

# 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)**

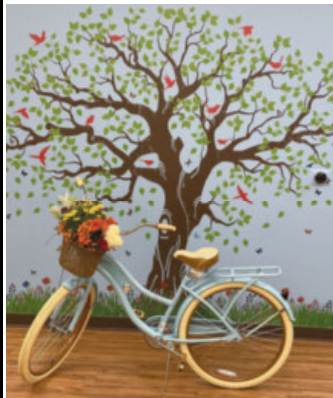
**HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM**



We will welcome spring on March 20th and look forward to the longer days, extra daylight, warmer weather, flowers blooming, open windows, birds chirping and maybe even spring cleaning. Don't forget about our wonderful outdoor facility, the Priscilla Upton Byrns Walking Trail and Gardens and the Betty Kohn Outdoor Fitness Zone. They are just waiting for you to come and enjoy some fresh air, exercise, socialize with some old friends or make some new ones. When you are enjoying this refreshing area, take a look at the brick pavers by the flag pole area and consider having a brick engraved in honor of that special someone. Enjoy this wonderful time of year by getting out of the house, enjoying the people you haven't seen over the winter, and taking in the beauty of the season!



## BIKE FUNDRAISER



This beautiful bike was a donation from Claudia Figlia. It is a Huffy 26-inch Nel Lusso Women's Cruiser Bike. It is equipped with basket, rear rack, a smartphone holder and a beverage cup holder. With the warm weather approaching, wouldn't you just love to be tooling about town on this? We are going to have a silent auction for this beautiful bike at the Center and all proceeds will go to the Quilting Group/Stitch & Chat Group. These lovely ladies from these two groups make a quilt for us every year and many beautiful items which we sell all yearlong with the proceeds going to the Center. The silent auction will end on May 6th at noon. The bike is on display if you'd like to see it. What a great gift for that special lady in your life, or maybe for yourself!



## PURSE FUNDRAISER



We will be having a purse fundraiser. These purses were a donation made by Carol Small. Some of the brands are Liz Claiborne, Brighton, Vera Bradley, Coach, Whiting & Davis, Mark Cross, Ellen Tracy, Dooney & Bourke, Banana Republic, and many more. All of these purses are in excellent condition and would make a great Mother's Day gift for yourself or a loved one. This fundraiser will go until May 6th at noon. The proceeds will benefit the Center.



## PAULINE'S POST

The month of February is gone. In last month's newsletter, there was a list of ways you could express love and kindness to others. By following the goals, I received as much joy as the recipients of Valentine's Day cards and other means of contacts.

Now this month marches in! We will welcome spring, although in Michigan we may not experience many spring-like days this month. Also, many celebrate St. Patrick's Day. It is a day to see the wearing of the green, eating corn beef and cabbage and the return of green beer. It is a day where the phrase "Luck of the Irish" is spoken. The word lucky is a word I associate with St. Patrick's Day.

We here at the Center are indeed **LUCKY!** The Staff and members are kind and caring. We have members that have been very generous in supporting the Center with their time and/or monetary contributions. In the next few months, you will see many opportunities to participate in numerous fundraisers.

Consider the following fundraising opportunities:

- ♦ Silent auction for a woman's bicycle
- ♦ Wood Shop tool sponsor or donate a tool
- ♦ Raised planters (I have two built by the Center's volunteers. Love them!)
- ♦ Silent auction for donated purses
- ♦ 50/50 raffle



The Center has been very busy. From November 1, 2021 through January 31, 2022, we have gained 173 new members. Donations were received to pay for three new pieces of equipment in the Circuit Training Room. We received a grant toward the development of a Wood Shop. Fundraising for this project is in progress. See Rick's update about the project in the newsletter. You can find this on page three.

The sale of the property south of the Walking Trail is progressing. It is projected to close on or before the end of May 2022. New shades were installed in the gym's skylights to reduce glare. Other building projects include resurfacing of the gym and bathroom floors.

Again, this Center is very **LUCKY!** You have a wonderful Staff and Board Members that are dedicated to the Center's continuing growth.



**Many thanks to Pauline Fox for surveying our members regarding "What do you love about our Senior Center?" We had many great responses and the lucky winner was Kathy Andries. Kathy received a beautiful gift basket donated by Pauline.**





## CONSISTENT MONTHLY PROGRAMS

### COMPUTER CLASS

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

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



Saint Joseph High School Key Club members will be here to teach our seniors computer skills. On March 2nd you will learn more about cell phones and on March 16th the topic will

be Facebook. We will have these classes twice a month, so remember to sign up if you are interested in attending this program.



### BOOK CLUB

Wednesday, March 9th, 10:00 am



Instead of a book for the month of March, the Book Club will meet for a general discussion and at that time you will be able to pick up your book for the month of April.



### FOOT CLINICS

By Appointment Only

Thursday, March 17th

Thursday, March 31st



**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.

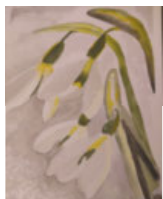


### COOKIES & CANVAS

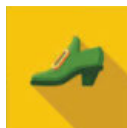
Friday, March 18th, 12:00 pm-3:00 pm

\$15 per person, payable at sign up

Make checks payable to Roy Hruska



The painting for the month of March is Snow Drops. Remember, if you sign up for this class and you cancel or don't show, your money will not be refunded.



### WOOD SHOP UPDATE

The Wood Shop plans are just about completed. We have met several times with Abonmarche Architect, Derk Wolkotten, and our final plan is under review. We started the removal of the old carpeting and when we get permission from the architect and engineers we will start removing the walls that need to come down. Electrical installation is being scheduled and the plan for the dust collection system is almost completed. We will also be meeting with representatives from different power tool manufacturers to inquire about getting a quantity discount. Fundraising is still a very important part of this project to make this dream come true, so please consider making a donation at the front desk to the Wood Shop Fund or sponsor a tool, which are displayed on the bulletin board by the Gym entrance. Let's build something! - Rick Freridge



### 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 and we get charged for each newsletter that is returned to us, so please help us to cut unnecessary expenses. Thank you!



### SMSO MAINSTAGE TICKETS

Southwest Michigan Symphony Orchestra is once again offering discounted tickets for seniors. The next date is Sunday, March 20th, 4:00 pm, Taking Flight, at the Howard Performing Arts Center. The SMSO spreads its wings for this collection of orchestral showstoppers. If you are interested, call the Center to be included on the list. Cut off date for this program is Tuesday, March 15th.



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



### STAR OF SAUGATUCK RIVER CRUISE

**Tuesday, July 19th**

**\$79 per person**

**Payable in full at sign up**

Enjoy the summer day viewing the beautiful town of Saugatuck on a 90-minute river cruise. Following the cruise you will have time to shop and dine on your own. We will stop at Crane's Pie Pantry for a slice of pie and coffee on the way home. Price includes boat ride, dessert and coffee and roundtrip motor coach transportation. Stop in soon to sign up!



**MODERATE ACTIVITY**

### SAUDER VILLAGE

**Thursday, August 11th**

**\$89 per person**

**Payable in full at sign up**

Come enjoy some fun in the past at Ohio's largest living history destination. Start the day with a Step On Tour guide who will take us through the town and village while we learn history from 1803 to the 1920s and experience everyday life from our shared past. Marvel at talented artisans and craftsman blending skills, and view hand-crafted items from the specialty shops. Explore working farms and gardens. Enjoy a train ride, unique demonstrations and fun activities. See the 1920s brought to life in over 15 downtown shops with gifts, toys, books, candy, home décor and fabric at the Candy Store, Gift Shop and General Store. Watch a silent film in the theatre, purchase a chocolate malt at the Soda Fountain and tour a historic fire station. A delicious home-style luncheon buffet will be provided at the Barn Restaurant. Trip includes roundtrip transportation, which will depart from Roger's parking lot at 7:30 am, returning at 7:30 pm. Stop in soon to sign up!



**ACTIVE ACTIVITY**

### TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, unless otherwise noted. We only accept cash or checks. Most trips fill quickly, but waiting lists are taken. In cases of cancellations, refunds, less a \$5.00 administrative fee are given, if a replacement can be found. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.

### MACKINAC ISLAND GRAND EXPERIENCE

**September 27th-30th**

**\$1,000 per person, double occupancy**

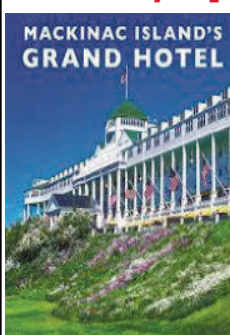
**\$975 per person, triple occupancy**

**\$1,250 per person, single occupancy**

**50% deposit at sign up**

**Trip balance due: August 15th**

**Mandatory trip meeting Sep. 12th 10:00 am**



This trip includes round trip motor coach and ferry transportation and a 3-night stay at The Grand Hotel with all taxes, fees and gratuities included. Enjoy a full breakfast each morning, tea and cookies each afternoon, a 4-course dinner each evening, special champagne reception, nightly demitasse, and dancing to the Grand Hotel Orchestra. You can also enjoy a Grand Hotel history lecture, a horse drawn carriage tour of the island, bocce, golf putting and chipping tournaments, bingo, self-guided walks, writing contests, movies, daily activities, evening entertainment & many more activities. There will be discounts on bicycle rental, golf, photos, and of course fudge! **Everyone must attend the trip meeting in September, so mark it on your calendar now!** Sign up soon, this trip will fill up fast!

**ACTIVE ACTIVITY**

### TICKETS STILL AVAILABLE

**All trips payable in full at sign up**

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

**Wednesday, May 4th**

**\$113 per person**

### CUBS VS. PADRES

**Thursday, June 16th**

**\$93 per person**

### MURDER MYSTERY LUNCHEON

**Thursday, July 7th**

**\$126 per person**



If interested, please call for more details.



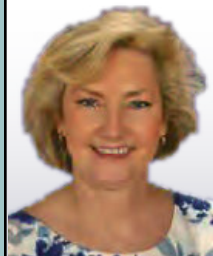


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### DONATION OPPORTUNITIES

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.

### **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!**

**March 17th, 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. Remember to sign up.



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

**BIKE RAFFLE** - This beautiful bike was donated by Claudia Figlia and the proceeds will go to the Quilting Group/Stitch & Chat group. We will have a silent auction until May 6th for this treasure. See front page for more details.

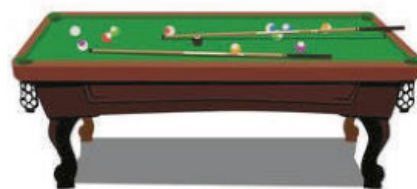
**BRICK SALE** - This is an opportunity for you to celebrate the life of someone by purchasing a brick to be placed on the walk around the flag poles. Remember a loved one who brought light to your life, a friend or your grandchildren. The purchase of a brick will forever honor or memorialize our loved 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.

**PURSE RAFFLE** - These pretty purses were donated by Carol Small and could be yours if you are the highest bidder during our silent auction. See front page for more details.

**RAISED GARDEN PLANTER** - These planters are a fundraising project to be split between the Friendship Garden Fund and the Wood Shop Fund. Order now for Spring delivery.

**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!

### **CALLING ALL POOL SHARKS!**



Do you like the game of pool? Do you want to just meet up with friends, maybe learn more about the game? If so, let us know. Contact the front desk so we can get your name on an interest list.





## 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  
1:00 pm - Euchre



### WEDNESDAYS

9:00 am - Resistive Exercise  
9:00 am - Computer Lab  
9:00 am - Greeting Card Making  
10:00 am - Calisthenics  
10:00 am - Pinochle  
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  
1:00 pm - Scrabble



### 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, & 5th 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

**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 if you'd like to meet to play.\*\***

## 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 have the best  
Volunteers at SJLSC! Our  
team of Volunteers makes  
our dream work!

## LATE BLOOMING LANDSCAPERS



Everyone is 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 contact information and a leader from the Late Blooming Landscapers will contact you.



## SIT & SHARE - CLASS FOR PARKINSONS

**Last Friday of each month at 1:00 pm**

This is 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.**



## DO YOU SHOP AT HARDING'S

If so, we need you to register. This is an easy way to generate some revenue for our Center. Signing up is easy:

- ♦ Visit [Hardings.com](http://Hardings.com) and click the "Savings & Rewards" tab.
- ♦ Click "Digital Coupons."
- ♦ Click the Green "Register Now" button and enter your information. Your eWallet is now created.
- ♦ Click "My Rewards" and choose St. Joseph Lincoln Senior Center to receive your donations.
- ♦ You will need to enter your phone number each time you shop at check out.

A percentage of your purchases comes back to the Center. Thank you for supporting us!

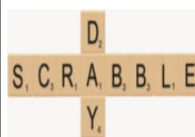
## TRANSPORTATION DRIVERS NEEDED



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 several 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 love the game of Scrabble you can now play this at the Center! Come in and join us on Wednesdays at 1:00 pm!

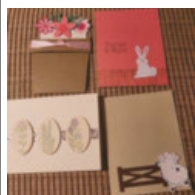
## HAND STAMPED CARD MAKING



**Friday, March 18th, 10:00 am-12:00 pm**

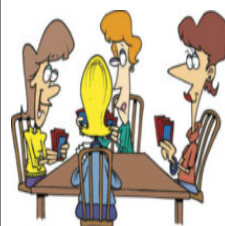
**\$12 per person, per class, payable at sign up**

**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? If you would be interested in learning either of these card games, please call the Center to let us know.

## BINGO

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

Thursday, March 24th, 1:00 pm

Thursday, March 31st, 1:00 pm \$1



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THE GYM UNTIL ROOM IS SET UP**







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When it comes to Veterans Benefits, many veterans and dependents don't know what they don't know. Nationwide, less than 10% of those eligible apply. Let us help to educate and navigate you thru the maze of what is available from discharge to death. Here are some of the many benefits:

★ Disability Compensation benefits for prior conditions, diseases or injuries that occurred in service or many years later as a result of service (e.g. Agent Orange Exposure, Camp Lejeune Contaminated Water, Post Traumatic Stress Disorder - combat or personal trauma) to name a few.

★ PTSD Counselors from the South Bend Vet Center who come to Berrien County twice a week.

★ Non-Service Connected Veterans Pension and Survivors Pension benefits (House Bound as well as Aid and Attendance) for low income veterans over age 65 or prior to age 65 that are disabled and have at least one day of wartime service (additional means tested restrictions apply).

★ Free transportation at designated stops for veterans enrolled in the VA Health Benefits Program to the VA Medical Center in Battle Creek and the VA Health Care Center in Mishawaka.

★ Financial assistance thru the Michigan Veterans Trust Fund for wartime veterans or peacetime veterans who earned an expeditionary medal (additional means tested restrictions apply).

★ Free financial coaching from an Accredited Financial Counselor and Financial Fitness Coach Counselor as well as ongoing Dave Ramsey's Financial Peace University Military Edition classes.



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## SPRING AHEAD - DAYLIGHT SAVINGS TIME



Spring is right around the corner, so it's that time again! Don't forget to set your clocks ahead one hour on Sunday, March 13th.



## STEELHEAD TRIATHLON

Thursday, June 23rd, 9:00 am-12:00 pm



Would you like to help out by packing goodie bags for the Triathlon athletes? If so, please call the Center to sign up. If you have any questions, please see Jennifer.



Did you know that we have a Garden Nook? This is a quiet and colorful spot that was put together by our Volunteers. It's located past the Gym and the Greeting Cards area. In the Garden Nook you will find all kinds of helpful information on gardening, birds, flowers, etc. It's a great spot to grab a seat and read up on the latest gardening advice, to learn what birds are in our area and what is best to feed them, and many other things. There are magazines and books that you are more than welcome to take home and return when you are done and a bulletin board with great information. Come and sit a spell!



## 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, call for a price.



## FUN FACTS ABOUT ST. PATRICK'S DAY



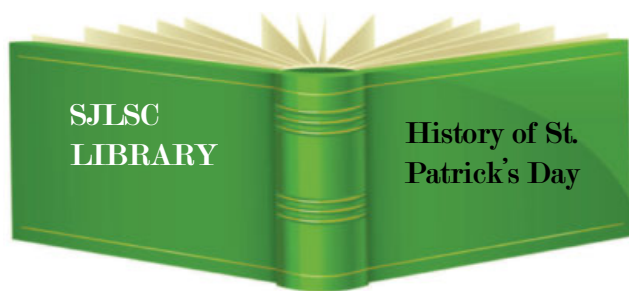
Did you know that:

- ♦ Chicago dyes its river green every single year and has been doing this since 1962? No worries. The dye is environmentally friendly and keeps the river green for 4-5 hours.
- ♦ St. Patrick's Day was originally **blue**! According to historians, during the Irish Rebellion of 1798, an uprising against British rule in Ireland, Irish soldiers wore full green uniforms on March 17th to make a political statement. As a result of this, the shift from blue to green happened.
- ♦ St. Patrick's Day used to be a dry holiday! Before millions of pints of Guinness were consumed it was a non-drinking religious day. Until the 1970s, Irish law prohibited pubs opening on March 17th as a mark of respect for this religious day.
- ♦ What's the most popular alcoholic drink on St. Patrick's Day? You guessed it, Guinness! Approximately 13 million pints of Guinness will be consumed worldwide. The average person will spend \$36.50 on Guinness and overall \$4.6 billion will be spent on St. Patrick's Day.
- ♦ Did you know that in the U.S. alone there are over 34.8 million residents with Irish ancestry? Just to put that in perspective, it is more than 7 times the population of Ireland!
- ♦ Did you know that the odds of finding a 4-leaf clover are about 1 in every 10,000? The 4-leaf clover is meant to represent hope, faith, love and luck. Although some will tell you that they represent fame, wealth, love and health.
- ♦ The very first St. Patrick's Day celebration in the United States was held in Boston in 1737.
- ♦ As you know, corned beef and cabbage are traditional foods eaten on this holiday. From the middle ages until sometime in the 19th century, the Irish were known for producing salted meats. The closest and cheapest thing the Irish could get their hands on in terms of cured meats was salt pork - meat that's similar to bacon. It was a staple for the Irish and could be found in almost every home.



*Happy St. Patrick's Day!*





Our library is the best! Did you know that our library has DVDs, fiction, non-fiction, biographies, large print books, and magazines? It's a great time to grab that book you've been meaning to read, or finally watch that movie that you didn't take the time to see. You can check out the books for a month and the DVDs for two weeks at the front desk.

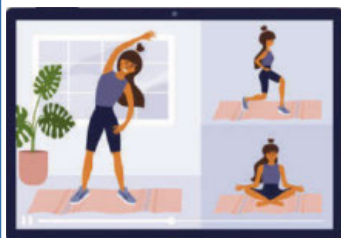
### SUGGESTIONS



We would like to hear from you! Is there a certain program or maybe a game you'd like to play here with your friends? 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!

### 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**



### NEWSLETTER MAILING VOLUNTEERS

This month's mailing is Wednesday,  
March 30th at 9:00 am

### THANKS A BUNCH!



We would like to extend a special thanks to our Transportation Drivers, Commodity Volunteers, Newsletter Mailing group and of course our loyal group of Volunteers who help out at the Center even when we aren't open to the public. These amazing people do a variety of tasks and we want you to know how very much it means to everyone at the Center. You make a difference in so many ways!

### 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 on 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.

### RECRUITING FOR CLARK

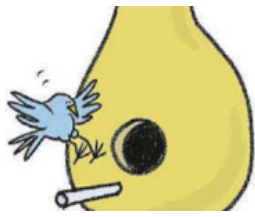
**Monday, March 21st, 10:30 am**

During WWII, the Clark Equipment Company had switched to wartime production, but the need for soldiers had produced a severe labor shortage in Buchanan. Everett Watson, a Clark employee, was sent South to recruit new employees. Join us as, local historian, John Urschel shares materials from the Everett Watson Collection in the Local History Room of the Buchanan District Library. Please sign up!



## BUILDING BIRDHOUSES

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



John Bannow has generously brought in 25 apple and pear gourds that he will teach people how to make into birdhouses. This will be a multistep process. If you'd

like to learn how to transform the gourds into a birdhouse you must:

- ⇒ Come to the Center and pick up a gourd. They will be dirty, so you'll need to clean them.
- ⇒ You will need to soak and scrub the gourd with detergent and water or diluted bleach and water. The gourd will then need to dry for 2-3 days.
- ⇒ Next, you will paint it with acrylic paint or leave natural, allow 2-3 days to dry.
- ⇒ Then apply two coats of polyurethane (clear sealant), allowing for 3-5 days in between each coat.

Then on Tuesday, March 22<sup>nd</sup>, at 10:30 am bring your gourd in to be cut and equipped with a hanger transforming the gourd into a birdhouse that will last 3-5 years. Remember to sign up!

## HISTORICAL FILMS FROM THE HOUSE OF DAVID

**Thursday, March 24th, 10:00 am**



The House of David in Benton Harbor recently discovered forty reels of historic film in their archives and had them digitized. A surprising amount of this early footage

is in full color. These rare and unseen films capture almost 50 years of history at the religious colony and in the Twin Cities. Mostly footage taken by members themselves, these remarkable movies chronicle the history of the House of David like no other source. Especially well documented is Eden Springs Amusement Park, a major Twentieth Century tourist attraction in the area operated by the House of David. This footage captures a bygone era and allows viewers to step back in history and see for themselves this important chapter in Twin Cities and Southwest Michigan history. Please sign up if you'd like to attend.

## FALL PREVENTION

**Monday, March 28th, 10:00 am**

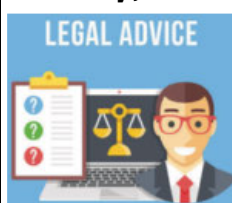


If you want to know everything you need to know about fall prevention you will want to attend this program. Rocco Pavese, Physical Therapy Assistant and Senior Fitness Specialist, will give a comprehensive

overview of all issues known to cause falls in the senior population. This open discussion will focus on what signs to be aware of related to fall risk, primary causes of falls in senior adults and how to fight back using fall reduction methods that work. Rocco has worked in the physical therapy field for over 20 years, and he has focused his professional time on senior adults. He also has been teaching resistive exercise class at the Saint Joseph Lincoln Senior Center for 18 years. He hopes to educate all attendees how to recognize the risks associated with falling, true causes of falls within the senior population and, most importantly, effective strategies to reduce their overall risk of falling. Please sign up!

## HEALTH CARE EMERGENCIES

**Tuesday, March 29th, 10:30 am**



What if you or a loved one has a health care emergency and becomes incapacitated, or memory loss creates issues or risks for you or your family?

Who will make decisions for you? Plan to attend this presentation by William Westerbeke, from Westerbeke Law Firm, PLLC, to learn about advance directives, patient advocate designations, HIPPA authorizations, and much more. Remember to sign up if you would like to attend.

## ESTATE PLANNING

**Tuesday, April 12th, 10:00 am**



Gwendolyn Powell Braswell, from Legacy Counsel Trusts & Estates Law, will be presenting estate planning with the latest legislation and bills that have passed and the impact they can have on planning your estate. Sign up please!

**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

**MARCH 2022**





**CALL 269-925-0137 TO SIGN UP  
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
When our newsletter went to print, we were not serving lunches. Please call the Center to verify that we are serving lunches once again.	<b>1 FAT TUESDAY</b> Mild gumbo Dirty rice Steamed greens Cookie	<b>2</b> Roast pork loin Mashed pots./gravy Steamed broccoli Rye bread Applesauce	<b>3</b> Stuffed green pepper Sliced carrots Pineapple Roll	<b>4</b> Vegetarian chili Corn Cucumber & onions Crackers Pears
<b>7</b> Mongolian beef & rice Oriental vegetables Peas Vanilla pudding w/fruit	<b>8</b> Roast turkey w/gravy Mashed potatoes Roasted winter vegs. Raisins	<b>9</b> Bratwurst on bun Potatoes O'Brien Coleslaw WW bun Citrus mix	<b>10</b> Sloppy Joes Creamed peas Carrot raisin salad WW hamburger bun Pineapple	<b>11</b> Cheese tortellini Tuscan blend Lettuce romaine Breadstick Baked apples
<b>14</b> Baked manicotti Steamed zucchini Carrots Breadstick Mixed fruit	<b>15</b> Chicken breast Mushroom gravy Rice Apple baked beans Roll Baked fruit crumble	<b>16</b> Pepper steak w/onions Asian vegetables Rice Fruit jello	<b>17 ST. PATRICK'S DAY</b> Corn beef & cabbage Red pots. & carrots Irish soda bread Irish fluff	<b>18</b> Salmon patty Creamed spinach Coleslaw Roll Applesauce
<b>21</b> Meatloaf Mashed potatoes Winter vegetables WW bread Apricots	<b>22</b> Meatball sub Shredded cheese Carrot salad Coleslaw Orange	<b>23</b> BBQ chicken Baked sweet potato Roasted cauliflower Cornbread Pineapple	<b>24</b> Liver & onions Mashed potatoes Green beans Roll Baked apple slices	<b>25</b> Vegetarian lasagna Side salad w/carrots Italian vegetables Breadstick Fruit/birthday cake
<b>28</b> Spaghetti w/meatballs Green salad Sautéed broccoli Breadstick Citrus mix	<b>29</b> Philly steak sandwich Potato wedges Coleslaw Steak bun Pears	<b>30</b> Salisbury steak Noodles Creamed peas Cornbread Fruit yogurt	<b>31</b> Chicken fajitas Black beans Lettuce & tomatoes Tortilla Mixed fruit	
			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:**

**John Schmidtman, Linda Mueller, Diana Post, Art Wagner, and Joe Ferrier.**

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

**Pauline Fox, Rick Freridge, Art Wagner, Len Casario, Celina Bevelhymer, Artis Bloom, Linda Lobik, Linda Mueller, Ken Schneider, Judy Neuman, Debbie & Eric Standen, Cathy Clem, Vickie Florin and Julianne Ososkie made a donation in memory of Roy Hoge.**

**To everyone who donated tools for our Wood Shop: Katherine & Harold Kasischke, Ken Baker, Len Casario, Dave Hilbink, May Sisson, and Tod Freehling.**

**To everyone who is supporting Friendship Garden & the Wood Shop by purchasing a Raised Planter: Harold & Sanda Krull.**

#### **MONETARY DONATIONS:**

- \* All the anonymous transportation riders for Donations to our Transportation Program.
- \* Pamela Hendrick, Karen Schiltz and Judith Schultz made a Donation to our General Building Fund.
- \* Matthew & Lise Williams made a Donation to the Brick Fundraiser.
- \* Pauline Fox and Ted Post made a Donation for the New Gym Floor.
- \* Jerry Hanes made a Donation for the Purchase of the Property Bordering our Center.
- \* Onalee Hartman, Pauline Fox, Carole Wier, Bob Appelget, Jerry & Carol Orlaske made a Donation to the Wood Shop.
- \* Veda Wright says Thank you for the Loan Closet.
- \* Cathy Eppard made a Donation to the Exercise Programs.
- \* Gordon Dill made a Donation for a Deluxe Pickleball Net.
- \* Erika Mauerman made a Donation in Memory of Dr. Jack Porritt to the Exercise Programs.
- \* John Porritt made a Donation in Memory and Honor of his Father, Dr. Jack Porritt.
- \* Amsted Industries made a Donation in Memory of Dr. Jack Porritt.
- \* Lise Williams made a Donation in Honor of her Father, Tim Kragt.
- \* Phyllis Herod made a Donation in Memory of Dee Hunter.
- \* June Rollinger made a Donation in Memory of North Lincoln School Teachers.

**Special thanks to Erika Mauerman for sharing all of your beautiful flower arrangements!**

**Thank you to Onalee Hartman, Sarah Rodgers, Shirley Miller and Cindi McLaughlin for taking part in the Harding's Community Rewards!**

**Many thanks to the Berrien County Health Department for supplying us with N95 masks to distribute to our members!**

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

**Many thanks to Claudia Figlia for the beautiful bike and Carol Small for all the beautiful purses for the silent auctions.**



**WISH LIST: Cookies, AA and AAA batteries, 3M strips (for 16 lbs. - pictures).**



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**Receptionist** Onalee Hartman  
**Staff Assistant** Sandy Draper  
**Building Custodian** Tai Huynh

**AND ALL OUR WONDERFUL VOLUNTEERS!**

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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

**MARCH ACTIVITIES**

2 Computer Class 3:00 pm  
7 Photo Editing 10:00 am  
9 Book Club 10:00 am  
10 BINGO 1:00 pm  
15 Veteran's Q & A 9:00 am-11:00 am  
16 Computer Class 3:00 pm  
17 Board Meeting 10:00 am  
17 Foot Clinic I - **BY APPOINTMENT ONLY**  
17 Movie 1:00 pm  
18 Commodities - 9:00 am-11:00 am  
18 Hand Stamped Cards 10:30 am-12:00 pm  
18 Cookies & Canvas 12:00 pm-3:00 pm  
21 Recruiting for Clark 10:30 am  
22 Building Birdhouses 10:30 am  
24 Historical Films from the House of David 10:00 am  
24 BINGO 1:00 pm  
28 Fall Prevention 10:00 am  
29 Health Care Emergency 10:30 am  
30 Newsletter Mailing 9:00 am  
31 Foot Clinic II- **BY APPOINTMENT ONLY**  
31 BINGO 1:00 pm



**RAISED PLANTERS**



Do you love to garden, but hate bending over to do it? Save your back and order 1 or more of our beautifully treated wood planters which will be delivered to your home! This is a fundraiser for the Wood Shop and Friendship Gardens. We have a variety of sizes available for raised planters and planters that can be at ground level. They are on display near the Wood Shop board, outside of the gym. This year you can get your garden growing in style!