

# THE ANCHOR NEWS



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

**[DIRECTOR@SJLSC.ORG](mailto:DIRECTOR@SJLSC.ORG)  
[WWW.SJLSC.ORG](http://WWW.SJLSC.ORG)**

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



## **ELECTION FOR BOARD OF DIRECTORS**

It is once again time to begin the process of electing new board members for a 3-year term. Consider submitting your application if you have a passion for the Center and can volunteer your time for meetings and projects. Please see below for the dates for the nominating/election process:

Aug. 12th	Applications at front desk
Aug. 18th	Applications due by 4 pm
Sep. 15th	Presentation of nominees to Board
Sep. 26th	Candidate interviews
Sep. 29th	Candidate Meet & Greet at lunch
Oct. 7th, 10th, & 11th	Absentee Voting 8 am-4 pm
Oct. 13th	Board Election 9 am-3 pm
Oct. 20th	Board meeting with Election of Officers 10 am
Oct. 21st	Annual Breakfast 9 am

**Must sign up by October 14th**

## **MATCHING DONATION CHALLENGE FOR WOOD SHOP**

We have a very generous donor who has agreed to donate \$5,000 to the Wood Shop if we can match it! We are moving at a steady pace now in developing our Wood Shop but, as all of us know, costs continue to increase and when we open the Wood Shop we will have larger utility expenses because of the equipment. This project has been overwhelming but, as usual, we have been blessed with an awesome group of volunteers led by Rick Freridge who have been planning, building, and organizing what will be another opportunity for our members to enhance their lives. There will be many benefits to our membership with the addition of our Wood Shop, the obvious ones are educational, creative output and socialization but this new program will also offer recreational exercise, brain stimulation and another volunteerism opportunity. All of these benefits are important for our health and mental wellness. Please assist us in obtaining our goal of \$5,000 by stopping at the desk or mailing in a check. Remember to designate your donation to the Wood Shop. We thank you in advance for your support!



**PAULINE'S POST**

Our Country will be celebrating our independence this month. Our Center provides numerous exercise classes, games, artistic endeavors and programs for seniors to strengthen their minds and bodies to maintain their independence. For the next 2-3 months, I will attempt to visit or participate in all regular classes and share my experiences.

**Resistive Exercise - Instructor: Rocco Pavese**

This class focuses on full body strengthening. It is offered several times a week. The day I attended, there were 43 people in attendance. I knew I had a workout at the end of the 45 minutes. I will be returning to this class.

**Card Making - Instructor: Jo Ann Scates**

Two ladies were in the process of sorting the cards for every occasion. So far this fiscal year, the card sales have raised \$1,076.

**JoAnn would like everyone to know that you do not have to be a senior to come in and purchase a card.**

**Stitch and Chat** - Eight ladies were working on various projects: crocheting, jewelry making, quilting, knitting and cross stitch. Near the reception desk, there is a display of their handiwork that is for sale.

**They would love donations of fabric and yarn.**

**Program - Therapy Dogs**

Presented by Janet Cooper and her 2 Labradors, Journey and Ahvee. Janet explained the differences between service, therapy and emotional comfort dogs. Janet and her dogs were a hit!

**Pickleball** - There are two levels of this game offered. I began the beginners class earlier this year and love it! Gordon Dill provides excellent instruction to the beginners with assistance from Werner and Fay Pressnitz.



**Parkinson's Exercise - Instructor: Rocco**

I am very proud that the Center offers this class which meets twice a week. There are special chairs with built in bands. The class begins with stretching and advances to resistive exercise using the bands. It begins with 30 minutes of sitting and ends with 15 minutes involving standing. On Fridays, several physical therapy students from Andrews University assist with individual instruction during the standing exercises.

Rocco provides clear instruction and demonstration with added knowledge and humor. After the class, I interviewed a lady who was diagnosed 12 years ago and has been coming to the class since 2018 or 2019. She also watches the class video on our website. She indicated this class has helped her to have better balance. Whether you have been recently diagnosed or have had Parkinson's for over 20 years, this class is for you.

**Euchre** - This activity is well attended. The day of my visit, there was only 1 table not in use. During the session, there is a change of partners. They take a break and a treat is usually provided!

**Quilting** - Ten ladies were in attendance. Every year, this group provides the Center with a quilt to raffle. The finished project is in a show case across from the reception desk. Their greatest need is more space in the Center to showcase their handiwork. The group and Center volunteers are currently working toward that goal.

**If you are interested in any of the listed activities, please consult the newsletter for dates and time.** I was not able to highlight all the classes I attended. Next month, other classes and activities will be highlighted.

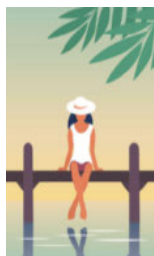
Pauline Fox  
SJLSC Board of Directors  
President



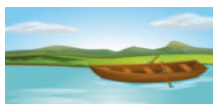
## CONSISTENT MONTHLY PROGRAMS

### FOOT CLINICS

**By Appointment Only**  
**Friday, July 8th**  
**Friday, July 15th**

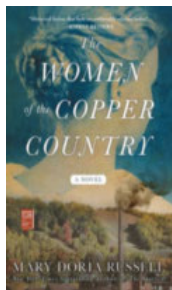


**A signed permission form by your doctor is required to receive this service.** Permission forms are available at the Center or can be emailed to you. Once you have this form from your doctor, please call the Center and we will make you an appointment. Your first visit is \$30, which includes a reusable foot care kit. Follow up visits are \$25



### BOOK CLUB

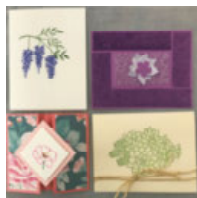
**Wednesday, July 13th, 10:00 am**



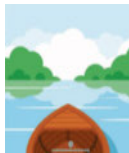
The book to be read for the month of July is *Women of the Copper Country* by author Mary Doria Russell. Leading the discussion for this month will be Sally Huling. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

### HAND STAMPED CARD MAKING

**Friday, July 15th, 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 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.



### HELP!!



The Center is looking to borrow games that you would play at a fair/circus. If you have anything like this, we would be so very grateful to you if you would allow us to borrow them for a short period of time. We thank you in advance!



### COOKIES & CANVAS

**Friday, July 15th, 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 July is the Lighthouse. This painting is on a 9" X 12" canvas and all materials needed for this class are provided. Remember to sign up soon.



### SENIOR SOFTBALL

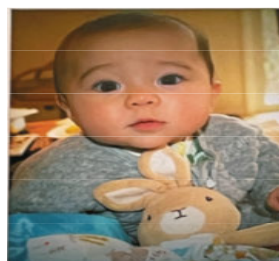
Senior Softball is in full swing and would love to have some more players. Join this fun group at Well's Field, 2214 S. State Street (by the old Jefferson School, now condos), every Thursday until fall. If weather is questionable, the Center will know by 11:00 am if it will be cancelled.



### TWIN CITY CAMERA CLUB PHOTO CONTEST WINNERS



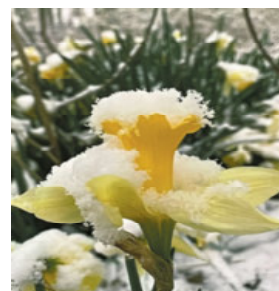
Congratulations to our Twin City Camera Club photo contest winners! Thank you everyone for participating! Thank you so much Twin City Camera Club for sponsoring this contest again.



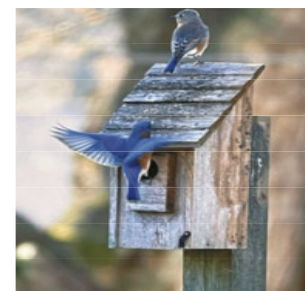
**Wendy Nielsen**  
People



**Lynette Braddock**  
Architecture



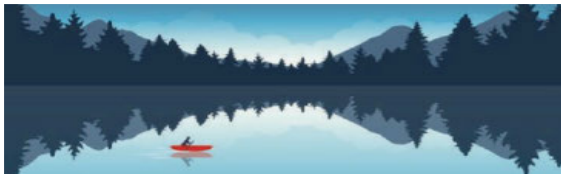
**Sandy Daignault**  
Nature



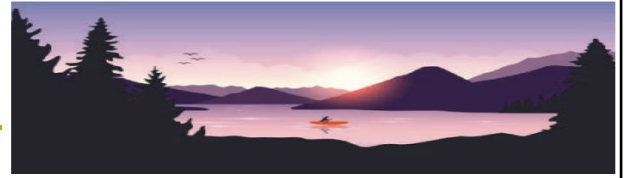
**Richard Thomas**  
Animals/Pets

**CONGRATULATIONS!**





# 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. This is North America's Largest Car Museum in Hickory Corners Michigan. Start the day with the museum's step on tour guide who will join the bus as they take us through the museum grounds. Following this you will have 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,**

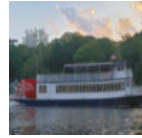
**\$87 per person**

**Payable in full at sign up**

This trip 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.



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



**STAR OF SAUGATUCK RIVER  
CRUISE -  
JULY 19TH**



**SAUDER VILLAGE -  
AUGUST 11TH**



**NASHVILLE SHOW TRIP -  
NOVEMBER 28TH-DECEMBER  
2ND**

**CALL FOR MORE DETAILS ON THESE  
TRIPS**

## TRIPS IN 2023



We are already looking at trips for 2023 and we need your input. Please put on your thinking cap and let us know of places you would like to visit next year. In the past we have taken three multi-day trips and about 11 day trips. We need to keep our day trips to a maximum of 3 hours away from our Center so you can enjoy yourself and not sit on a bus for a long time. Please stop at the front desk and let us know where you would like to go and what you would like to do. From your input we will put together a list and have everyone express their opinions and then we will start booking our adventures for next year.

## 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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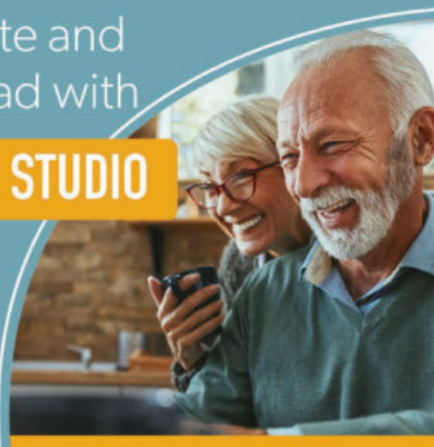
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### DONATION OPPORTUNITIES

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.

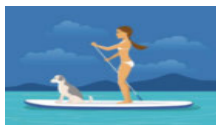
### **MOVIES AT THE CENTER!**

**Thursday, July 21st, 1:00 pm**



We have purchased a Public Performance License which doesn't allow us to name the movie title to the general public, so therefore you won't find the title of the monthly movie being shown on our website. However,

we do advertise the name of the movie to be shown within the Center, so look for flyers throughout the building or call to see what the movie is. Please remember to sign up to attend.



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

### \*\*\*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 on August 26th, with all proceeds going to the Center. Tickets are \$1 per ticket or 6 tickets for \$5.

**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 assisting our local merchants, as well as the Senior Center, as we profit \$8 for every Super Book sold. Thank you so much!



**WOOD SHOP** - We have a very generous donor who has agreed to donate \$5,000 to the Wood Shop if we can match it! You can make a donation by stopping at the front desk or mailing in a check. Remember to designate your donation to the Wood Shop. We thank you in advance!



### **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](mailto:rrechner@yahoo.com) or at (217) 741-3478.

**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
- 10:30 am - Alzheimer's Support Group **2nd week**
- 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

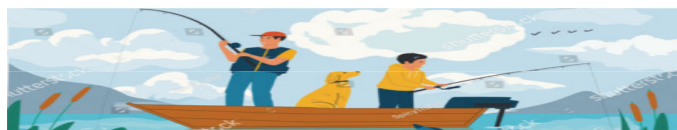
- 9:00 am - Resistive Exercise
- 10:00 am - Range of Motion
- 11:00 am - Tai Chi
- 12:30 pm - Beginner Pickleball **1st & 3rd week**
- 1:00 pm - BINGO **2nd & 4th week**
- 1:15 pm - Hand & Foot Cards



### 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

- ♦ Alzheimer's Support Group
- ♦ 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
- ⇒ 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!



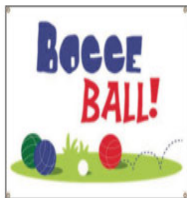
We have a room available on Tuesdays at 12:30 pm for you to play bridge. Get a group of people together and enjoy the company and the skill of the game!

## 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.

## 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.



## QUILT RAFFLE



Our quilt this year is called "Maverick" and it is displayed by the front desk 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.



## WELCOME BILL!



As some of you might know, we have a new Senior Nutrition Manager here at the Senior Center. Let me introduce you. Bill relocated to Southwest Michigan in 1969 to work for the Heath Company. He worked most of his career as a Project Manager at a variety of companies, including Zenith Data Systems, ABB Fan Group, and Penske Logistics. Bill retired in 2015 and, wanting to stay active, started working part time for a local pharmacy delivering medications and pharmaceuticals to adult foster care homes. Tired of driving approximately 125 miles per day, especially during Michigan winters, he then resigned from the pharmacy in March and then accepted the position of Senior Meals Site Manager for Senior Nutrition Services at our wonderful Senior Center! Bill is happy to be a part of our Senior Center, and it has given him a chance to reconnect with many old friends from the area. Please stop in and say hi. We are so happy to have you here, Bill!

## BINGO

Thursday, July 14th, 12:30 pm  
Sponsored by Professional Hearing  
Thursday, July 28th, 1:00 pm \$1  
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UNTIL ROOM IS SET UP**







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[veterans@berriencounty.org](mailto:veterans@berriencounty.org)



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

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

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

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

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

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

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



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15-0754

## HAPPY FOURTH OF JULY!



For many of us when we think of the 4th of July, it means barbecues spent in the summer sun, parties with lots of friends and family, and those wonderful seasonal fruits - watermelon and blueberries anyone? But, most of all, those beautiful fireworks in the night skies! Let's enjoy summer, but let's also enjoy our freedom and love of our great nation! The Board of Directors and Staff of SJLSC wish all of you a fun and safe 4th of July!

*"God bless America, my home, sweet home." ~ Irving Berlin*



## 50/50 WINNER

**50/50 RAFFLE**  
Congratulations to Priscilla Banghart for winning the 50/50 raffle. Priscilla very generously donated a portion of her winnings back to the Center to be designated to the Wood Shop! Thank you so much, Priscilla, and thank you to all who participated in the 50/50 raffle.



## SPIRIT CLUB - FITNESS FOR ALL

**Tuesdays, 1:00 pm**



We will be partnering with Disability Network and hosting a new exercise class for the next three months. The class will be taught by Lisa Brink, Program Coordinator, and Long-Term Community

Support from Disability Network Southwest Michigan. **This class in August will be boxing, which will last 45 minutes.** No equipment or sign up is needed. To watch a demonstration of this class, go to [spirit-club.com](http://spirit-club.com).



## IMPORTANT REMINDERS



⇒ **Remember to sign in when entering the building.** You need to go through the screens until you find the activity you are

here to attend and remember to hit **FINISH** when done so it will log your day's activities.

⇒ Please remember to arrive at least **10 minutes** before a program is due to begin so you are not interpreting a program by arriving late.

⇒ The library does not accept VCR tapes, and at this time we are not accepting DVDs or books. We cannot accept magazines older than 2 months.

⇒ At this time we are accepting all cards, except Christmas cards.

⇒ Please call ahead to arrange for pick up of loan closet equipment.

⇒ Class descriptions are available at the front desk, on our website and on the bulletin board by the gym entrance.

⇒ Please remember to call and cancel if you've signed up for a program and cannot attend.

⇒ Please remember if you have robocall blocker, you will not receive our calls.



## FREE COMMUNITY SHRED DAYS



Free Community Shred Days are the perfect opportunity to safely dispose of all sensitive documents you no longer need, such as tax forms or

any document with your social security number or personal information. Honor Credit Union has partnered with its valued business members to co-host the 2022 shred events at the businesses' locations. This will be a drive-thru service. Those attending the event are asked to drive up alongside the designated area, and a team member will be ready to take documents from your car straight to the shred truck on site. Please limit your shred to ten boxes or bags per business or household. On Saturday, July 9th, from **12:00 pm-2:00 pm at Mosaic Resale in Benton Harbor** is the location for your local shred date.





## POPSICLES WITH PACE!

Wednesday, July 6th, 10:00 am

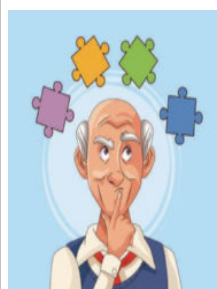


Natalie Amicarelli, who is an Intake Coordinator from Pace of Southwest Michigan, will be here to discuss what Pace (Program of All-Inclusive Care for the Elderly) has to offer. Pace coordinates all healthcare services including primary care, specialist care, medications, hospitalizations, medical equipment, 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.



## ALZHEIMER'S SUPPORT GROUP

Monday, July 11th, 10:30 am



Join us as Jeanne Merkel, MSW, Certified Alzheimer's Speaker, and David Hilbink, 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.



## 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. You will need to sign up to attend.

**"As you grow older, you will discover that you have two hands - one for helping yourself, the other for helping others." ~ Audrey Hepburn**  
**THANK YOU VOLUNTEERS!**

## PROFESSIONAL HEARING SPONSORING JULY BINGO

Thursday, July 14th,

Presentation 12:30 pm, Bingo 1:00 pm



Julie Duensing from Professional Hearing will be here to sponsor Bingo on July 14th. The event will start at 12:30 pm, but try to arrive early so the presentation can begin on time. Julie will be discussing the great services that Professional Hearing has to offer. No need to sign up.



## 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. Remember to sign up!



## PEACE OF MIND SEMINAR - HOSTED BY STARKS & MENCHINGER FUNERAL HOME

**Wednesday, July 20th, 10:30 am**



We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, veterans benefits, cremation, burials, and more. Steven Herendeen and Mark Casey of the Starks Family Funeral homes will be hosting this event and light refreshments will be served. Remember to sign up if you wish to attend.

## MONEY SAVING OPTIONS THROUGH AEP AND INDIANA MICHIGAN POWER

**Monday, July 25th, 10:30 am**



Richard Gadacz, DSM/EE Weatherization Auditor with Indiana Michigan Power, will be here to present money saving options for seniors. Do you know that you can get \$50 of energy-saving products and a home energy checkup for free, or that you can receive a senior citizen discount? To learn more, please remember to sign up to attend this program.

## HONOR CREDIT UNION

**Thursday, July 28th, 10:30 am**



Beth Anderson, Community Assistant Vice President, at Honor Credit Union will provide some tips and free resources for seniors living on a fixed income. Her guest, Jim Welch from Credit Union Trust will discuss why establishing a trust may be the most important financial step you take. As a Vice President Trust Officer, Jim will also share who especially would benefit from a trust. Bring your questions, they'll have answers! Please sign up!



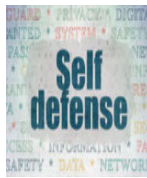
### NEWSLETTER MAILING VOLUNTEERS

This month's mailing is Wednesday, July 27th at 9:00 am

## SENIOR SELF DEFENSE CLASS

**Friday, July 29th, 10:00 am**

**Limited class size - sign up soon**



Jill and Steven Phenegar, certified professionals, are returning for another instructional class on senior self defense. They are both certified in many areas. 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. Please sign up to attend.

## HOUSE OF DAVID

**Tuesday, August 2nd, 10:00 am-1:00 pm**



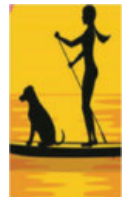
Brian Carroll will be here to interview our seniors about their memories and personal stories about the House of David. If you would be interested in sharing your personal stories, pictures, or home movies with Brian, please call the Center to sign up and you will be given a time slot to meet with Brian.

## POLY BURLAP FLOWER WREATH

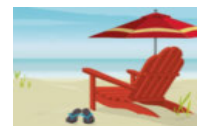
**Friday, August 5th, 9:00 am-12:00 pm**

**\$40 per person, payable at sign up**

**Make checks payable to Cathy Eppard**



Cathy Eppard will be here to teach those interested on how to make a poly burlap flower wreath. The color of the wreath you will be making is teal as you see in the picture. Please bring floral wire cutters. All other items needed for this class will be supplied. The wreath is hanging in the front entrance area so you are welcome to come by and see it for yourself. Please remember you will need to sign up soon, class size is limited.



## FULLY ALIVE CHIROPRACTIC

**Thursday, August 9th, 10:00 am**



**FAMILY CHIROPRACTIC**

Dr. Tara Scharich, from Fully Alive Chiropractic, will be here to offer practical ways to improve strength, avoid and eliminate obstacles that could cause falls, and other exercises that will help with balance. Remember to sign up to attend.





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15-0754



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

**CALL 269-921-0136 TO SIGN UP**

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

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
				1 Hamburger Potato salad Coleslaw Bun Fruit
4 <b>CENTER CLOSED</b> 	5 BBQ chicken quarter Mac & cheese Mixed vegetables Corn muffin Mandarin oranges	6 Biscuits and gravy Turkey ham Sliced tomatoes Deli fruit salad	7 Beef burrito Black beans Spinach salad Tortilla Applesauce	8 Tuna salad on greens Peppers & cucumbers Corn salad Crackers Seasonal fresh fruit
11 BBQ roast beef sand. Potato salad Onions & peppers Fruit yogurt Grape juice	12 Hot dog on bun Onions & tomatoes Harvest beets Bun Melon	13 Loaded baked potato Mixed lettuce salad Cherry tomatoes Carrot shreds Fruit	14 Crispy fish Squash/zucchini Confetti rice Peaches	15 Taco salad w/cheese Black beans/peppers Lettuce/tomatoes Mexican rice Tortilla chips Pudding w/bananas
18 Bratwurst Roasted potatoes Green beans Bun Seasonal fresh fruit	19 Pancakes Turkey sausage Mixed fruit salad Orange juice	20 Summer cobb salad Crackers Fresh fruit	21 Sloppy joes Carrot raisin salad Side green salad Bun Cherry crumble	22 <b>NO SENIOR NUTRITION SERVICES</b>  <b>CENTER OPEN</b>
25 Summer pasta Green salad Carrots & broccoli Breadstick Fruit salad	26 Salmon patty Seasoned spinach Carrots WW bread Cantaloupe	27 BBQ chicken Sweet potatoes Steamed greens Biscuit Jello with fruit	28 Salisbury steak Mashed potatoes Peach spinach salad WW bread Strawberries	29 Turkey meatloaf Mashed potatoes Coleslaw Roll Apricots/bday cake
			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:**

**Adolf Pelzer, Sally Matzke, Sonja Stormo, Scott Vince, Alyse Bluver, Pat Nordberg, Don & Fredonna Kempf, Gloria Muth, Laurie Peapples, Ted Post, Sandy Beaudette, Pam Wheeler, Claire Rutlin, Cheryl Hauser, John Schmidtman, and Art Wagner.**

**To everyone who donates other items that benefit the Center and Participants:** Sandra Kay's Bakery, Greg Powell, Ruth Skinner, Carol Wier, John Wagner, Terri McGrath, Mark McKie, Linda Lobik, Janice Hoffman, Celina Bevelhymmer, Jane Jeffery, Charlie Bevelhymmer, Else Elsner, Don & Fredonna Kempf, Scott & Lynn Vince, Mary Wortman, Sally Matzke, Gary Weage, Barb Freridge, Nancy Moore, Mark Schneider, Diane Cole, John Schmidtman, Antonia Ghidirmic, Bonnie Estkowski, Peg Atkins, and Ron & Roseann Schramm.

**To everyone who donated tools for our Wood Shop:** Dr. Robert Moore, Wayne Hemingway and Gary Huttenstine.

**MONETARY CONTRIBUTIONS:**

- \* Mary Bartels, Maria Contreras, and Anna Shembarger made Donations to our Transportation Program.
- \* Abdul Muhammad, Hue Le, Cindy Miller, Sharon Malone, Phay Son, Mark McKie, Sharon Deja, Anneliese Keehn, Subhas Dhodapkar, Gayla Kirby, and Helen Schlaman made a Donation to our General Building Fund.
- \* Martha Lange says Thank you for the Loan Closet.
- \* Elaine Thomopoulos made a Donation to Friendship Garden.
- \* Jan Hostetler made a Donation to Friendship Garden & the Wood Shop.
- \* Priscilla Banghart returned a portion of her 50/50 winnings and made a Donation to the Wood Shop.
- \* Ron & Roseann Schramm and Martha Sutton made a Donation to the Wood Shop.
- \* Judith Stanton made a Donation to Rocco's Class.
- \* Ray Hicks made a Donation in Memory of Mary Ellen Hicks.
- \* Kara Sloniker made a Donation in Memory of Carlene Malin.
- \* Pauline Fox and Shirley & Hollis Toth made a Donation in Memory of their Dad, J. Malcom Wolfe to be Designated to the Wood Shop.
- \* Ron & Cindi McLaughlin made a Donation in Memory of their Dads, George Falkner and Bill McLaughlin to be Designated to the Wood Shop.

- ♦ Thank you to Onalee Hartman, Shirley Miller, Cindi McLaughlin, Sarah Rodgers and Wanda Scates for participating in the Hardings Community Rewards Program.
- ♦ Thank you to Papa Vino's for partnering with us in a fundraiser that was enjoyed by many and also to everyone who supported our Center by eating at Papa Vino's.
- ♦ Thank you to everyone who participated in the 1st Annual SJLSC Golf Outing.
- ♦ Thank you Caretel and Professional Hearing for sponsoring our Bingo's.
- ♦ Thank you all of the Volunteers who helped pack goodie bags for the Steelhead Triathlon.
- ♦ Thank you to A.J. Jaeger for donating flags for the Center to sell.
- ♦ Many thanks to the following ladies who donated flowers and plants: Janet DeRubbo, Karen Fricke, Merry Froelich, Cindy Miller, Erika Mauermann, Diana Post and Carole Wier.

**WISH  
LIST**

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



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**Serving the Community Since 1975**



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

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**Vice President** Tim Kragt  
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**Program Coordinator** Jennifer Malone  
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**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**

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Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Lakeshore Legal Aid	(888) 783-8190
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	(269) 983-7111

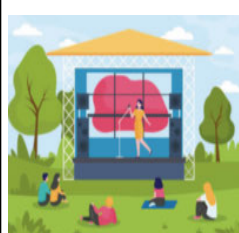
**JULY ACTIVITIES**

**4 INDEPENDENCE DAY - CENTER CLOSED**

6 Popsicles with Pace 10:00 am  
8 Foot Clinic I - **BY APPOINTMENT ONLY**  
11 Alzheimer's Support Group 10:30 am  
12 Whirlpool Corporation in the Twin Cities 10:30 am  
13 Book Club 10:00 am  
14 BINGO - Sponsored by Professional Hearing 1:00 pm  
15 Foot Clinic II- **BY APPOINTMENT ONLY**  
15 Commodities - 9:00 am-11:00 am  
15 Hand Stamped Cards 10:00 am-12:00 pm  
15 Cookies & Canvas 12:00 pm-3:00 pm  
18 Fall Prevention 10:00 am  
20 Peace of Mind Seminar 10:30 am  
21 Board Meeting 10:00 am  
21 Movie 1:00 pm  
22 Senior Center First Outside Concert 1:00 pm-3:00 pm  
25 Money Saving Options through AEP/I & M 10:30 am  
27 Newsletter Mailing 9:00 am  
28 Honor Credit Union 10:30 am  
28 BINGO 1:00 pm  
29 Self Defense 10:00 am

\*\*\*\*\*

**SENIOR CENTER FIRST OUTSIDE CONCERT**



We are having an outdoor concert in our Priscilla Upton Byrns Walking Trail and Gardens. Please join us on Friday, July 22nd, from 1-3 pm. Bring your own lawn chair and come listen to the beautiful music sung by Sally Goodwin-Stine. Food options and drinks will be available for purchase.