

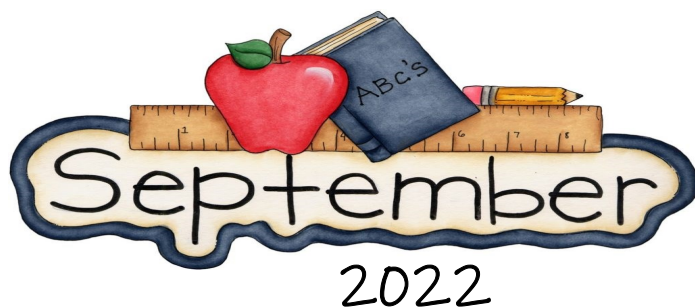
# THE ANCHOR NEWS



**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**



## **ELECTION FOR BOARD OF DIRECTORS**

Below are the dates for the remainder of nominating/election process:

Sep. 15th Presentation of nominees to Board  
Sep. 26th Candidate interviews  
Oct. 7th, Absentee Voting 8 am-4 pm  
10th, & 11th  
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**



**JUST A REMINDER THAT THE CENTER WILL BE  
CLOSED ON FRIDAY, SEPTEMBER 9TH  
DUE TO A INSERVICE DAY**

## **PAPA VINO'S FUNDRAISER**



We are partnering with Papa Vino's from **September 19th through September 22nd** for another fundraising event. Our last fundraiser shattered all of their records and we hope to be able to do that again. In May we raised \$2,030; lets try to break another record! All you need to do is go to Papa Vino's at 1332 Hilltop Road on the above days and **present them with a voucher, which is available at our Senior Center.** We will receive 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 Vino's 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.
- ♦ **Takeout 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***

Summer 2022 is quickly coming to a close. Hopefully, we will still have plenty of warmth and sunshine during the month of September. During the last couple of months, I have tried to attend many of the Center's activities. Below are some that I recently attended and a brief description of my observations.

**Alzheimer's Support Group** - Meets every 2nd Monday at 10:30 a.m. The group is led by Jeanne Merkel, MSW, Certified Alzheimer's Speaker. This class is for anyone that has or had a loved one with Alzheimer's. Even if your journey is over, your experiences would be helpful to the group. The meetings are open discussion for sharing experiences and resources.

**Calisthenics** - Instructor Jean Green - Mondays and Wednesdays at 10:00 a.m. This class provides a full body workout set to lively music. You work out at your own pace. There is an emphasis on strengthening muscle to promote better balance. After a session ended, a new member stated she liked the pace, explanation to modify to your ability level, having a whole body workout and proper stretching.

**Balance Class** - Instructor Jean Green - Mondays and Wednesdays at 11:00 a.m. This class practices skills that help improve posture and balance. As we age, our ability to balance is diminished. The class works on exercises to strengthen muscles for daily functions. The shirt Jean wore says it all: STRONGER THAN YESTERDAY.

**Tai Chi** - Instructor Janet Snelgrove - Mondays at noon and Thursdays at 11:00 a.m. A very relaxing and stress relieving class. Janet provides exceptional instructions regarding proper breathing, poses, positions, stances and movements. The gentle movements work on improving balance.

**Hand & Foot Cards** - Mondays at 1:15 p.m. There were 6 in attendance. Partners are paired up for game play of 4 rounds. This is a friendly and welcoming group and fellow card players are encouraged to come and play.

**Beginning & Intermediate Line Dancing** - Instructor - Dale Baldridge. Beginning class meets Monday at 1:15 p.m. and Intermediate class meets at 1:45 p.m. Dale expertly leads this class, which teaches different dance steps set to an array of varied music. This class will improve your cardiovascular fitness. I have to admit that I have two left feet and did not participate! Everyone was enjoying this class.

**Book Club** - 2nd Wednesday of each month 10:00 a.m. This month the class discussion was led by Shirley Miller. A lively discussion on the selected book was generated by the 16 participants. Their opinions were varied and informative regarding the character developments over the lengthy time period covered in the story. A new book and leader is selected each month. This month's selection is The Little Paris Book Shop. If you are an avid reader, this class is for you.

**Walking Trail & Outdoor Fitness Area** - If you haven't taken the opportunity to walk the trail, you are missing a great outdoor experience. There are trees, bushes and flowers to enjoy for the 1/6 mile circuit. You can enjoy an array of seasonal flowers in bloom and may experience a butterfly flutter in front of you. These areas are groomed by several volunteers. They do amazing work! The Outdoor Fitness Zone provides several fitness stations. Each machine provides instruction for usage. Both the Trail and Outdoor Fitness Zone are available to the public and hours are not limited to the Center's schedule.

Have a great September!

***Pauline Fox***  
***SJLSC Board of Directors***  
***President***



## CONSISTENT MONTHLY PROGRAMS

### FOOT CLINICS

**By Appointment Only**  
**Friday, September 16th**

**Wednesday, September 21st**



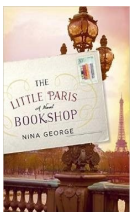
**A signed permission form by your doctor is required to receive this service.** Permission forms are available at the Center or can be emailed to you. Once you have this

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, September 14th, 10:00 am**



The book to be read for the month of September is *The Little Paris Bookshop* by author Nina George. Leading the discussion for this month will be Jill McConnell-Wirth. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



### COOKIES & CANVAS

**Friday, September 16th**

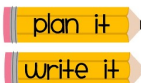
**12:00 pm-3:00 pm**

**\$15 per person, payable at sign up**

**Make checks payable to Roy Hruska**



The painting for the month of September is called *The Two Dahlias*. This painting is on a 9"x12" canvas and all materials needed for this class are provided. Remember to sign up soon.



### ROBO CALLS



We send robo calls for a variety of reasons; a program you have signed up for is cancelled, an exercise class is cancelled, or important messages about our

Center. If your land line (home phone) doesn't accept robo calls, you might be missing an important message from us. If you have a cell phone and put our Senior Center in your contact list, you will receive our robo phone calls. The best way to eliminate this problem is for you to call us and we will change the information in our database. Please contact us with any questions.



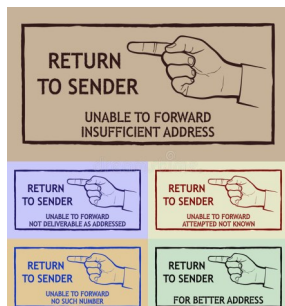
### MOVIES AT THE CENTER!

**Wednesday, September 7th, 1:00 pm**

We have 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 here or 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.



### RETURN OF NEWSLETTERS



If you receive our monthly newsletter by mail, please let us know if your address has changed or if you will be out of town temporarily. We are charged for every newsletter that gets returned to the Center and we would really like to keep our costs down. And remember, you can always pick up a newsletter from the Center when you are here and we can eliminate our mailing costs. Please let us know if you would like to start picking it up here so we can change it in our database. We thank you in advance!

**"The heart of a volunteer beats in service to others." ~ Unknown**





## TRIP IDEAS FOR 2023

We would like to have your input as we begin planning trips for next year. Stop by the trip board at the Center to indicate your preferences or call and give your choices to a staff member. Remember, this is only an interest list; you are not signing up to go on the trip. We will take your input for 2 months and then we will begin booking your adventures for next year.

### DAY TRIPS

- Air Zoo - Kalamazoo
- Ann Arbor Art Fair
- Blue Gate Theatre & Shipshewana
- Broadway - Grand Rapids
- Brookfield Zoo
- Chicago Architectural River Tour
- Chicago Art Institute
- Chicago Botanical Garden
- Chicago Field Museum
- Chicago Science & Industry Museum
- Chicago Shed Aquarium
- China Town
- Covered Bridge Tour IN
- Drury Lane
- Fernwood Botanical Garden - Christmas
- First Division Museum Cantigny - Wheaton, IL
- Frederik Meijer Garden - Grand Rapids
- Greektown Chicago
- Hauserman Orchid Grrenhouse- Villa Park, IL
- Henderson Castle - Kalamazoo
- Henry Ford Museum - Dearborn, MI
- IKEA - Bolingbrook, IL
- Lincoln Park Zoo
- Lyric Opera House of Chicago
- McCormick Place Flower Show - Chicago
- Muskegon Museums - Ships & Historical Homes
- New Buffalo/Michigan City Casino
- Plymouth IN - Blueberry Festival
- Prancing & Dancing Lippizzan Stallion Show- Temple Farms, IL
- Quilt Garden & Murals - Northern Indiana
- River Lake Inn Restaurant - Humming Birds & Magic Shows - Colon, MI
- Round Barn Theatre - Nappanee, IN

### DAY TRIPS CONTINUED

- Studebaker Museum & Tippecanoe Place Restaurant - South Bend
- The Barn Theatre - Augusta, MI
- Turkeyville
- Van Gogh Experience Detroit/Chicago
- Wellfield Garden - Elkhart, IN

### OVERNIGHT TRIPS

- Arden of the Gods Royal Gorge & Colorado Springs
- Biloxi & New Orleans
- Biltmore Estates - Blue Ridge Mountains & Asheville, NC
- Boston, Salem & Cape Ann, Massachusetts
- Branson, Missouri
- Brown County - Nashville, IN
- Cape Cod & Martha's Vineyard
- Grand Canyon, Las Vegas & Hoover Dam Lake
- Geneva, WI
- Lancaster & Philadelphia - Pennsylvania
- Maine
- Miami & Key West
- Myrtle Beach/South Carolina
- New York City
- Niagra Falls, USA
- San Antonio, TX
- Savannah
- Smokey Mountains - Pigeon Forge & Gatlinburg
- St. Augustine, Amelia Island & Jacksonville, FL
- Traverse City
- Vermont
- Virginia Beach - Norfolk & Colonial Williamsburg
- Washington, DC

Let's Go  
Travel



### 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.

### **THE TRUE MEANING OF LABOR DAY**



Labor Day was created to honor the American worker. According to the U.S. Department of Labor, Labor Day is a creation of the labor movement and is dedicated to the social and economic achievements of American

workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity and well-being of our country. So, fire up that grill and hats off to the working community as we head into fall!

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.

**HANDMADE METAL BIRDS** - We have handmade free standing metal birds that are double-sided and painted for sale. The proceeds of the sale of these birds will come back to the Center. If you'd like to place an order, please pick up an order form at the back entrance outside Sharyl's office, where the birds are also on display. Thank you to Jim Kimmerly for offering to create these birds for your purchase!

**PAPA VINO'S** - We are partnering with Papa VINO's for a fundraising event September 19th through September 22nd. 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!

**SUPER BOOKS** - At this time we are still taking names for a list of those who would like to purchase a Super Book when they arrive, **which is expected to be early September.** 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** - 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!

**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
- 1:45 pm - Intermediate Line Dancing



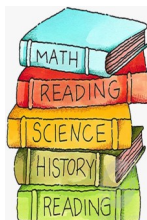
### TUESDAYS

- 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
- 1:00 pm - Strength Fitness - Spirit Fitness



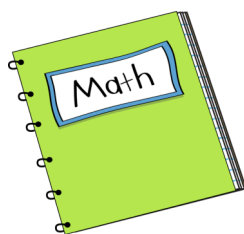
### WEDNESDAYS

- 9:00 am - Resistive Exercise
- 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 - Computer Lab
- 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

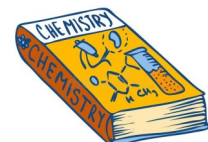
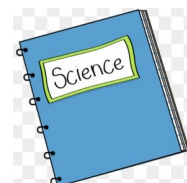
- 9:00 am - Chair Yoga-No class Sept. 16, 23, & 30
- 10:30 am - Beginner Pickleball
- 12:00 pm - Parkinson's Exercise
- REGISTRATION REQUIRED**
- 1:00 pm - Euchre
- 1:00 pm - Sit & Share-Parkinson's Support Group

### 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
- ♦ Wood Shop



### 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.



## WELCOME NEW BOARD MEMBER



Our Board of Directors approved Mark Johnson at the July meeting to fulfill the remainder of Len Casario's term, which will expire in 2023. Mark joins our Board with a strong business background, which consists of many years in the newspaper business. He has served on a number of boards, which is sure to make him another valuable member of our Board. Mark currently is a driver education instructor and has volunteered for several years at our Center as a transportation driver. Welcome aboard Mark!

## 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.



## GREETING CARDS



Many of you may not be aware that the Senior Center has a greeting card section! We have so many cards available for you to purchase here and the most expensive card is just 50 cents! You'll find a variety of cards, such as Sympathy, Get Well, Thinking of You, Birthday, and blank cards as well as seasonal cards. Jo Ann Scates is in charge of this wonderful program at the Center. You can find her beautiful display of cards outside the Gym. You're sure to find that specific card for that special someone!



### BINGO

Thursday, September 8th, 1:00 pm \$1

Thursday, September 22nd, 1:00 pm

Thursday, September 29th, 1:00 pm \$1

**PLEASE DO NOT ENTER THE GYM UNTIL  
ROOM IS SET UP**

## 50/50 WINNER



Congratulations to Barb Durlinger who won \$98.00 in our July 22nd 50/50 raffle drawing. Thank you everyone for participating in our 50/50 raffles!

## FLU SHOT CLINIC

**Tuesday, October 18th 9:00 am-12:00 pm**

**Sign up by Monday, October 10th**



We will be hosting a flu shot clinic on October 18th. Please bring your Medicare card with you. If you do not have Medicare, the cost is \$65. You may make checks payable to Spectrum Health Lakeland.

Low dose and high dose shots are both Quadrivalent and the criteria for high dose is still 65 years and older. The shot is given in the upper arm, so please dress with that in mind.

## UNITED WAY'S RAKE A DIFFERENCE



Seniors age 60 or older, who are physically unable to perform yard work and can't afford to pay for services are eligible to sign up to have a team of volunteers come on

Thursday, November 10, 2022. Volunteers will rake yards and/or clean gutters for eligible seniors. Seniors are helped on a first-come, first-serve basis and it is dependent on the number of volunteers recruited.

~ **Event Date: Thursday, November 10th**

~ **Registration Date: September 1st-30th**

~ **Number to call: 269-932-3554**

**PLEASE NOTE: THIS PHONE WILL NOT BE  
ANSWERED UNTIL SEPTEMBER 1ST**

## GREETERS NEEDED!



We are in need of greeters to welcome people as they come into the Center. Hours in need of greeters will be from 8:30 a.m. throughout the day until 2:30 p.m., in two hour shifts. If you would be interested in becoming a greeter, please see Onalee at the front desk.



## 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 two months. The class will be taught by Lisa Brink, Program Coordinator, and Long-Term Community Support from Disability Network Southwest Michigan. **This class in September will be strength fitness, which will last 45 minutes.** No equipment or sign up is needed. To watch a demonstration of this class, go to Spirit-Club.com.



## GOLF, ANYONE?



In July we had our 1st Annual Golf Outing and a great time was had by all. We would like to hear from you if you are interested in playing in a mixed doubles league in 2023. We will take a few months to gather names and then have a meeting in the fall to discuss the details and plan the league on a day that is convenient for the majority of those interested.

## ELIMINATE YOUR JUNK MAIL



**NO  
JUNK  
MAIL**

Are you tired of all that junk mail? Did you know that you can bring your junk mail into the Center to put an end to it? Just bring your junk mail here

to the Center and Ken Schneider will contact the organization that is sending you these publications. If you would like to take care of this yourself, we have information here at the Center on how to do it. Please remember that it can take several months before you may see a reduction in your junk mail. Please deposit your mail in the box in the front entrance if you want to start this process.



## IMPORTANT REMINDERS

- ◇ **Remember to sign in when entering the building.** You need to go through the screens until you find the activity/activities 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 interrupting a program by arriving late.
- ◇ The library is now accepting books. **We appreciate all books, but we cannot accept dirty/torn books.** We are also accepting DVDs and books on CD as well at this time. We do not accept VCR tapes and **we cannot accept magazines older than 2 months.**
- ◇ At this time we are accepting all cards, except Christmas cards.
- ◇ Please call ahead if you need loan 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 robo call blocker, you will not receive our calls.



## HANDMADE METAL BIRDS

James Kimmerly has handmade metal birds that are double-sided and painted that he would like us to sell, with all the proceeds of this sale coming back to the Center. The price for a seagull is \$20.00 and smaller birds are \$15.00. You can choose from a variety of birds; Seagull, Blue Jay, Oriole, Cardinal, Red-Winged Blackbird, and a Robin. They are freestanding and would look great displayed on a windowsill or in a raised flower bed. The metal for these birds is provided by BER Refrigeration, Heating, Cooling and Plumbing. If you would like to see them before placing an order, you can find them on display in Sharyl's office window (back entrance of building). We thank you in advance!

## QUILTER'S DIMENSIONAL FLOWERS

**Thursday, September 15th, 10:00 am-12:00 pm**  
**Thursday, September 22nd, 10:00 am-12:00 pm**  
**\$17.00 per person, payable at sign up**  
**Make checks payable to Eileen Chapman**



Eileen Chapman will be teaching this beginner class. She taught quilting classes at The Fabric Shop in St. Joseph from 1981-1986. In these classes you will learn to make 3 simple fabric flowers and simple foundation piecing. A pattern with directions plus all fabrics needed will be provided in a kit. You will only need to bring scissors, dark thread, pins and needles. For the foundation piecing, a few sewing machines will be available in the Art Room (8" x 10" frame is not included). Eileen will bring a few samples of other ways to use dimensional flowers. Please remember to sign up to attend this class.

## OUTSIDE CONCERT

**Friday, September 16th, 1:00 pm-3:00 pm**



Please join us for an outdoor concert in our Priscilla Upton Byrns Walking Trail and Gardens. John Hines and Dave Rittersdorf will be here to perform. They will play acoustic guitar and will provide easy listening/country music, including hits from the Eagles.

**Bring your own lawn chair** and enjoy the talented sounds from these two gentlemen. Lost Coast Shave Ice will be here serving up a variety of snow cones and will also have hot dogs, snacks and beverages as well.



## VETERANS SERVICES Q & A

**Tuesday, September 20th, 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.

## MACRAME' BRACELET MAKING CLASS

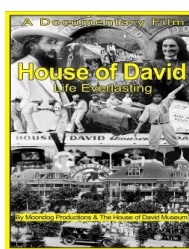
**Tuesday, September 20th, 12:00 pm-3:00 pm**  
**\$10 per person, payable at sign up**  
**Make checks payable to Marilyn Miser**



Marilyn Miser will be here to teach the art of macramé and bead bracelet making as shown. All supplies will be provided. At the time of registration, please choose from brown or black cord. You will have your choice of beads on the day of the class. Class size is limited so sign up soon!

## "HOUSE OF DAVID, LIFE EVERLASTING"

**Tuesday, September 27th, 10:00 am**



Chris Siriano, Founder/Director of House of David Baseball Museum and Author, returns after popular demand for another presentation on an exciting new documentary film that has just been released titled "House of David, Life Everlasting." This film was completed after many years of research, interviews, and intense work scouring the globe for answers to so many untold questions regarding House of David's Michigan based story. This new film includes rare film footage dating back to the 1920s and 1930s of the famous early baseball teams that played and so much more. Please remember you will need to sign up to attend this program.

## LEST WE FORGET

**Thursday, October 6th, 10:00 am**



Larry Wozniak, who is the current President of Lest We Forget, will be here for a presentation on the history of Lest We Forget. He will show some photos of their summer event and invite people to their upcoming Veteran's Day Concert on November 6th. Please remember to sign up to attend this class.



## PHOTO EDITING

**Monday, October 10th**

**10:00 am - 5 students**

**11:30 am - 5 students**



Do you want to learn how to save and improve your camera images to your computer through basic editing techniques? If so, join us as Ted Post, assisted by Dennis Hafer, will guide you through this learning process. Utilizing Photoshop elements, you will learn how to save, edit and print images. For cell phones, we will review the app called Snapseed to edit images on your phone. Please bring 3-4 images on a USB drive. Please sign up for this class.



## WOOD SHOP OPENING

Many of you have been awaiting the announcement of our new Wood Shop and the day has finally come. Below is some information about how our Wood Shop will operate. **More details will be available at the Center.**

### Hours/Days of Operation

9:00 a.m. – 3:00 p.m.

Wednesday, Thursday and Friday

Mid-September-mid November

Mid-January-mid March

Excluding these time frames, the Wood Shop will be open 5 days a week when the Senior Center is open.

To use the Wood Shop you must be a current member of SJLSC and make an appointment to **sign up for a mandatory Safety Orientation Class** before you can participate in this activity. Orientation classes will start September 14th and appointments must be made at the front desk.

To use the Wood Shop after orientation you need to have an active Wood Shop membership and sign all membership documents. **All fees are to be paid at the front desk before you can use the Wood Shop.**

### Wood Shop Member Payment Plans

\$5 daily fee

\$20 monthly fee or \$10 if paid 16th-end of the month (this pro-rated fee only applies the first time you use our Wood Shop. After initial payment, total monthly fee applies).

\$200 yearly fee

No refunds after payment is received.



As the theme for September's newsletter is in recognition of back to school, it's the perfect time to highlight the importance of teachers and the role they play in our children's lives.

They shape the lives of our children by imparting their knowledge and always inspire them to dream, to fight, and to never give up. They make relentless efforts each day to ensure the success of our children. Without them, many of us wouldn't be where we are today! Here are just a few reasons why you should thank a teacher:

- \* They believe in us more than we do, and who doesn't need this? Teachers have immense confidence and belief in our potential to succeed. They instill the idea in us that we can do anything we set our minds to, and keep pushing us to our limits until we achieve them.
- \* They open our minds to new possibilities and don't let us stop at one thing. They continuously encourage us to explore and learn new things because they know that this world is full of possibilities and you never know when a great opportunity may knock on your door. They prepare us for the challenges of tomorrow and introduce us to the necessary skills.
- \* They never give up on us. Even when we fail, teachers motivate us to try again and to work harder. They teach us that putting forth efforts, again and again, is important even if we don't get the desired results the first time. They try to understand the obstacles that prevent us from succeeding and help us to overcome them.
- \* Teachers always want the best for us. They care for each and every student and are forever ready to help us. Beyond our academic success, they also care about our happiness, well-being and life outside the classroom.

If you think back to your school days, surely there is a teacher, or two, that comes to mind that you considered a favorite, and who made an impact on your life. You are never too old to learn. Thank you teachers!





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








**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
 <b>LABOR DAY</b>	 <b>HAPPY LABOR DAY</b>	 <b>Labor Day</b>	1 Taco salad Sautéed zucchini Tortilla chips Fresh fruit in season	2 BBQ chicken Mac & cheese Steamed green beans Cornbread Vanilla pudding Fruit
5  <b>LABOR DAY CENTER CLOSED</b>	6 Sliced roast beef Gravy Mashed potatoes Marinated vegetables WW bread Mandarin oranges	7 Carolina pulled pork Baked beans Coleslaw WW bun Mixed fruit	8 Turkey a la king Whole grain noodles Green beans Mixed vegetables WW roll Fresh fruit	9 <b>CENTER IS CLOSED</b>  <b>INSERVICE DAY</b>
12 Lasagna casserole Italian vegetables Broccoli Breadstick Fruited yogurt	13 Sweet/sour meatballs Rice Peas California blend Rye bread Ambrosia	14 Chicken fajitas Black beans & salsa Whole grain tortilla Peaches	15 Herb baked pork chop Gravy Mashed potatoes Green bean casserole Biscuit Pineapple	16 Cheesy mac & beef Carrot coins Zucchini Rye bread Citrus mix
19 Scalloped pots. & ham Vegetable blend Summer squash Biscuit Peaches	20 Philly steak sandwich Potato salad Hot dog bun Berry crisp	21 Chef's salad 3 bean salad WW bread Pears	22 Fish filet Tartar sauce Rice medley WW bread Zucchini & peppers Raisins	23 Spaghetti Turkey meatballs Sautéed broccoli Italian blend Breadstick Fruited yogurt Birthday cake
26 Baked chicken thighs Cheesy potatoes Bean medley Roll Mandarin oranges	27 BBQ roast beef Carrot raisin salad Corn Bun Banana pudding	28 Swedish meatballs Noodles Harvest beets Peas/carrots Rye bread Pineapple	29 Turkey chili w/beans Mixed vegetables Roasted potatoes Crackers Fruit jello	30 Bratwurst Roasted potatoes Bun Pea salad Baked apple slices
			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:** Margaret O'Neill, Peg Atkins, Artis Bloom, Carolyn Strzyzkowski, Adolf Pelzer, Gloria Muth, Susan Pagel, Sally Matzke, Patty Nordberg, John Schmidtman, and Dorothy Jinkins.

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

Sandra Kay's Bakery, Jaci Brenneke, Mary Doroh, Nancy Barrett, Else Elsner, Vicki Born, Glen Hastings, Mary Lou Bergman, Ed & Marcia Koehler, Eileen Negrilla, Doug Patrick, Gloria Winn, Ross Julian, Celina Bevelhymmer, Charles Payne, Margaret O'Neill, Wendy Demorest, Thelma Szoke, Dan Bickel, Mike Doroh, Mary Jane Hiler, Carolyn Strzyzkowski, Jeannette Jeske, Bill Cox, Jean Fannin, Mark Shankland, Dennis Wade, Frances Billingham, Sally Matzke, Patty Nordberg, John Schmidtman, Linda Yeske, Vic Hitler, Brenda Lyons, Miles and Sharon Lombard, Fredonna & Don Kempf, Carol Chinski, Barbott's Nursery, Murray Kramer, and Vera Jackson.

**To everyone who donated tools and wood for our Wood Shop:** Johnson's Workbench, Bob Mann, Innovative Woodworking, and Bob Apthorpe.

**MONETARY CONTRIBUTIONS:**

- All the anonymous transportation riders along with Mary Bartels, Linda Schemenauer, Barb Findley, and Sharon Kabel, made Donations to our Transportation Program.**
- Connie Lind, Jim Leonard, Dominick Frigo, Subhas Dhodapkar, Karen Schiltz, Darrell Heimel made a Donation to our General Building Fund.**
- Art Wagner, Joseph Gress, Ron Robinson, Chad High, Ingrid & Else Elsner, Jill Post, Dave Hilbink, Janet Shipe, Lillian Hasse, Johannes Willer, Jill Sartwell, Carol & Jerry Orlaske, Glen Hastings, Susan Johnston and Linda Bennett made a Donation to the Wood Shop Matching Donation Challenge.**
- Adolph Pelzer, Sylvia Mueseler, Patricia Stephen, and Bob & Vicki May made a Donation to the Brick Fundraiser.**
- Winifred Zimmerman says Thank you for the Loan Closet.**
- Patty Nordberg made a Donation in Honor of Judy Paruch for her Rock Painting Talents.**
- Mary & Robert Kynast made a Donation to our Exercise Program.**
- Margaret O'Neill and Phyllis Herod made a Donation in Memory of Milt Zoschke.**
- Mary Sundblad, Carl Pagel, Shirley Miller, Margaret O'Neill, Merrily Mahon, Patty Nordberg, Art Wagner, Ken & Colleen Bollivar, Marguerite Atkins, Nancy & Tito Ciafre, Cynthia & Mark Herzog, Judy Paruch, Kathryn & Lloyd Mactavish, Erika Mauerman, Joanne Parrish, Pauline Fox, Nancy Ciafre, Sharyl Freehling, James & Marie Straub, and Lalee & Ted Kuball made a Donation in Memory of Len Casario, Which Will be Designated to the Circuit Training Room.**
- Sue Plummer and Polly Hardin made a Donation in Memory of Len Casario Which Will be Designated to the Wood Shop.**



**THANK YOU to everyone who made a donation to our Annual Picnic:** Chris Warmbein, Tosi's, Celina Bevelhymmer, Soft Touch Car Wash, The Buck, Chili's, 221 Main, Purely Michigan, State Street Treats, Celebration Cinema, Coaches, United Federal Credit Union, Joe's Café, Lakehouse Restaurant & Bar, Moe's Southwest Grill, Chan's Garden, Beaux Cheveux, Candlestick Maker, Waterfront Framing, Walgreen's-St. Joseph, Lakeshore Shell Car Wash, Grace Boutique, Cindi McLaughlin, Jennifer Malone, Sharyl Freehling, and Sandy Draper.

**Thank you to our Fundraising Committee who spent many hours visiting local businesses to solicit door prizes for our Annual Picnic.**



**Thank you Woodland Terrace for your donation of chocolate chip cookies on National Chocolate Chip Cookie Day!**

**Thank you to Elaine Manley for making scrapbooks of our Senior Center history.**



**WOOD SHOP: Wide mouth yogurt cups and baby socks.**



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



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



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This newsletter mailed @ St. Joseph Post Office on 8-31-22



**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, Mark Johnson, Shirley Miller, Jean 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

**SEPTEMBER ACTIVITIES**

1 House of David, "Life Everlasting" - Movie 10:00 am  
5 **LABOR DAY - CENTER CLOSED**  
7 Movie 1:00 pm  
8 BINGO 1:00 pm - \$1  
9 **CENTER CLOSED - INSERVICE DAY**  
14 Book Club 10:00 am  
15 Board Meeting 10:00 am  
15 Quilter's Dimensional Flowers 10:00 am-12:00 pm  
16 Commodities - 9:00 am-11:00 am  
16 Cookies & Canvas 12:00 pm-3:00 pm  
16 Foot Clinic I - **BY APPOINTMENT ONLY**  
16 Outdoor Concert 1:00 pm-3:00 pm  
20 Veteran's Services 9:00 am-11:00 am  
20 Macramé' Bracelet Class 12:00 pm-3:00 pm  
21 Foot Clinic II - **BY APPOINTMENT ONLY**  
22 Quilter's Dimensional Flowers 10:00 am-12:00 pm  
22 BINGO 1:00 pm  
27 House of David, "Life Everlasting" - Movie 10:00 am  
28 Newsletter Mailing 9:00 am  
29 BINGO 1:00 pm - \$1

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**Outdoor concert in August - what a great time!**

