closed until at least January 31st due to the high degree of illness in our community. **Current services being offered are transportation for medical appointments and commodities. Foot Clinic and loan closet is available by appointment only.** When we do reopen there could be some changes, like signing up for activities that you would not have needed to do in the past and requesting masks be worn at all times while you are in the Center, not just when you can social distance. Whatever restrictions we have will be for the safety of our members and staff. When we do reopen, please remember to stay home if you aren't feeling well or if you have been exposed to anyone with COVID. Please call us with any questions. We look forward to welcoming everyone back soon!

## WOOD SHOP NEEDS TOOLS & VOLUNTEERS

When the Center reopens take a look at the Bulletin Board by the Gym entrance which displays pictures and prices of the new equipment we would like to purchase. Please consider making a monetary donation designated to our Wood Shop or to sponsor one of these tools or machines, simply make a donation at the front desk and designate which machine or tool you are sponsoring. We are looking for donations of tools in good condition. Many of us have used tools at home that are no longer being used. We need clamps, screwdrivers, tape measurers, Hex key sets, hand saws, wrenches, and socket sets. Pliers, tin snips, carving tools, chisel sets, files, rasps, hammers and mallets. Hand planes, adjustable spokeshaves, knives, scissors, pencils, markers, compass, engineer squares, and rulers. Moisture meters, sand paper all grades, sharpening tools, safety glasses, hearing protection and much more. If you have any of these tools or others you would like to donate please bring them to the Center when we reopen. If the items are large or you have more than a few, please call and leave your name, address and telephone number. Rick Freridge can contact you and schedule a pick up. Please understand that if we receive more of a specific tool than needed, we have the right to sell the tools to raise monies to support the Wood Shop.

If you are interested in helping out in preparing the Wood Shop, give us your name and phone number and someone will contact you. We are hopeful that we will have the final plans drafted and ready to go in a few weeks and be able to start construction soon.



## PAULINE'S POST

Oh, the wonderful month of February! It is the shortest month of the year. It is a month closer to spring. It is the month of the Super Bowl. But best of all, it has the day we celebrate LOVE: Valentine's Day!

"Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at it's destination full of hope." - Maya Angelou

I am not talking just about romantic love but love between friends and family. It is hard to express the depth of my love for my friends at the Senior Center. This place has become my second family.

Friendship and family ties need to be nurtured to remain strong. Keep in contact even if it is a telephone call, text or a note. Efforts on your part will convey that you care.


"Lots of people want to ride with you in a limo, but what you want is someone who will take the bus with you when the limo breaks down."—Oprah Winfrey

You can be that friend that cares no matter the situation. You can build up other's self esteem.

One week in January, I asked several members to write down: "What I love about the St. Joseph Lincoln Senior Center." Below are a few of the responses.

Cheryl R.— "I love the camaraderie of all the members, the respect and love the staff shows to each member and makes each one feel valuable in their eyes."

Merry F.— "This place is THE BEST. Many exercise classes with wonderful instructors. A great Circuit Training Room. But the people are what makes it all happen."



Margie H.— "Everyone is friendly and loving. We get to get out of our home and get together with people. It's very stressful when we can't come. God bless you all for being so kind."

It was hard choosing only three quotes. They all showed love toward our Senior Center. Look for all the quotes to be posted on the bulletin board in the main entrance.

Make a personal goal to show love and kindness this month. Some suggestions:

Do a random act of kindness.

1. Reach out to a family member that you haven't seen for awhile.
2. Take a meal or treats to a neighbor.
3. Be generous with your time and/or money.
4. Send a few Valentine cards. They will be greatly appreciated.

I wish everyone a very Happy Valentine's Day!

Pauline Fox  
SJLSC Board of Directors President



WE  
LOVE  
OUR  
SENIORS!

## CONSISTENT MONTHLY PROGRAMS

### COMPUTER CLASS

Wednesday, February 2nd, 3:00-4:00 pm

Wednesday, February 16th, 3:00-4:00 pm

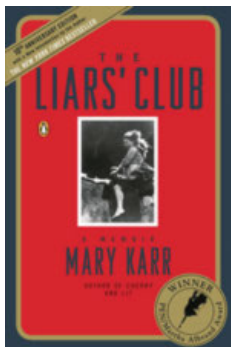


Saint Joseph High School Key Club members will be here to teach our seniors computer skills. On February 2nd you will learn more about your cell phone and all that they have to offer and on

February 16th 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.

### BOOK CLUB

Wednesday, February 9th, 10:00 am



The Liars' Club by author Mary Karr is the chosen book for the month of February. The Book Club will be discussing this book and the group leader will be Barb Dorow. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

### FOOT CLINICS

By Appointment Only

Thursday, February 17th

Thursday, February 24th

**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.

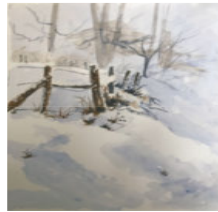


### COOKIES & CANVAS

Friday, February 18th, 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 February is Winter Fence Post. Remember, if you sign up for this class and you cancel or don't show, your money will not be refunded



### 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.



### ATTENTION MEMBERS!

Please take a moment and update your contact 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. We do receive newsletters back because someone has moved and not let us know. We do get charged for each newsletter that is returned to us, so please help us to cut unnecessary expenses. It is also important for us to have your current emergency contact information, so if that has changed, please let us know. Thank you!

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



# TRIPS

**IF OUR CENTER IS CLOSED AND YOU WOULD LIKE TO SIGN UP FOR A TRIP, PLEASE  
SEND IN YOUR CHECK.**

## 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.

**ACTIVE ACTIVITY**



## MURDER MYSTERY LUNCHEON

**Thursday, July 7th**

**\$126 per person**

**Payable in full at sign up**

Join us for a seven course luncheon and a murder at the upscale Henderson Castle in Kalamazoo. This event should attract guests who love a good mystery. This murder mystery features characters and original plots set in the 1920s and 30s. To get the most out of your experience we highly encourage you to dress for the time period - although it's not required. You'll spend your day socializing and deciphering clues with a private group. To outsiders, the event may seem nothing more than a glitzy dinner party, but you'll know better. You may even be the murderer and not know it. A tour of the castle will also be available to those who are able to climb stairs to the third floor and a tour of the grounds and gardens. Trip includes round trip transportation on Cardinal Bus, seven course luncheon with hors d'oeuvres, dessert and non-alcoholic beverages, Murder Mystery Show, taxes and gratuities.

**NEW TRIP - MODERATE ACTIVITY**



**TICKETS STILL AVAILABLE**

**THE BEAUTY AND THE BEAST - THE BARNES AT  
NAPPANEE SHIPSHEWANA**

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

**WAIT LIST ONLY**

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

**Departs Sunday, June 19th**

**\$75 deposit at sign up**

**THE KING AND I**

**Wednesday, April 27th**

**\$111 per person**

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. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.



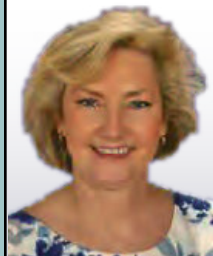


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### DONATION OPPORTUNITIES

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\*\*\*

**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.

**WOOD SHOP** - Please consider making a donation designated to our Center Wood Shop. We need monetary donations and a large variety of tools. You can stop at the front desk and make your specific donation. Thank you in advance!

### 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.

### LOOKING FOR CRAFTERS



Are you someone who loves crafts and would like to share your craft with others? Are you wanting to learn a new craft? We are looking for new crafters to

share their skills here at the Center. If you would be interested in doing this, please stop by and see Jennifer.

### MOVIES AT THE CENTER!

**Monday, February 14th, 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.





## RECURRING SCHEDULE

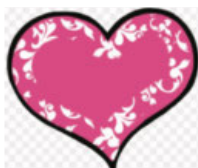
### MONDAYS

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 Pickleball  
12:00 pm - Parkinson's Exercise

#### **REGISTRATION REQUIRED**

1:00 pm - Euchre  
1:00 pm - Sit & Share-Parkinson's Support Group

#### **FEBRUARY 18TH**

**\*\*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

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



**We would like to say THANK YOU to everyone who volunteered here at the Center in the month of January. We could not do what we do without YOU!**

## LATE BLOOMING LANDSCAPERS



We know it is only February, but we are already thinking spring and so is our amazing group of volunteers who maintain our property. If you are interested in volunteering a few hours a week to assist this group through the fall, please give us your name and phone number and a leader from the Late Blooming Landscapers will contact you.



## SIT & SHARE - CLASS FOR PARKINSONS

Friday, February 18th, 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

Tired of all that 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. If you would like to take care of this yourself, we have information here at the Center on how to do it. Please remember that it can take several months before you may 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.



## TRANSPORTATION DRIVERS NEEDED



We are in need of transportation drivers. If you are searching for something to do this is a great way to give back to your community. Many of our drivers are snowbirds and head south for the winter months, so we are a bit short on drivers right now. We would only need you to drive 1-2 times a month. You do not need a chauffeur's license but all drivers will be subject to a background check. If this is something you think you'd be interested in doing, please call and ask for Jennifer.

## SCRABBLE ANYONE?



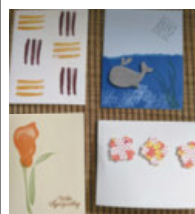
If you would be interested in playing the game of Scrabble, please call the Center and let us know. We will get a list of those interested and keep you posted.

## HAND STAMPED CARD MAKING

Friday, February 18th, 10:30 am-12:00 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.



## CRIBBAGE AND PINOCHE



Would you like to play Cribbage or Pinochle, but you don't know how? Now is a great time to learn a new hobby and we have just the teacher for you. Please call the Center to let us know.

## BINGO

Thursday, February 10th, 1:00 pm \$1

Thursday, February 24th, 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.



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15-0754

## 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!

## FUN FACTS ABOUT VALENTINE'S DAY

Did you know that:

1. St. Valentine wasn't just one person? There are at least two men named Valentine who could have inspired the holiday, including one Valentine who was a priest in third century Rome.
2. In the 1300's, it officially became a holiday associated with love. It wasn't until the middle ages, though, the holiday became associated with love and romance.
3. Cupid has its roots in Greek mythology. The figure can actually be traced all the way back to 700 B.C., to the Greek god of love named Eros, who was a handsome immortal man with the intimidating power to make people fall in love.
4. The first valentine was sent in the 15th century. The oldest record of a valentine being sent was a poem written by a French medieval duke named Charles to his wife in 1415. One of the lines in the poem? *"I am already sick of love, My very gentle Valentine."*
5. It was in the 1840s that the first Valentine's Day card was mass-produced in the U.S., sold by Esther A. Howland, also known as the "Mother of the American Valentine."
6. Today, Americans spend a lot on love. Americans spent over \$20 billion on Valentine's Day gifts in 2019! The average spent on Valentine's Day is \$196.
7. Furry friends need love, too, with around 27.6 million American households that gave Valentine's Day presents to their pet dogs in 2020.

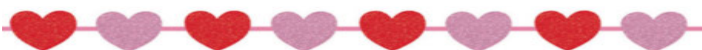


## AT HOME ACTIVITIES

There is a lot of activities you can do here at our Center during the upcoming chilly months, but for the times you can't get out of the house and the long weekends, try to keep yourself busy. The cold weather may feel like it will never be over, but keeping your mind active can help make that time move faster. The winter weather can keep many senior citizens indoors so if you're feeling the isolation that this time of year often brings consider some of the things below to get you through the colder months and looking forward to spring. Don't get in a rut this winter, have a goal every day and follow through with it. Do some of the things now, so when the sun is shining you can be outside. Here is a list of ideas:

- \* Get crafty. Wreaths aren't just for Christmas!
- \* Cook something new. Dig out that recipe book or watch a cooking show.
- \* Letter writing. Who doesn't like to receive a letter in the mail. Brush up on your calligraphy skills!
- \* Join a book club! If you are computer savvy, there are many online book clubs you can join.
- \* Have a weekly coffee club morning video call with your friends.
- \* Board games! Order a new board game to play with your family or friends.
- \* Spring clean - ahead of time! If you didn't make it to that closet or under the stairs during lockdown, there's still time. Remember when trying to decide to keep it or toss it, ask yourself: "does it spark joy?"
- \* Have a green thumb? Garden indoors! You can start your own windowsill herb garden. There are kits you can buy, and with some of those new recipes, you can use herbs from your very own garden!
- \* Clean out that junk drawer where everything seems to end up.
- \* Have a room that could use a fresh coat of paint? Why not do it now so when spring rolls around you can be outside enjoying the fresh spring air!
- \* Expand your mind and download or pick up a classic book you've been meaning to read.

Take advantage of the cold months so when the warm ones roll around, you can be outside!





## SJLSC LIBRARY



Check out our library! 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 in the parking lot. Be careful when walking in the parking lot and on the sidewalks. We clear these areas first thing in the morning, but they might accumulate snow or ice as the day goes on. 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,  
February 23rd at 9:00 am

### NEW FITNESS EQUIPMENT



Have you checked out the new fitness equipment in the Circuit Training Room? Due to some generous donors we have recently added a rowing machine and a new bicep/tricep machine to our facility. In a few weeks we are also expecting delivery of a cross trainer. All of these new pieces of fitness equipment were made possible because of generous donations from our members. Thank you so much for assisting us in providing quality fitness equipment to the Center! If you have never been to our Circuit Training Room, it is time for you to check it out. You will need to go through an orientation with a Monitor and then you will be on your way to getting fit in the new year!

### LOAN CLOSET



Currently we are not accepting donations of loan equipment because we have an abundance at this time. We have walkers, wheelchairs, shower benches, toilet seat risers, and bedside commodes. We can loan equipment to you for two months. Because of the surplus of loan equipment in our Loan Closet at this time, should you wish to purchase anything you may do so.

### CIRCUIT TRAINING ROOM

We wanted to let you know that on February 18th the Circuit Training Room will not be open for use until 10:30 am. Please plan to do your workout at another time on this Friday. Thank you in advance for your cooperation!

### ONLINE EXERCISE VIDEOS

Don't forget, if the weather keeps you from coming to the Center, you can always keep up with your exercise program with our exercise videos online.

- \* 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 our exercise videos





## ALTERNATIVES TO PAIN MEDICATIONS

**Tuesday, February 1st, 10:30 am**



Join us for a wonderful presentation on Pain Management and Alternatives. Discussion will include alternatives that exist outside the realm of conventional medical practices. Participants will be entered into a gift card raffle and snacks will be provided to all who attend this talk. Kerri Teachout, Certified Prevention Consultant with Area Agency on Aging, will be presenting. Please sign up if you'd like to attend.

## HISTORY OF VALENTINE'S DAY

**Monday, February 14th, 10:30 am**



Connie Yore will be here to present a program on Valentine's Day. This will include its history, many examples of Valentine's Day cards and collectibles from the late 1800s through the war years up until the mid 1900s. This is sure to take you back to grade school days and those colorful boxes we all made for our Valentine's Day cards. Please sign up to attend this program.

## GROWING AND BLOOMING ORCHIDS



**Thursday, February 17th, 10:30 am**

John Bannow is a master gardener. He has been growing and blooming orchids for over 25 years and is also a member of Michiana Orchid Society. Join us as John talks about his love of orchids and shares his knowledge on how to grow and care for these beauties. Remember to sign up to attend this class.

## LONG TERM CARE

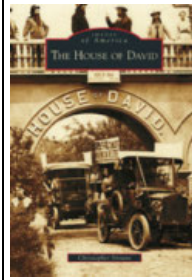
**Tuesday, February 22nd, 10:30 am**

Becky Young, Financial Advisor at Edward Jones, will present strategies for long term care designed to help guard valuable assets and protect post-retirement income. She will discuss the impact of longevity, withdrawal strategies, anticipating rising costs, reviewing insurance/LTC protection, and healthcare cost concerns. If you'd like to attend, please sign up.



## HISTORY OF THE HOUSE OF DAVID

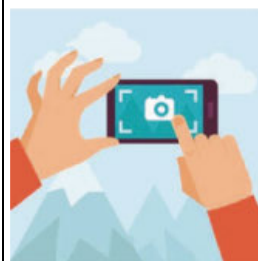
**Monday, February 28th, 10:30 am**



Chris Siriano will be here to shed light on the fascinating story of the religious colony founded in Benton Harbor in 1903. 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. This is a rescheduled program from January, so you will need to sign up again, even if you signed up before, so we will know how many people will be attending.

## PHOTO EDITING

**Monday, March 7th, 10:00 am**



If you want to learn how to save and improve your camera images to your computer, please join us. Members of the Twin City Camera Club will be here to instruct you how to save, edit and print images using Photoshop. For cell phones we will review the app called Snapseed to edit images on your phone. We will also review the free Faststone image reviewer for organizing your images on the computer. Please bring 3-4 images on a USB drive. Please remember to sign up to attend this class.

## VETERANS Q & A

**Tuesday, March 15th, 9:00 am-11:00 am**



If you are a Veteran and you have questions, we'd like to help with the answers. Maureen Adams from Veteran Services will be here to answer questions and provide the latest information for all of our Veterans. No need to sign up for this program.

**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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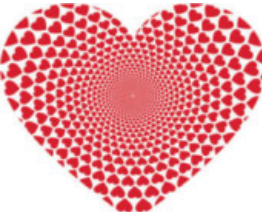


**Menu Is Subject To Change  
Without Notice**  
**Lunch is served at 11:45 a.m.**  
**Arrive 10 minutes early**

**FEBRUARY 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>1 Chinese New Year</b> Sweet/sour pork Rice Oriental vegg. Peas Applesauce	<b>2</b> Carolina pulled pork Basil tomatoes California vegg. Bun Applesauce	<b>3</b> Porcupine meatballs Noodles Mixed vegg. Roll Mixed fruit	<b>4</b> Salmon burger Confetti rice Winter blend vegg. WW roll Citrus mix
<b>7</b> Turkey chili Roasted red potatoes Coleslaw Crackers Pineapple	<b>8</b> Ravioli w/marinara Side salad Tuscan veggies Breadstick Fruit yogurt	<b>9</b> Chicken rice cass. Basil tomatoes Sugar snap beans Pears	<b>10</b> Salisbury steak Mashed potatoes Gravy Creamed peas WW bread Oranges	<b>11</b> Philly cheesesteak Sweet peppers/onions SW veggie blend WW steak bun Mixed fruit
<b>14 Valentine's Day</b> Chicken cordon bleu Roasted potatoes Creamed peas Roll Heart cookies	<b>15</b> Stuffed peppers Onions/mushrooms Rice Stewed tomatoes Cornbread Banana pudding	<b>16</b> Beef stew Green beans Rye bread Applesauce	<b>17</b> BBQ chicken Normandy blend vegg. Salad Roll Baked apple slices	<b>18</b> Western goulash Carrot coins Seasoned spinach Biscuit Apricots & peaches
<b>21</b> Fish fillet sandwich Creamed corn Spring blend Bun Orange	<b>22</b> Chicken potato bowl Carrots, squash Mixed green salad Cherry crumble	<b>23</b> Meatball sub Shredded cheese Coleslaw Carrots Fruit cocktail	<b>24</b> Beef stroganoff Noodles Steamed broccoli Baked tomato Citrus mix	<b>25</b> Herbed pork chop Mashed potatoes Gravy Steamed carrots Biscuit Jello & fruit
<b>28</b> Chicken fajitas Black beans Mexican rice Tortilla Fruit jello w/bananas				
			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 snacks:**

**Mary Sundblad, Adolf Pelzer, Deb & John Terry, Dorothy Hora, John Schmidtman, Robert and Janet Hahn, and Mary Jane Hiler.**

**To everyone who donates other items that benefit the Center and Participants:** John Schmidtman, Sandra Kay's Bakery, Rick Freridge, Art Wagner, Robert and Janet Hahn, Ken McKeown, Celina Bevelhymer, and Jim & Claudia Figlia.

**MONETARY DONATIONS:**

- \* All the anonymous transportation riders along with Barb Findley for Donations to our Transportation Program.
- \* Dr. Kathleen Andries, Anonymous, Judith Stanton, S.E. Conybeare, and Phyllis Herod made a Donation to our General Building Fund.
- \* Larry & Karen Coffey, Louis Rodger & Madelyn Huelsberg, John Hewitt and Highcliffe Terrace Garden Club made a Donation to the Brick Fundraiser.
- \* Jerry Hanes made a Donation for the Purchase of the Property Bordering our Center.
- \* Tyler Flora made a Donation to the Circuit Training Program for a Cross Trainer Fitness Machine.
- \* Wayne & Jan Koebel, Werner & Fay Pressnitz, Gordon Dill, John Bannow, Anne Odden, and Fran Billingham made a Donation for Shades in the Gym.
- \* Charles & Lorraine Jespersen, Clover Lee Wolford, Thomas & Claren Schweitzer, Carol Syles, Greg Powell & Victoria Born, and Johannes Willer made a Donation to the Wood Shop.
- \* Pat Nordberg made a Donation to the Walking Trail.
- \* Adolph Pelzer made a Donation for Trainer Fees for the Exercise Classes and Resurfacing the Gym Floor.
- \* Celina Bevelhymer made a Donation to Friendship Garden.
- \* Gayla Kerby, Linnea Todd and May Bucher made a Donation to the Bakeless Bake Sale.
- \* Ken Schneider made a Donation of a Lowe's Gift Card.
- \* Ann Lannert made a Donation for Postage.
- \* Jeffrey & C. Lynn Porritt and Susan Nelson made a Donation in Memory of Dr. John (Jack) Porritt.
- \* Dorothy Thar made a Donation to the Bakeless Bake Sale in Memory of Arden Pridgeon, Jack Porritt, and Judy Whittier.
- \* Sharon Greenhaw, Carole Hughes, John Swindle and Jeff Swindle made a Donation in Memory of Pauline (Polly) Mohascek-White.
- \* Mary Sundblad made a Donation in Memory of Bill Carney and Dee Hunter.

**Many thanks to Indiana Michigan Power for donating LED light bulbs that we distributed to our seniors.**

**Special thanks to Celina Bevelhymer for brightening up our Center all year with beautiful flower arrangements and wreaths.**

**Thank you to Maureen Olofsson for making videos for the our Center.**

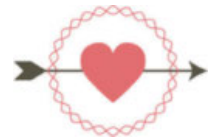


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**Serving the Community Since 1975**

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.

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**Vice President** Tim Kragt  
**Secretary** Patty Nordberg  
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**Building Custodian** Tai Huynh  
**Senior Nutrition Manager** Suzy Polega 269-921-0136

**AND ALL OUR WONDERFUL VOLUNTEERS!**

**Helpful Service Numbers**

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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

**FEBRUARY ACTIVITIES**

1 Alternatives To Pain Medications 10:30 am  
2 Computer Class 3:00 pm-4:00 pm  
9 Book Club 10:00 am  
10 BINGO 1:00 pm  
14 History of Valentine's Day 10:30 am  
14 Movie 1:00 pm  
16 Computer Class 3:00 pm-4:00 pm  
17 Board Meeting 10:00 am  
17 Growing & Blooming Orchids 10:30 am  
17 Foot Clinic I - **BY APPOINTMENT ONLY**  
18 Commodities - 9:00 am-11:00 am  
18 Hand Stamps 10:30 am-12:00 pm  
18 Cookies & Canvas 12:00 pm-3:00 pm  
22 Long Term Care 10:30 am  
23 Newsletter Mailing 9:00 am  
24 Foot Clinic II- **BY APPOINTMENT ONLY**  
24 BINGO 1:00 pm  
28 House of David 10:30 am



**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.