

THE ANCHOR NEWS



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***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 it is beautifully on display and ready for a new home. Thank you to the many loving hands from the quilting group who put this quilt together this year. Stop in and see it for yourself. There are many tickets that need to be sold, so we need buyers and sellers. Tickets are \$1 each or 6 for \$5, and a weekly winner will be drawn to receive 5 free tickets. The more tickets you buy, the greater your chances of winning this awesome quilt. Final drawing for this beautiful quilt will be at our annual picnic on August 26th.

SJLSC GOLF OUTING & FUNDRAISER

Tuesday, June 21st, 9:00 am

Shotgun Start, 4 Person Scramble

\$60 per person or \$240 per team

Payable at sign up

Make checks payable to Bob Hopkins

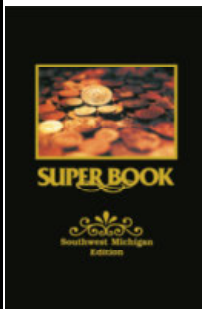


Come and enjoy a day of fun while participating in an 18-hole Golf Outing played at Pebblewood Golf Course, 9794 Jericho Road, Bridgman. The price includes golf, golf cart, and an all-you-can-eat buffet, including hotdogs, hamburgers, and brats, potato salad, coleslaw, baked beans, and dessert.

All profits will go to our Center. This golf outing is open to everyone, which makes it a great time to get a round of golf in with your children and grandchildren, or that friend who isn't yet eligible to participate in our Center's activities.

Drop into the Center soon to sign up. Deadline is June 14th. Rain date is Tuesday, June 28th, for golf only.

SUPER BOOKS



Soon you can get your Super Book here at the Senior Center. If you are interested in purchasing one, please call and we will put your name on a list and call you when they arrive. Your purchase of a Super Book helps our local merchants, as well as the Senior Center as we make \$8.00 for every Super Book sold. These books are a great gift for the hard to buy person you know. Please buy your Super Book here!

PAULINE'S POST

Happy Father's Day to all the Dads at the Center. This month's column is about the upcoming Wood Shop construction and operation.

Below are questions about the project that were put forth to Rick Freridge. He has already worked endless hours to prepare for this project.

Q: When will the permits be obtained to begin construction? Give a description of the projects needed to complete the room.

Rick: By the time the June newsletter comes out, permits will have been obtained and construction will be in full swing. The major projects are: electrical, building a firewall and adding a filter to the HVAC system. These projects will be done by professionals. Painting and finish work will be done by volunteers.

Q: Is there an estimated time frame for updating the room?

Rick: I anticipate the majority of the work will be completed this summer.

Q: What are factors that arose that you had not anticipated?

Rick: I had not anticipated the construction of a firewall that had to be fully completed by a professional. This factor resulted in additional cost to the project.

Q: In May's newsletter, the Wood Shop update talked about the need for Host volunteers. How many additional Hosts are needed?

Rick: At least 8 more are needed, but I would like to see a total of 20 volunteers. Our Wood Shop volunteers would be volunteers who enjoy woodworking and would like to share the passion with others. If anyone is interested, please leave your name and telephone number at the front desk and we will contact you.

Q: What else is needed to make your dream project a reality?

Rick: Besides more Host volunteers, we could use a donation of small tools. A list will be posted in the hallway before the last office (former nurse's office). Most large equipment has been donated or purchased.

In addition, monetary donations are needed. Our estimated budget at the onset of this project was \$80,000-\$90,000. Due to the cost of the firewall construction, our goal is to raise \$90,000. With the receipt of the \$50,000 grant, donations and fund raisers, we have about \$77,500 toward that goal.

My father would have loved our proposed Wood Shop. Therefore, in honor of Father's Day, I am giving a donation in his memory designated to the Wood Shop. My brother in-law overheard me discussing the donation and also wants to give a donation. In fact, he challenged me to double the amount and he would match it!

Please consider a donation to the Wood Shop in memory or honor of your father. With everyone's help, we can create an outstanding Wood Shop for this Center.

Happy Father's Day!



Pauline Fox
SJLSC Board of Directors
President



CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, June 8th, 10:00 am



The book to be read for the month of June is *The Exiles*, by author Christina Baker-Kline. Leading the discussion for this month will be Sally Matzke. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



HAND STAMPED CARD MAKING

Friday, June 17th, 10:00 am-12:00 pm

\$12 per person, payable at sign up

Make checks payable to Peggy Hruska



Peggy Hruska will be teaching how to make homemade stamped greeting cards. In this class you will make 2 cards and a card package,

which will hold up to 3 cards and envelopes, plus stamps and address labels.

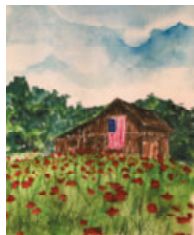


COOKIES & CANVAS

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

\$15 per person, payable at sign up

Make checks payable to Roy Hruska



The painting for the month of June is Celebrating the 4th of July. This painting is on a 9" X 12" canvas and all materials needed for this class are provided. Remember to sign up soon.



FOOT CLINICS

By Appointment Only

Friday, June 17th

Friday, June 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.



WALKING TRAIL & FITNESS ZONE



If you haven't been out on the Walking Trail lately, please take a walk outside and see all of the beautiful flowers that are in bloom, sit a spell on a bench and take in the surroundings. You could bring a lunch and share some time with a group of friends that

you haven't seen in a while. This area was made possible by several generous donors so everyone could exercise, enjoy nature, get some fresh air and take a little time out of your life to unwind. Remember to take a look at the brick pavers by the flag pole and consider purchasing a brick in honor or memory of someone special that has made a difference in your life. The proceeds from the brick sales will continue to make this magnificent area a place for us to enjoy for years.



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 people exercising, but all other rooms will be set at a comfortable temperature for most.



SENIOR SOFTBALL



Senior Softball has begun! Join this fun group of people at Well's Field, 2214 S. State Street (by the old Jefferson School, now condos), every Thursday until fall. If weather is questionable, the Center will know by 11:00 am if it will be cancelled.

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



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



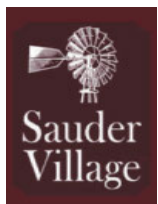
Join us for a 7-course luncheon and a murder at the upscale Henderson Castle in Kalamazoo. If you love a good mystery, you'll love this! To get the most out of your experience, we highly encourage you to dress for the time period, although it's not required. A tour of the castle will also be available to those who are able to climb stairs to the third floor and a tour of the grounds and gardens also. This trip includes roundtrip transportation, lunch with hors d'oeuvres, dessert, and non-alcoholic beverages. **We need 10 more people to fill this trip this month or unfortunately it will be cancelled.**

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

**** WAIT LIST ****

STAR OF SAUGATUCK RIVER CRUISE - JULY 19TH

NASHVILLE SHOW TRIP - NOVEMBER 28TH-DECEMBER 2ND



CALL FOR MORE DETAILS ON THESE TRIPS

GILMORE CAR MUSEUM

Tuesday, September 13th

\$66 per person

Payable in full at sign up



This trip 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



BROADWAY GRAND RAPIDS COME FROM FAR AWAY

Saturday, November 12th,

\$87 per person - payable at sign up

This trip includes round trip motorcoach transportation, show ticket and a 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.

MODERATE ACTIVITY



TRIPS IN 2023



We are looking at trips for 2023! Please put on your thinking cap and let us know of places you would like to visit. We want to know! There is an interest list at the front desk.

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.



MOVIES AT THE CENTER!

Monday, June 20th, 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.



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.

SJLSC GOLF OUTING & FUNDRAISER - Join us on June 21st at Pebblewood Golf Course as we participate in an 18-hole Golf Tournament. All profits go to our Center. This is open to everyone. Sign up by June 14th.

SUPER BOOKS - At this time we are taking names for a list of those who would like to purchase a Super Book when they arrive at the Center. This is a great way of helping out our local merchants, as well as the Senior Center as we profit \$8 for every Super Book sold. Thank you so much!

WOOD SHOP - Please consider making a donation designated to our Wood Shop. We still need monetary donations for this project. Stop at the front desk and make a donation to assist in the development and maintenance of our newest activity.

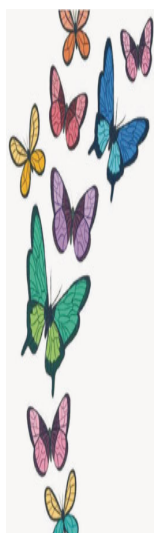


NOTE: "All advertising content is not endorsed by the Saint Joseph-Lincoln Senior Service Center, but is the view of the presenting organization."

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
 10:00 am - Pinochle
 11:00 am - Chair Drumming
 12:30 pm - Pickleball
 12:30 pm - Bridge
 1:00 pm - Euchre

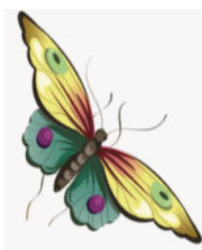
WEDNESDAYS

9:00 am - Resistive Exercise
 9:00 am - Computer Lab
 9:00 am - Greeting Card Making
 10:00 am - Calisthenics
 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 & 5th 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:

- ⇒ Art/Craft Classes
- ⇒ Commodities Distribution
- ⇒ Decorating
- ⇒ Foot Clinic Volunteers
- ⇒ Front Door Greeters
- ⇒ Fundraising- 50/50, Quilt Raffle, Super Books
- ⇒ Handymen or Handywomen
- ⇒ Historian To Do Scrapbooks
- ⇒ Newsletter Mailing
- ⇒ Transportation Drivers
- ⇒ Wood Shop Hosts



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



BRIDGE IS BACK!



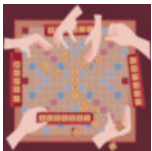
We have a room available on Tuesdays at 12:30 pm for you to play bridge. Get a group of people together and enjoy the company and the skill of the game!

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 PINOCCHLE



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.

CARETEL SPONSORING JUNE BINGO



Caretel will be sponsoring Bingo on Thursday, June 9th, at 12:00 pm. Bingo is \$1, but your lunch is free thanks to Caretel. Space is limited, so remember that you **must sign up by June 1st** to attend.



BOCCE BALL



Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world. It is one of the oldest lawn or yard games. The game is played with eight bocce (larger balls) and one pallino (smaller target ball). The object is simple: toss the balls closest to the pallino. Teams can consist of 1 player (4 balls each), 2 players (2 balls each) or 4 players (1 ball each). If this is a game you'd be interested in playing at the Center, please stop at the front desk so we can add your name to the interest list!



USED COMPUTERS

Now that we have updated our Computer Lab with new computers, we have some older computers that might be just what you are looking for. Since they are not the latest and greatest models, they don't have the expensive price tag, but are still very usable for many people. The computers are Dell Inspiron 3847, along with Dell monitors and keyboards and Brother printers. We are considering selling these computers if we have some people express interest. Please see Cindi if you would like more information.



HAPPY FATHER'S DAY



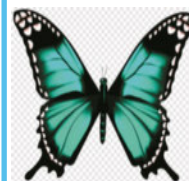
"A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way." ~ Unknown

The Board of Directors and Staff of SJLSC would like to wish you all happiness and lots of sunshine for the coming year. Have a wonderful Father's Day!

BINGO

Thursday, June 9th, 12:00 pm \$1
MUST SIGN UP TO ATTEND LUNCH

Thursday, June 23rd, 1:00 pm
Thursday, June 30th, 1:00 pm \$1



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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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THANK YOU VOLUNTEERS!

It was our great pleasure on April 29th to host a Volunteer Appreciation Breakfast. Our theme this year was "Thank you Volunteers for Helping Us Grow." And without all of you; 209 volunteers who have generously given over 11,000 hours of their personal time combined, we wouldn't be able to grow like we have. It was our way to give back to our wonderful Volunteers for all you do for us and to show how very important you are to our Senior Center. Without you, we could not do all that we do. Again, **THANK YOU** all for supporting us, giving so freely of your time, and making our Senior Center the amazing place that it is!



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.

Alzheimer's Support Group

Monday, June 6th, 10:30 am

Monday, July 11th, 10:30 am



Join us as Jeanne Merkel, MSW, Certified Alzheimer's Speaker, will be here monthly 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.

Lory's Place

Tuesday, June 7th, 10:00 am



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



"Volunteers do not necessarily have the time; they have the heart." ~

Fiber and Bead Weaving Workshop

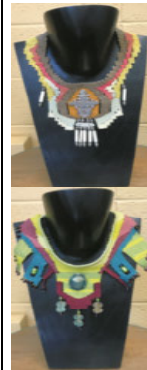
Monday, June 20th, 10:30 am - ORIENTATION

Monday, June 27th, 10:30 am-12:30 pm Session I

Monday, July 11th, 10:30 am-12:30 pm Session II

\$15 per person, payable at sign up

Make checks payable to Judy Benson



Judy Benson will be having an orientation to the class along with samples of her finished necklaces and other items, and also a sample of the loom that will be used to make these. All loom supplies will be provided. You will need to supply beads or small objects that you would like to incorporate into the pieces. You will learn to construct a portable 7" x 11" loom of lightweight materials to weave pieces that you can wear or use as décor in your home. Please sign up to attend!

Veterans Services Q & A

Tuesday, June 21st, 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. You do not have to sign up to attend this program.

Bitter Battle Election

Wednesday, June 22nd, 10:00 am



In the spring of 1894, Berrien County residents were locked in one of the most vicious election cycles ever experienced. Berrien Springs, St. Joseph, and Niles were in a three way battle for the County seat. Area newspapers alternated from singing the praises of their hometown while slinging mud at their competitors. Berrien County Historical Association director, Rhiannon Cizon, will use newspaper accounts and more to tell the story of this exciting moment in the County's history. Please sign up to attend.

Newsletter Mailing Volunteers

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

DISABILITY NETWORK

Tuesday, June 28th, 10:00 am



Cindy Gray, Information & Referral/Systems Advocate Specialist from Disability Network will be here to cover all the services and programs

Disability Network has to offer our seniors. Disability Network is the first stop for people with disabilities and their families in Southwest Michigan. As the leading disability social services organization in Southwest Michigan, their goal is to help foster a community where people with disabilities are able to participate fully in everyday life with equal opportunities and self-determination. If you'd like to attend, please remember to sign up.

INTERURBAN ELECTRIC RAILWAY

Thursday, June 30th, 10:30 am



Beginning in 1910, an Interurban railway ran hourly electric trains (trolleys) from Benton Harbor through Millburg to Coloma. In 1913 it was extended east to

Watervliet. The Interurban line ran until 1928. Join us as Peter Cook, Programs Director at the North Berrien Historical Museum in Coloma, will be here to discuss how the Interurban was established and the influence it had on the culture of local tourism. His presentation will also follow the route the Interurban traveled, illustrated by photographs and stories. Remember to sign up to attend.

POPSICLES WITH PACE!

Wednesday, July 6th, 10:00 am



Natalie Amicarelli, who is an Intake Coordinator from Pace of Southwest Michigan, will be here to discuss what Pace (Program of All-Inclusive Care

for the Elderly) has to offer. Pace coordinates all healthcare services including primary care, specialist care, medications, hospitalizations, medical equipment, and more. Most people in the Pace program have both Medicare and Medicaid, which covers all Pace services. If you do not have Medicaid there are other options. To find out more information, please sign up to attend.

WHIRLPOOL CORPORATION IN THE TWIN CITIES A BRIEF HISTORY

Tuesday, July 12th, 10:30 am



Dan Velez, a Whirlpool Corporation employee for 18 years, will talk through the early years of Whirlpool Corporation. This brief history will cover the early entrepreneurial days of the Company and its expansion in the Twin Cities and beyond.

FALL PREVENTION

Monday, July 18th, 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 Service 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.

NEED FOR TAX AIDE VOLUNTEERS

The AARP Tax Aide program helps seniors each year by preparing federal/state tax returns free of charge. Last tax year, we were unable to offer the program due to a lack of volunteers to become tax preparers. Volunteers must know their way around a computer, take a tax law training in December, pass a test to be certified by the IRS and be willing to work from February 1-April 15, 2023. If interested, please contact St. Joe local Coordinator, Bob Rechner, at rrechner@yahoo.com or at (217) 741-3478.



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

Meals are Funded in part by



CALL 269-921-0136 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
		1 Chicken pasta cass. Steamed broccoli Mandarin oranges	2 Meatloaf Mashed potatoes Gravy Roll Spinach Baked apple slices	3 Turkey & rice cass. Carrots Peas & onions salad Breadstick Pineapple
6 Crispy fish filet Confetti rice Steamed spinach Bun Fruit jello with oranges	7 American goulash Red peppers Cauliflower Side salad w/carrots Rye bread Cinnamon applesauce	8 Roasted chicken Mashed potatoes Gravy Mixed vegetables Cornbread Strawberries	9 Beef stew w/potatoes Carrots and peas Harvest beets Dinner roll Fruited yogurt	10 Chicken fajitas Peppers, onions Shredded lettuce Black beans & salsa Whole grain tortilla Deli fruit salad
13 Mongolian beef Peppers Rice Oriental vegetables Steamed spinach Pears	14 Pulled pork sandwich Baked beans Side salad w/dressing Bun Cherry dessert	15 Cabbage roll Meat & tomato sauce Confetti rice Sugar snap peas Craisins	16 Oven fried chicken Mac & cheese Baked beans Cornbread Peaches	17 Father's Day Meal Salisbury steak Mashed potatoes Gravy Mixed vegetables Whole wheat bread Fruit pie
20 JUNETEENTH NO SENIOR NUTRITION CENTER IS OPEN	21 Lasagna casserole Italian vegetables Romaine lettuce Carrots and broccoli Breadstick Yogurt	22 French toast Sausage links Breakfast potatoes Onions and peppers Strawberries	23 King Ranch casserole Carrots Summer corn salad Red peppers Fruited jello	24 Hamburger Roasted potatoes Lettuce, tomatoes Pickles Bun Birthday cake/fruit
27 Lemon pepper pollock Rice Side salad Roasted broccoli Mixed fruit	28 Orange chicken/rice Oriental vegetables Carrots, peppers, peas Pineapple	29 Bratwurst Onions and peppers German potato salad Carrots Bun Fresh fruit	30 Taco salad Black beans Zucchini & peppers Lettuce/tomatoes Tortilla chips Apricots	JUNETEENTH
"Have fun is my message. Be silly. You're allowed to be silly. There's nothing wrong with it." ~ Jimmy Fallon	"My father used to say that it's never too late to do anything you want to do. You never know what you can accomplish until you try." ~ M. Jordan	"When you're young, you think your dad is Superman. Then you grow up, and you realize he's just a regular guy who wears a cape." ~ Maria Cole	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: Phyllis Herod, Les White, Bob and Janet Hahn, John Schmidtman, Art Wagner, Diane Schmaltz, Scott and Lynn Vince, Margaret O'Neill, Cheryl Ryno, Helen Schlitter, Millie Carney, Linda Doyle, Janet Shipe, Sharon Taylor, and Diana Schmaltz.

To everyone who donates other items that benefit the Center and Participants: Sandra Kay's Bakery, Jennifer Malone, Jeannette Jeske, Vicki Born, Mary Sue Wagner, Hong Son, Art Wagner, Judy Stelter, Jane Jeffery, Melissa Teeple, Linda Wendholt, Cindy Miller, Lynn Hardke, Margaret O'Neill,

Marcia DeMars, Cheryl Ryno, Adolf Pelzer, John Schmidtman, Linda Kurzynski, Linda Weigel, Helen Schlitter, Kurt Reimland, Millie Carney, Bob Brown, Wayne Rendell, Dolores Frantz, Terri McGrath, Don & Fredonna Kempf, Janet Shipe, and Charlie Bevelhymer.

To everyone who donated tools for our Wood Shop: Gary Huttenstine and June Rollinger.

To everyone who supported Friendship Garden & the Wood Shop by purchasing a raised planter: Celina & Charlie Bevelhymer, Len Casario, and Becky Beach.

MONETARY CONTRIBUTIONS:

- * All the anonymous transportation riders along with Dennis McCarthy, and Barb Findley made Donations to our Transportation Program.
- * Jean MacAyeal, First Congregational Church, Janet Sink, Carole Wier, Judy Paruch, Jeanne Merkel, Robert Husek, Karen Schiltz, Eileen Chapman, and Byron & Nancy Stock made a Donation to our General Building Fund.
- * Jim & Judy Neuman, Rick Freridge and Jim Kimmerly made a Donation to the Wood Shop.
- * Bethany Boyer made a Donation to the Walking Trail.
- * John Sandman made a Donation to our Circuit Training Room.
- * Martha Lange says Thank You for the Loan Closet.
- * Phyllis Herod made a Donation for Snacks.
- * May Sisson made a Donation in Memory of Joe Howell.



Thank you to Richard Schwartz who sang at our Volunteer Appreciation Breakfast.

Thank you to Millie Ott for donating beautiful scrubbies to our Center.

Thank you to Gayle Coon for donating adorable baby blankets to our Center and designating the funds to the Wood Shop.

Thank you to everyone who purchased tools at our Tool Sale.

Many thanks to our Quilting Group for making aprons for the Wood Shop Host volunteers.

Thank you to Twin City Camera Club for sponsoring the Photo Contest once again.

Thank you to all who participated in the Papa Vino's Fundraiser.



Sanitary wipes, decaffeinated and regular coffee, individually wrapped candy, quart and gallon size baggies, and 3M large picture hangers.



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This newsletter mailed @ St. Joseph Post Office on 5-25-22



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.

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



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Support Associate Sharyl Freehling
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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

JUNE ACTIVITIES

2 Therapy Dog Program 10:30 am
6 Alzheimer's Support Group 10:30 am
7 Lory's Place 10:00 am
8 Book Club 10:00 am
9 BINGO - Sponsored by Caretel - Lunch 12:00 pm
15 Self Defense 10:30 am-**WAITING LIST**
16 Board Meeting 10:00 am
17 Foot Clinic I - **BY APPOINTMENT ONLY**
17 Commodities - 9:00 am-11:00 am
17 Hand Stamped Cards 10:00 am-12:00 pm
17 Cookies & Canvas 12:00 pm-3:00 pm
20 Loom Necklace Orientation 10:30 am-11:00 am
20 Movie 1:00 pm
21 SJLSC Golf Outing & Fundraiser 9:00 am
21 Veterans Services 9:00 am-11:00 am
22 Bitter Battle Election 10:00 am
23 BINGO 1:00 pm
24 Foot Clinic II- **BY APPOINTMENT ONLY**
27 Loom Necklace 10:30 am-12:30 pm
28 Disability Network 10:00 am
29 Newsletter Mailing 9:00 am
30 Interurban Electric Railway 10:30 am
30 BINGO 1:00 pm

