

THE ANCHOR NEWS



**St. Joseph-Lincoln
Senior Service Center
3271 Lincoln Avenue
St. Joseph, MI 49085
(269) 429-7768**

**DIRECTOR@SJLSC.ORG
WWW.SJLSC.ORG**

HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM



QUILT RAFFLE



Our quilt this year is called "Maverick" and is on display and ready for a new home. We have many tickets to be sold, and for that to happen we need buyers and sellers. If you'd like to volunteer to sell tickets, please see Sharyl to sign up for a

time slot. Tickets are \$1 each or 6 for \$5, and a weekly winner will be drawn to receive 5 free tickets. Final drawing for this beautiful quilt will be at our annual picnic on August 26th. We would like to express a heartfelt thanks to the quilting ladies for this beautiful quilt made by your loving hands!

PAPA VINO'S FUNDRAISER

Papa Vinos

We are partnering with Papa Vinos from May 23rd-May 26th for a fundraising event. All you need to do, is go to Papa Vinos at 1332 Hilltop Road on these days and present them with a voucher, which is available at our Senior Center. We will make a percentage of your total bill, less tax and gratuity. You can even pick up a couple bottles of their amazing salad dressing when you are there and it will count towards your purchase. You have several ways to show your support and contribute to our Center.

- * Anyone may present a voucher or show it on their phone when they dine in or take out. Call Papa Vinos at 269-983-9900 to place a takeout order.
- * Here's the link to the family-style online pre-order (each order feeds 4-5 people): <https://www.papavinositaliankitchen.com/sjlsc.html>.
- * You can also add on a donation at the end of your order and our Center will receive 100% of these donations.
- * **Orders can be placed anytime from now until 4 pm the day of pick-up.**

We hope you will take this opportunity to enjoy some delicious food and support our Center. Please come to the Center and get vouchers to give to your entire family, neighbors and friends and everyone you know. Just think, you eliminate the time cooking for four days, lunch and dinner; doesn't that sound like a wonderful thing? We thank you in advance for your support!

PAULINE'S POST

As I write this, it is still the month of April. This newsletter will be available on April 27th. Our volunteers at the Center will be honored on Friday, April 29th.

As a member of the Board, I wish to thank every one of our volunteers. Your dedication to the Center is a valuable asset to the Center's operation and success.

Below is an alphabetical list of the top 25 volunteers according to the hours donated since we re-opened in late March 2021-March 2022.

Chris Bennett, Celina Bevelhymer, Len Casario, Jim Cox, Pauline Fox, Dolores Frantz, Rick Freridge, Jean Green, Marcia Hess, Bob Hopkins, Dennis Meadows, Susan Meadows, Jean Oatman, Tom Oatman, Susan Pagen, Judy Paruch, Fay Pressnitz, Jerry Radenbaugh, Jo Ann Scates, Vicki Thomas, Lynn Vince, Scott Vince, Art Wagner, Pam Wheeler and Christine Wright.

The list comes from the member entering their volunteer hours in the MySeniorCenter monitors. If anyone needs assistance in entering their hours, see a Staff member or a greeter at the front table.

Every month a list of needed assignments for volunteers is shown in the newsletter. Since warmer weather is approaching, help is needed for building improvements. See Sharyl to be included in a spring project.

Now for the merry month of May, it is a time to celebrate Mother's Day. This year it will be celebrated on Sunday, May 8th. For many of our members, it will be a time to enjoy fond memories of their deceased mothers. In researching facts for this special day, it is noted that many countries place a bouquet of white flowers on their deceased mother's graves.

Some fun facts from other countries traditions:

United Kingdom: Mother's Day is celebrated on the fourth Sunday of Lent, and is called Mothering Sunday.

Australia: Carnations and other flowers are given. Chrysanthemums are also a very popular choice because mothers there are called Mum! Aunts and grandmothers are also acknowledged with gifts.

Serbia: This country needs three days to fully acknowledge their mothers and the spirit of family. It takes place on three consecutive Sundays in December in a part of a series of holidays including Children's Day and Father's Day. On Children's Day, children are tied up with rope and must agree to behave before they are unbound. On Mother's Day, it is the moms turn to be tied up, where she remains until she supplies yummy treats and small gifts to her children. Finally, it is the father's turn. The dads are tied up until they give their families Christmas gifts. At that point, everyone feasts.

This is a special message to my mother, Vergie Wolfe (member/volunteer at Buchanan Senior Center).

Mother and Daughter

"It's a special bond that spans the years through laughter, worry, smiles and tears. A sense of trust that can't be broken, a depth of love sometimes unspoken. A life long friendship built on sharing, hugs and kisses, warmth and caring. Mother and Daughter, their hearts as one. A link that can never be undone." - Anonymous

Pauline Fox ~ SJLSC Board of Directors



CONSISTENT MONTHLY PROGRAMS

HAND STAMPED CARD MAKING

Friday, May 20th, 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 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.



COOKIES & CANVAS

Friday, May 20th, 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 May is Spring Flowers. All materials needed for this class are provided. Remember, if you sign up for this class and you cancel or don't show, your money will not be refunded.



BOOK CLUB

Wednesday, May 11th, 10:00 am



The book to be read for the month of May is Finding Me, by author Kathryn Cushman. Leading the discussion for this month will be Cheryl Schulte. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



COMPUTER CLASS

Wednesday, May 4th, 3:00-4:00 pm

Wednesday, May 18th, 3:00-4:00 pm

Saint Joseph High School Key Club members will be here on May 4th where you will learn more about apps. on your cell phones, computers, and tablets, and on May 18th the subject will be general computer knowledge. Please sign up to attend. This is the last month we will have the students until fall assisting our members with computer skills. We thank them for all their help and look forward to seeing them in September.



FOOT CLINICS

By Appointment Only

Friday, May 13th

Friday, May 20th



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.



BABY IT'S COLD INSIDE



With summer upon us, it is about to get a little bit warmer. 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 other rooms will be set at a comfortable temperature for most.

COMPUTER LAB

Wednesdays, 9:00 am-12:00 pm



Did you know that our Computer Lab is open on Wednesdays from 9:00 am-12:00 pm? Ralph Rumpf is here every Wednesday and can assist you with any questions you may have regarding cell phones, iPads, computer use, etc. No appointment is needed, just stop in with your questions and Ralph will be sure to help you!



If you would like an email reminder when the newsletter is online, please email us at assistant@sjlsc.org



TRIPS



BROADWAY GRAND RAPIDS COME FROM FAR AWAY



**Saturday, November 12th,
\$87 per person - payable at sign up**

Includes round trip motorcoach transportation to Broadway Grand Rapids, followed by an early dinner at Sundance Grill and Bar. The performance of Come From Far Away takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust.

NEW TRIP - MODERATE ACTIVITY

GILMORE CAR MUSEUM

**Tuesday, September 13th
\$66.00 per person**



Payable in full at sign up

Includes round trip motorcoach transportation, museum admission, step on tour guide, and lunch. Start the day with the museum's step on tour guide, joining the bus as they take us through the museum grounds, and then enjoy lunch at their authentic 1941 Blue Moon Diner. The day will end with a self-guided tour of the expansive exhibits, theatre, library, museum store, and more.

MODERATE ACTIVITY

NASHVILLE SHOW TRIP

**November 28th-December 2nd
\$875 per person, single occupancy
\$695 per person, double occupancy
\$675 per person, triple occupancy
\$75.00 deposit at sign up**



Trip balance due: 9/12/22 - Participants must sign COVID waiver when registering for trip.

This trip includes motorcoach transportation, 4 nights lodging in the Nashville area, 8 meals: 4 breakfasts and 4 dinners, 2 great shows at The Grand Ole Opry, Nashville Nightlife Dinner theater, guided tours of Nashville and Belle Meade Historic Site & Winery, admission to the Country Music Hall of Fame and Grand Ole Opry Behind the Scenes Tour, Madame Tussauds Wax Museum, Johnny Cash Museum and Patsy Cline Museum. Sign up soon!

Mandatory trip meeting is Tuesday, November 15th; mark it on your calendar. ACTIVE ACTIVITY

TICKETS STILL AVAILABLE

All trips payable in full at sign up

CUBS VS. PADRES



Thursday, June 16th - \$93 per person

You will travel by motorcoach to and from Chicago to watch the Chicago Cubs battle their nemesis, the San Diego Padres. Take advantage of this opportunity to see this game in the picturesque Wrigley Field.

ACTIVE ACTIVITY

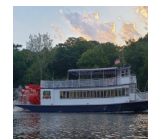


MURDER MYSTERY LUNCHEON

Thursday, July 7th - \$126 per person

Join us for a 7-course luncheon and a murder at the upscale Henderson Castle in Kalamazoo. This trip includes roundtrip transportation, lunch with hors d'oeuvres, dessert, and non-alcoholic beverages.

MODERATE ACTIVITY



STAR OF SAUGATUCK RIVER CRUISE

Tuesday, July 19th - \$79 per person

This is a 90-minute river cruise viewing the beautiful town of Saugatuck. Price includes boat ride, dessert and coffee at Crane's Pie Pantry and roundtrip motor coach transportation.

MODERATE ACTIVITY



SAUDER VILLAGE

Thursday, August 11th - \$89 per person

Come enjoy some fun in the past at Ohio's largest living history destination. Trip includes roundtrip transportation and a home-style luncheon buffet will be provided at the Barn Restaurant.

ACTIVE ACTIVITY



CALL FOR MORE DETAILS ON THESE TRIPS

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.

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.

MOVIES AT THE CENTER!

Friday, May 13th, 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.



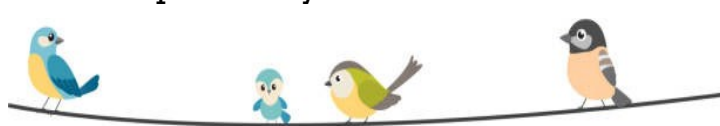
CURRENT FUNDRAISERS

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.

PAPA VINO'S - We are partnering with Papa VINO's for a fundraising event May 23rd-26th. Pick up a voucher from the Center and make a purchase at Papa VINO's and we will make a percentage of your total bill, less tax and gratuity. We thank you in advance for your support!

QUILT RAFFLE - This is a beautiful quilt made by our Quilting Group. The quilt will be raffled off at the Annual Senior Center Picnic with all proceeds going to the Center. Tickets are \$1 per ticket or 6 tickets for \$5.

WOOD SHOP - Please consider making a donation designated to our Wood Shop. We need monetary donations and a large variety of tools. You can stop at the front desk and make a specific donation for a tool or just a general donation to assist in the development of the Wood Shop. Thank you in advance!



JUST TAKE IT



SLOW

Please slow down in the parking lot and look out for others. It's important to take your time backing up, pulling out from a parking spot, and driving through the parking lot. The safety of our members is very important.

We are no longer requiring masks at our Senior Center, but we do encourage you to stay home if you aren't feeling well. We look forward to seeing some new faces and smiles!



RECURRING SCHEDULE

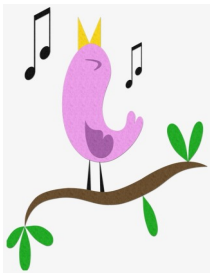
MONDAYS

- 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 - Hand & Foot Cards
- 1:15 pm - Beginning Line Dancing
- 1:30 pm - Exploring Art (Resumes)
- 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
- 12:30 pm - Bridge
- 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 - Mah Jong
- 1:00 pm - Pickleball
- 1:00 pm - Stitch & Chat
- 1:00 pm - Scrabble
- 1:15 pm - Dominoes

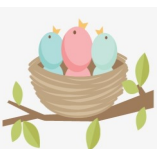


THURSDAYS

- 9:00 am - Resistive Exercise
- 10:00 am - Range of Motion
- 11:00 am - Tai Chi
- 12:30 pm - Beginner Pickleball **1st & 3rd week**
- 1:00 pm - BINGO **2nd & 4th week**
- 1:15 pm - Hand & Foot Cards

FRIDAYS

- 9:00 am - Chair Yoga
- 10:30 am - Beginner Pickleball
- 12:00 pm - Parkinson's Exercise



REGISTRATION REQUIRED

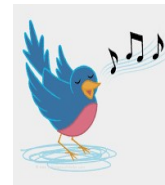
- 1:00 pm - Euchre
- 1:00 pm - Sit & Share-Parkinson's Support Group

LAST FRIDAY OF THE MONTH



WHAT WE HAVE TO OFFER

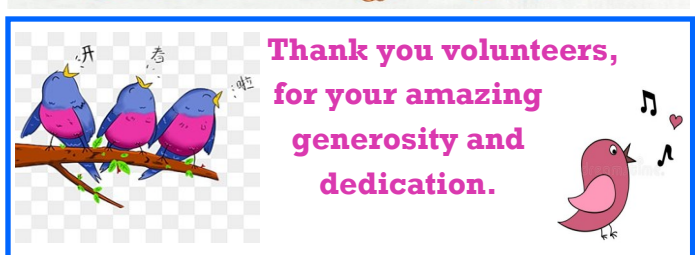
- ♦ Arts/Crafts
- ♦ Betty Kohn Outdoor Fitness Zone
- ♦ Cards/Games
- ♦ Circuit Training Room
- ♦ Commodity Distribution
- ♦ Computer Lab/Computer Classes
- ♦ Educational Programs
- ♦ Fitness Classes
- ♦ Foot Clinic
- ♦ Friendship Garden (Seasonal)
- ♦ Garden Nook
- ♦ Lending Library
- ♦ Loan Closet
- ♦ 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
- ♦ Video of Circuit Training Room equipment
- ♦ 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
- ⇒ Handymen or Handywomen
- ⇒ Newsletter Mailing
- ⇒ Plant Waterer
- ⇒ Transportation Drivers
- ⇒ Wood Shop Hosts



**Thank you volunteers,
for your amazing
generosity and
dedication.**





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 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.

If you need help signing up, please let us know and a staff member will assist you. A percentage of your purchases comes back to the Center. Thank you for supporting us!

WOOD SHOP UPDATE



With the major construction of the Wood Shop starting, we are looking to the summer months for volunteers to assist as "Hosts." Our Wood Shop Hosts would be volunteers who enjoy woodworking and

would like to share that passion with others. We are still working out many details, but what we know now is that we need 2 people in the Wood Shop at all times. Each Host would work a 4-hour shift and need the willingness to assist others in the craft. All members of our Wood Shop group will go through an orientation, including our Hosts so that everyone is aware of the proper use of all of our equipment. If you are interested, please leave your name and phone number at the front desk and we will contact you as we get closer to a date to meet with interested members. This new activity at our Center is going to be a wonderful addition to our services. Please consider assisting with this new program if you have the knowledge of woodworking and would like to help others learn. Thank you!

BRIDGE IS BACK!

We have a room available on Tuesdays at 12:30 pm for you to play bridge. Get a group of people together and enjoy the company and the skill of the game!



TRANSPORTATION DRIVERS NEEDED

We need you! At times we are short on transportation drivers. 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!



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.



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.



BINGO

Thursday, May 12th, 1:00 pm \$1
Thursday, May 26th, 1:00 pm



DO NOT ENTER THE GYM
UNTIL ROOM IS SET UP

PHOTO CONTEST



Starting May 16th entries for the Twin City Camera Club photo contest will be on display in the Gym hallway. Please take the time to enjoy these beautiful photos. Don't forget to cast your vote, one vote per person per category. Voting will end on Friday, June 3rd.

MEMORIAL DAY



"This nation will remain the land of the free only so long as it is the home of the brave." ~ Elmer Davis

The Board of Directors and Staff of SJLSC recognize all you have done for your country. It's because of your sacrifices that we can sleep soundly at night. Thank you will never be enough.

LOAN CLOSET



Due to many generous people, we are not accepting donations to the Loan Closet at this time. We do have wheelchairs, shower benches, toilet seat risers, and bedside commodes, which we can loan to you for two months. Because of the surplus of loan equipment in our Loan Closet at this time, if you would like to purchase anything you may do so. Call to inquire about prices.

PURSE SILENT AUCTION



We would like to express a heartfelt thank you to all that participated in the purse auction. Again, thank you Carol Small for your donations of these beautiful purses!

MEALS ON WHEELS IS BACK!

Starting May 2nd we will begin with lunches Monday thru Friday once again. Please welcome Bill Schiffbauer as our new Site Manager for Senior Nutrition. **To schedule a lunch, be sure to call two days in advance to 269-921-0136.** Please stop in and make Bill feel welcome!



"Mama was my greatest teacher, a teacher of compassion, love and fearlessness. If love is sweet as a flower, then my mother is that sweet flower of love."

~Stevie Wonder

The Board of Directors and Staff of SJLSC would like to wish all of you a very Happy Mother's Day. It is so wonderful to see all of you again and your beautiful smiles. May your Mother's Day be a day full of blessings and love!

FRIENDSHIP GARDEN



The Friendship Garden will soon be planted by our wonderful volunteers. Each year our volunteers plant veggies and herbs for

all of us to enjoy here at the Center. We do ask that you be respectful of what is grown in Friendship Garden and not help yourself. Our Friendship Garden volunteers will harvest the produce and bag the vegetables, which will be available at the Center.

WINNER OF BIKE



The winner of the beautiful bike donated by Claudia Figlia is Cheryl Houser! Congratulations! We would like to thank everyone for your support of this fundraiser.

50/50 WINNER

50/50 Raffle



Congratulations to Sandy Hafer for winning \$161 in our 50/50 raffle. We would like to take this opportunity to thank everyone that participated and wanted to let you know we will be having another 50/50 raffle in May, with the winner being drawn on May 27th at noon. I'm sure we could all agree that a little more cash is always nice!



We have an amazing library here at our Center. If you are looking for a great book to read or an interesting movie to watch you can find it here. We have a variety of DVDs, fiction, non-fiction, biographies, large print books, and magazines. Before long the weather will be warming up and who doesn't like to read a great book out in the sunshine? You can check out the books for a month and the DVDs for two weeks at the front desk. **Just a reminder that we are not accepting book donations at this time, and we are only accepting magazines that are not more than 4 months old.** Thank you so much!

SENIOR SOFTBALL



Senior Softball will start Thursday, April 28th, 1:00 pm-2:30 pm at Well's Field 2214 S. State Street (by old Jefferson School, now condos). Those who are interested will play every Thursday until fall. If weather is questionable, the Center will know by 11:00 am if it will be cancelled, so give us a call. If you'd like to join this fun group of people and have a great time, please let us know. You can sign up at the front desk.



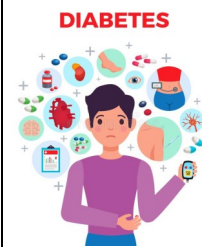
CAREGIVER FOR CENTER PLANTS



Do you love houseplants? If so, we need you! We have several plants throughout the Center that need attention. Currently staff members are tending to the plants, but we are so busy! We are looking for a volunteer who has knowledge on the care of houseplants and who will commit to coming into the Center once a week to water our plants. If this sounds like something you'd like to do, please contact Sharyl at the Center for more details.

DIABETES SERIES

Tuesday, May 3rd, 10:00 am - Diabetes Basics
Tuesday, May 10th, 10:00 am - Carb Counting/Meal Planning
Tuesday, May 17th, 10:00 am - Medications
Tuesday, May 24th, 10:00 am - Diabetes Complications



DIABETES Mike Rushlow, RN is a retired Certified Diabetes Educator offering a series of diabetes classes. Please remember that you must sign up to attend this series of classes.



THE UNINVITED GUEST

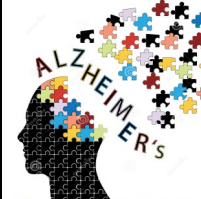
Thursday, May 5th, 10:30 am



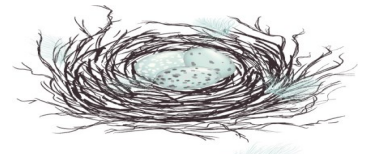
An Uninvited Guest has inhabited our world for the last few years and doesn't show signs of leaving anytime soon. This intruder has been called many names, COVID-19; the virus; Omnicrom; the pandemic; and probably some names not appropriate for this newsletter. How has this guest impacted your world? Please join Raelene Stickney, retired Social Worker, for a presentation/discussion. Sharing our stories can help us make meaning of our experiences and perhaps have a few laughs along the way. Please sign up to attend.

ALZHEIMER'S SUPPORT GROUP

Monday, May 9th, 10:30 am



Join us as Jeanne Merkel, MSW, Certified Alzheimer's Speaker will be here to lead an open discussion on Alzheimer's disease. Anyone who has a loved one with Alzheimer's needing education on this disease, or just support, is welcome to attend. This will be an open group to discuss the issues associated with the disease. Please remember to sign up to attend.



NEWSLETTER MAILING VOLUNTEERS

**This month's mailing is Wednesday,
May 25th at 9:00 am**

THE ST. JOSEPH SESQUICENTENNIAL QUILT PRESENTATION

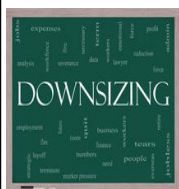
Monday, May 16th, 10:30 am

In 1984 the Berrien Towne & Country Quilt Guild was asked to make a quilt depicting old buildings for the St. Joseph's 150th birthday celebration. The quilt hung in the foyer of The Heritage Museum until the building burned to the ground in 1994. This is the story of the making of the quilt and how it survived from the rubble. Eileen Chapman is the Berrien Towne & Country Quilt Guild founder, owner of Eileen's Design Studio & Quilt Books, and author of 8 quilt books and designer of 50+ patterns. Please remember to sign up to attend this program. It's sure to be an interesting one!



DOWNSIZING

Wednesday, May 18th, 10:00 am



Kim Webb with Realty Executives Pro Brokers will answer all your questions.

⇒ Should I sell my home or buy a new home first?

⇒ What services are available to help with garage or estate sales?

⇒ Should I be concerned with capital gains tax?

⇒ The timeline needed to make it all happen?

⇒ How do I get started?

Come learn how to easily accomplish your dreams for the next phase of your life. Remember to sign up to attend.



THERAPY DOG PROGRAM

Thursday, June 2nd, 10:30 am



Janet Cooper, and her Pet Therapy Team, Journey and Ahvee, will be here to talk about the difference between Service Dogs, Therapy Dogs, and Emotional Support Animals. Journey is a 10-year-old Yellow Labrador Retriever and Ahvee is a 6-year-old Black Labrador

Retriever. Both Journey and Ahvee were trained for the first year of their life by an inmate in a Pennsylvania prison to become a service dog for Canine Partners for Life. This is sure to be an interesting program, so don't forget to sign up to attend.



LORY'S PLACE

Tuesday, June 7th, 10:00 am



Lory's Place

Stephanie Kohler-Pagan, Director of Bereavement and Lory's Place, will be here for a presentation.

Many people may not realize that Lory's Place was founded in memory

of Dr. Lory Tonske Schults who died at age 40 in a car accident. Lory's Place has a goal to provide both adults and children the support they need during their time of bereavement. Lory's Place is committed to reaching out to all grieving adults, children, and their families. To find out all that they have to offer, please join us and remember to sign up to attend.



SENIOR DEFENSE CLASS

Wednesday, June 15th, 10:30 am

Limited class size - sign up soon



Jill and Steven Phenegar, are certified professionals, and will be here to teach this specialized class. They are both certified in many areas, such as Counter Terrorism Instructor, NRA Basic Instructor, CPR/AED/

BLS/BBP American Red Cross, and many more. This is a 90-minute class designed for practical senior self defense. This seminar will teach how to detect threats through situational awareness and protect yourself if needed. You will also receive a 140 dB personal alarm. These seminars are constructed from Counter Terrorism, Police and Military tactics, and then tailored for active senior citizens. Please sign up to attend.



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

**Menu Is Subject To Change
Without Notice**
Lunch is served at 11:45 a.m.
Arrive 10 minutes early
MAY 2022

Meals are Funded in part by



CALL 269-925-0136 TO SIGN UP

**2 DAYS IN ADVANCE TO MAKE OR
CHANGE LUNCH RESERVATIONS**



Served in partnership with the Senior Center and Senior Nutrition Services, DBA Meals on Wheels of SW Michigan.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sweet & sour meatballs Noodles Veggie blend Rye bread Peaches	3 Ranch chicken cass. Red & green peppers Sauteed green beans WW bread	4 Cabbage roll w/meat Tomato sauce Corn Lima beans Rye bread Citrus mix	5 Meatloaf w/gravy Roasted potatoes Carrots WW bread Jello with fruit	6 Mother's Day Meal Chicken kiev Creamed peas Confetti rice Chocolate mousse Mandarin oranges
9 Chicken fajitas Peppers & onions Black beans & salsa Lettuce, tomato Cheese Mixed fruit	10 Salisbury steak Gravy Mashed potatoes Mixed vegetables Side salad/cornbread Pears	11 Polish sausage Potato salad Spinach Bun Oranges	12 Beef & broccoli/rice Carrot coins Asian side salad Pineapple	13 Chicken piccata pasta Spring blend Side salad Yogurt with fruit
16 Pulled pork sandwich Mixed bean salad Roasted pot. Wedges Bun/Applesauce	17 Baked ziti Italian blend Green salad Breadstick Citrus mix	18 French toast w/syrup Turkey sausage Breakfast potatoes Orange juice	19 Crispy fish Steamed beans Coleslaw WW bun Baked apple slices	20 Sloppy joes Mac & cheese Broccoli salad Bun Jello w/fruit
23 Shepherd's pie Veggies Steamed greens Roll Citrus mix	24 Tuna noodle cass. Coleslaw Sliced carrots WW bread 100% fruit juice	25 Boneless pork chop Gravy Mashed potatoes Summer squash Mixed fruit	26 Beef taco salad Black beans & salsa Shredded lettuce Tomato Tortilla chips Craisins	27 Memorial Day Meal BBQ chicken Baked beans Mac & cheese Cornbread Fruit Birthday cake
30 MEMORIAL DAY CENTER CLOSED 	31 Roast beef sandwich Creamed corn Green beans WW bun Pineapple			
			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:

Erika Lucius, Mike Roti, Deb Muhlhauser, Jane Jeffery, Alyse Bluver, Dolores Frantz, Margaret O'Neill, John Schmidtman, Ralph Rumpf, Celina Bevelhymmer, Jill Post, Judy Weage, Millie Carney, and Bill Klein.

To everyone who donates other items that benefit the Center and

Participants: Sandra Kay's Bakery, Judy Stelter, Alyse Bluver, Cathy Eppard, Erika Lucius, Jane Jeffery, Gayle Coon, Jill Post, Charlie & Celina Bevelhymmer, John Schmidtman, Larry O'Brian, Jerry Radenbaugh, Paddletek, Millie Carney, Judy Wench, Jim Cox and Fay & Werner Pressnitz.

To everyone who donated tools for our Wood Shop: Judy Stelter, Gil Rau, Nancy Bunker, Barb & Richard Findley, Diane Cronk, and Les Herrman, Jr.

To everyone who is supporting Friendship Garden & the Wood Shop by purchasing a Raised Planter:

Joyce Howell, Richard Johnson, Kathy Andries, Joseph Killian, Jean Merkel, Lucille Reinink, Agatha Blesy, Sharon Kabel, Pat Breyen, Beverly So, Gayla Kerby, Carol Nichols, Linda Cheek, Jana Serbenski and Sam Treadway, Scott & Lynn Vince, Charlie & Celina Bevelhymmer, and Kay Cashner.

MONETARY CONTRIBUTIONS:

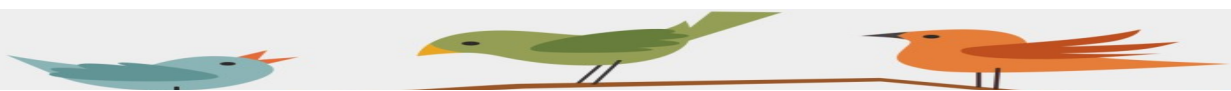
- * All the anonymous transportation riders along with Joan Stilwell for Donations to our Transportation Program.
- * Helen Schlaman made a Donation to our General Building Fund.
- * Lester Herrman, Douglas Wilson, Michael & Beverly Vantieghem, and Jill Post made a Donation to the Wood Shop.
- * Janet Pudell says Thank you for the Loan Closet.
- * Judith Stanton and Janet DeRubbo made a Donation to the Parkinson Class.
- * Tracy Coombs made a Donation of Thrivent Choice Dollars.
- * Bill Burrows made a Donation to the Volunteer Appreciation Breakfast.
- * Robert & Mary Kynast, Families of Trent Johnson and Mike Long, Morris McMurray, Judith Felland, Robert & Sue Brackenridge, John & Barbara Bannow, Barrie DeWane, Carol Wick, Dennis & Lyla Metz, Marjorie Frohbieter, Diane Cronk, Mary Kay Dent, Robin & Greg Briggs, Barbara & Robert Cheek, Joan Smith, and Roger & Pamela Buys made a Donation in Memory of Joe Howell.
- * Mary Ann Kuehl, Mary Sundblad, Nancy Barrett, Judy Stelter, and Carol & Anthony Dlouhy made a Donation in Memory of Eleanor Krejci.
- * Joe Berger, Tom Embrey, Bill Ficks, Don Hummelberg, Rolland Knapp, Vern Malich, Dennis McCarthy, Gene Schuur, Gene Stemm, and Dick Ward made a Donation to the Brick Fundraiser.

THANK YOU to United Federal Credit Union for making a donation for the Volunteer Appreciation event. We are thankful that you realize how essential our wonderful volunteers are to our Senior Center!

THANK YOU to Richard Swartz who sang at our Volunteer Appreciation Breakfast.

MANY THANKS to Judy Stelter for donating beautiful spring towels for the Center to sell.

WISH LIST: Decaffeinated coffee, individually wrapped chocolate candy, small paper plates, quart and gallon size baggies.



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



Non-Profit Org.
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**DATED MATERIAL DO NOT DELAY
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This newsletter mailed @ St. Joseph Post Office on 4-27-22



Serving the Community Since 1975

It is the mission of the St. Joseph-Lincoln Senior Service Center to provide safe, friendly, and positive social, educational, and recreational services for the 60+ citizens of our community.

Executive Board Members

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

Board Directors

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



Staff

Executive Director Cindi McLaughlin
Program Coordinator Jennifer Malone
Support Associate Sharyl Freehling
Receptionist Onalee Hartman
Staff Assistant Sandy Draper
Building Custodian Tai Huynh
Senior Nutrition Manager Bill Schiffbauer 269-921-0136



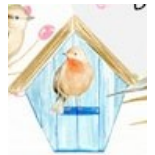
AND ALL OUR WONDERFUL VOLUNTEERS!

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

MAY ACTIVITIES

3 Diabetes 1 10:00 am
4 Computer Class 3:00-4:00 pm
5 Covid Brain 10:30 am
9 Alzheimer's Support Group 10:30 am
10 Diabetes 2 10:00 am
11 Book Club 10:00 am
12 BINGO 1:00 pm
13 Foot Clinic I - **BY APPOINTMENT ONLY**
13 Movie 1:00 pm
16 St. Joseph Sesquicentennial Quilt 10:30 am
17 Diabetes 3 10:00 am
18 Downsizing 10:00 am
18 Computer Class 3:00-4:00 pm
19 Board Meeting 10:00 am
20 Commodities - 9:00 am-11:00 am
20 Hand Stamped Cards 10:00 am-12:00 pm
20 Cookies & Canvas 12:00 pm-3:00 pm
20 Foot Clinic II- **BY APPOINTMENT ONLY**
24 Diabetes 4 10:00 am
25 Newsletter Mailing 9:00 am
26 BINGO 1:00 pm
30 **MEMORIAL DAY - CENTER CLOSED**



CARETEL SPONSORING JUNE BINGO

Caretel will be sponsoring Bingo on Thursday, June 9th. Bingo is \$1, but your lunch is free thanks to Caretel. Lunch will be served at 12:00 pm followed by a short presentation. **Space will be limited and the deadline to sign up is June 1st, so sign up soon!**