

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 the election process:

Oct. 7th, Absentee Voting 8 am-3 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

We have 5 candidates running for 4 available seats on our Board. The nominees are Celina Bevelhymmer, Bob Hopkins, Tim Kragt, Ted Post and Carol Small. More information on all of the candidates is available at the Center. Please remember to vote!

WOOD SHOP OPEN HOUSE

Friday, October 28th, 11:00 am-3:00 pm



After many long months of hard work by an amazing group of volunteers led by Rick Freridge, the dream of having a Wood Shop at our Center has become a reality. Our Open House will be open to the public and you do not need to sign up. If you are interested in what we have been developing since the beginning of the year, please come and check out the investment we have put into bringing our members another opportunity to enjoy our Center. This Wood Shop has been financed solely by a grant from the Frederick S. Upton Foundation and many members who have made donations over the last few months.

Thank you to all of our volunteers and donors for supporting our vision for this project!

Our first Wood Shop class will be on October 19th. See page 12 for more information. All woodworking classes will be for anyone who would like to try their hand at a new craft or someone who has been woodworking for years. **You do not need to be a member of the Wood Shop to take our woodworking classes.**

To be a member of 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 appointments and additional membership information is available at the front desk. To use the Wood Shop after orientation, you need to pay for a membership.

PAULINE'S POST

October is the month for Board elections. There are 5 candidates running for 4 positions. Prior to the elections, biographies of each candidate's qualifications will be posted in the reception area. This will help you to familiarize yourself with the candidates. Refer to page 1 of the newsletter for the voting dates.

Last month, I finished observing the remainder of the Center's classes and activities.

Pinochle– Tuesday 10:00 am

There was 1 table with 4 in attendance. In order to start another table, you need to include 3 more people to come with you. They usually play until 11:45 - noon.

Range of Motion– Tuesday 10:00 am

Instructor: Ron Robb

This class is for all levels seeking to maintain and improve movement of the entire body. It emphasizes a range of motion, not speed. Bands, weights and grip balls are used. It includes warm up and cool down segments.

Chair Drumming– Tuesday 11:00 am

Instructor: Ron Robb

Improves strength and endurance similar to cardio drumming, but less strenuous since participants are sitting in a chair. Some participants also stand during the session.

Cardio Drumming– Wednesday 11:45 am

Instructor: Jean Green

You drum on a large exercise ball to the beat of lively and upbeat music. Jean covers safety issues for seniors. It is usually performed in a standing position, but she encourages use of a chair if needed. It involves body movement along with the drumming.

Computer Lab– Wednesday 1:00 pm-4:00 pm

Hosted by Ralph Rumpf

If you need help with your computer, tablet or smart phone, come and see Ralph. You should write out your problem and questions before you come. Also, if possible, bring in your device. He can give advice on how to protect the security of your device as well.

Mah Jong– Wednesday 1:00 pm

Although this game is new to me, I found it interesting and fast paced. It goes until 3:00 pm and usually 4 games are completed.

Dominoes– Wednesday 1:15 pm

This game was familiar to me. There was a full table of participants. It is a game that is easy to learn.

Range of Motion– Thursday 10:00 am

Instructor: Carolyn Margol

Same title and goals as the Tuesday class, but I discovered that Carolyn's class had a faster pace in movement and music. I had not planned to attend both classes, but was advised by a member that he enjoys both classes even though they are slightly different.

Bingo– 2nd, 4th & 5th Thursday 1:00 pm

This is one of the most popular and well attended activities of the Center. There were 16 tables and 60 people in attendance. Bob Hopkins is the number caller. Win and collect a prize!

Scrabble– Thursday at 1:00 pm

There was a table of 4 participants. Scrabble is a game for people that enjoy word games and have great spelling skills.

This concludes my wrap-up for 3 months of attending events at the Center. Here's a bit of great advice that I received from a member: Try several classes and find one or two that appeal to you. You will soon be addicted to attending on a regular basis!

Pauline Fox
SJLSC Board of Directors
President



CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only
Friday, October 14th
Friday, October 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, October 12th, 10:00 am



The book to be read for the month of October is *The Big Finish* by author Brooke Fossey. 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.



COOKIES & CANVAS

Friday, October 21st

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 October is called *Horse and Barn*. This painting is on a 9"x12" canvas and all materials needed for this class are provided.



Remember to sign up soon.



COMPUTER LAB - NEW HOURS



The Computer Lab will now be **open every Wednesday from 1:00 pm-4:00 pm**. Previous hours were 9:00 am-12:00 pm. Please note this change. These are still walk-in hours and no appointment is necessary. So bring your questions and Ralph will be here to answer them!

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!

Monday, October 17th, 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.



SOUTHWEST MICHIGAN SYMPHONY ORCHESTRA - SJLSC SENIOR DISCOUNT



SMSO is offering discounted tickets for SJLSC members only (no family members). These tickets are for Zone B seating and are \$15.00, instead of the regularly priced \$20.00 per seat. You can obtain tickets for "Meet The Maestro" on October 16th at 4:00 p.m. The venue is Howard Performing Arts Center at Andrews University. You will meet SMSO's new Music Director, Maestro Matthew Aubin, and you will enjoy some of his favorite works. **Please call to sign up by October 12th.**



"The world is better today than it was yesterday, thanks to the efforts of volunteers."

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 this month 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

- 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
- Garden of the Gods Royal Gorge & Colorado Springs
- 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

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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.



SJLSC SENIOR SOFTBALL 2022

This was another fun year for the SJLSC Senior Softball team. They played 24 times this year, and not one rain day! This team knows how to play ball! If you are interested in becoming part of this team, watch for sign-ups next year. This year's team included (front row) Don Kempf, Tim Appleman, Jerry Radenbaugh, Mike Gregory, Dave Ashley, Tim Theisen, and (back row) Jim Jeschke, Neil Vitale, Jack Hewitt, Doug Wilson, Charley Kozup, Bill Theisen, and Bruce Bentsen. Looking forward to next year!

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!

SUPER BOOKS - We are still taking names for a list of those who would like to purchase a Super Book when they arrive. 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 - Our Wood Shop is complete now but we will still have many operational expenses. Please consider making a monetary donation designated to our Wood Shop. Please stop at the front desk and make sure to designate your donation to our newest project. 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 **No class October 10**
 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 **No class October 11**
 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 **No class October 12**
 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 **No class Oct. 12**

REGISTRATION REQUIRED

1:00 pm - Computer Lab
 1:00 pm - Mah Jong
 1:00 pm - Pickleball
 1:00 pm - Stitch & Chat
 1:15 pm - Dominoes



THURSDAYS

9:00 am - Resistive Exercise **No class October 13**
 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**
 1:00 pm - Scrabble
 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 **No class Oct. 14**

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
- ⇒ Plant waterer
- ⇒ Transportation Drivers
- ⇒ Wood Shop Hosts



TRANSPORTATION DRIVERS NEEDED



We need you! At times we are short on transportation drivers. If you could drive 1-2 times a month we could use you! 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



Did you know that the Senior Center has a greeting card section? We have a number of different cards for you to choose from; Sympathy, Get Well, Thinking of You, Birthday, and blank cards as well as seasonal cards. With the holidays right around the corner, you will find a beautiful selection here to choose from. 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!



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.



BINGO

Thursday, October 13th, 1:00 pm \$1
Thursday, October 27th, 1:00 pm

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



SJLSC ANNUAL PICNIC - "A DAY AT THE FAIR"

The theme for this year's annual picnic was "A Day At The Fair." It was a day filled with laughter, fun, games, conversation, great food and entertainment. We hope you enjoyed yourselves as much as we did and we are looking forward to next year's picnic.





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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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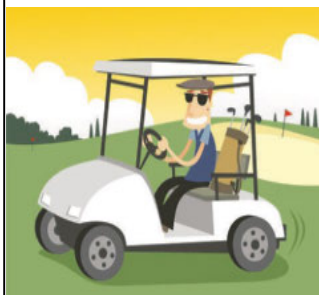


We have been partnering with Disability Network of Southwest Michigan and their Program Coordinator, Lisa Brink, over the past couple of months. Lisa has been

teaching our seniors different exercise classes. **The class in October will be Zumba, 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 have a meeting soon to discuss the details and plan

the league on a day that is convenient for the majority of those interested.



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. You can find them at the front desk. 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 for your cooperation.



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

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 **will not be accepting books, DVDs, or books on CD for a period of time. We will let you know when we can start accepting them again.** 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.

HALLOWEEN COSTUME PARTY

Monday, October 31st, 1:00 pm

MUST SIGN UP BY OCTOBER 24TH

What are you doing Monday

We just have to ask

How about joining us

And wearing a mask...



If you enjoy dressing up for Halloween, we have a party for you! Pull out those costumes or get a new one because we will be awarding prizes in the following categories: scariest, funniest and most original. Light refreshments will be served in the Activity Room. We are looking forward to seeing all of you!



QUILT WINNER



Congratulations to Peggy Hewitt, the winner of this year's beautiful quilt called Maverick. This quilt was made by the loving and talented hands of our Quilting Group ladies. The quilt was raffled off at our Annual Picnic on August 26th. We are sure this quilt will keep you warm in the upcoming chilly months, Peggy!



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 program.



OUTSIDE CONCERT

Friday, October 7th, 1:00 pm-3:00 pm



Please join us for an outdoor concert in our Priscilla Upton Byrns Walking Trail and Gardens. Sally Stine Goodwin returns for a repeat performance. **Bring your own**

lawn chair. Munchie Life Food Truck will be here with food and drink choices.



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? Techniques will also be

taught for cell phones. Join us as Ted Post, assisted by Dennis Hafer, will guide you through this learning process. Please bring 3-4 images on a USB drive. Please sign up for this class.

MEMORY RESCUE - HOW TO HAVE A BRIGHT MIND

Thursday, October 13th, 10:30 am - Thursday, November 17th, 10:30 am - **This is a 6-week hourly progressive class**



Jane Oelke, ND, PhD, who is a board certified health and wellness coach will be here to instruct this 6-week progressive class that is designed to help you on the path to a healthier brain, a better memory, and a happier, more fulfilling life. The best way to prevent and even reverse significant memory problems is to identify them as early as possible and work to eliminate or treat all the risk factors that may be contributing to them. The mnemonic, or memory device, in Memory Rescue that sums up all these risk factors is BRIGHT MINDS. These classes will include presentations and group coaching, along with homework - assessments and journaling. **Please only sign up for this class if you can attend all 6 classes.**

PROFESSIONAL HEARING SPONSORING OCTOBER BINGO



Thursday, October 13th

Presentation 12:30 pm, Bingo 1:00 pm \$1



Julie Duensing from Professional Hearing will be here to sponsor Bingo on October 13th. 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. There's no need to sign up.

MEDICARE PART D



Monday, October 17th, 9:00 am



It's that time of year again when you can make changes with your healthcare through Medicare. Bob Hopkins will be here to assist you on how to register on My Medicare.gov website and he will assist you in finding the cheapest Part D providers and a plan that works for you. Deadline is December 7th to make the changes you choose. Please sign up to attend this class.



HALLOWEEN BRACELET CLASS

Tuesday, October 18th, 12:00 pm-3:00 pm

\$15.00 per person, payable at sign up

Make checks payable to Marilyn Miser



Marilyn Miser will share the art of macramé and bead bracelet making. The bracelet you will be making is as seen in the picture and all supplies will be provided. Class size is limited, so please remember to sign up soon.

WOOD SHOP CLASS

Wednesday, October 19th, 12:00 pm-3:00 pm

\$15 per person, payable at sign up

Please make checks payable to SJLSC



Our first class in our new Wood Shop will give you the chance to make a coffee mug tree for yourself or someone else who could use it. You do not need to be a Wood Shop member to take this class. Class size is limited to 10 people, so sign up soon if you are interested.

KEY CLUB COMPUTER CLASS

Wednesday, October 19th, 3:00 pm-4:00 pm

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

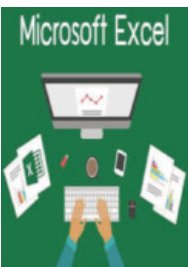


St. Joe Key Club students return to teach you more about computers. **On October 19th the subject will be Microsoft Word and on November 2nd the subject will be Social**

Media. The Key Club will be at the Center the 1st and 3rd Wednesdays of the month. The subject for each date will be announced in the newsletter. Please remember to sign up to attend.

EXCEL COMPUTER LESSONS

Monday, October 24th, 9:00 am



If you'd like to learn more about Microsoft Excel, please join us as Bob Hopkins will walk you through this program and answer any questions you may have. Please remember to sign up to attend as space is limited.

THE IRON BRIGADE IN THE CIVIL WAR

Tuesday, November 1st, 10:30 am



The Iron Brigade was an infantry brigade in the Union Army of the Potomac during the American Civil War. The Iron Brigade was noted for its strong discipline, its unique uniform appearance and its tenacious fighting ability and suffered the highest percentage of casualties of any brigade in the war. Mike Dumke, Civil War historian, will be here to share more information on several local connections from Wisconsin, Indiana, and Michigan. Please remember to sign up to attend this class.

APPLE CREW ESTATE SALES

Monday, November 7th, 10:30 am



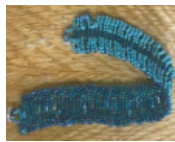
Leslie Leitz with Apple Crew Estate Sales will be here to discuss estate sales; how to accomplish them, plan for them and what to do with all your collectibles, antiques, and belongings. Bring your questions and she will answer them. Please remember to sign up to attend this class.

REVERSIBLE SEED BEAD BRACELET

Tuesday, November 8th, 1:00 pm-3:30 pm

\$10.00 per person, payable at sign up

Make checks payable to Kay Cashner



Join us for this class where Kay Cashner will teach you how to make this beautiful bracelet. Space is limited, so please sign up soon!

VETERAN'S DAY BREAKFAST

Friday, November 11th, 8:30 am-10:30 am

Sign up by November 4th



Veterans please join us by allowing us to serve you (and your spouse) breakfast sponsored by Starks and Menchinger Funeral Home. Following the breakfast, Representative Mark Casey and Stephen Herendeen will be presenting, "Honoring Our Heroes." After breakfast you will learn more about pre-arrangements, Veteran benefits, cremation, burials, and the overall planning necessary for your final arrangements. Please sign up by November 4th if you would like to attend.



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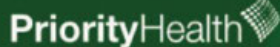
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ملحوظة: إذا كنت تتحدث اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1.888.389.6648 (رقم هاتف الصم والبكم: 711).

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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

Meals are Funded in part by



OCTOBER
CALL 269-921-0136 TO SIGN UP

**PLEASE CALL 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
3 Sweet & sour pork Oriental blend Sautéed spinach Chinese noodles Pineapple	4 Oven fried chicken Sweet potato cass. Mixed vegetables Cornbread Fruit crisp	5 Meatloaf with gravy Mashed potatoes Steamed greens WW roll Jello with fruit	6 Turkey chili Mixed vegetables Salad with crackers Applesauce	7 Cheese manicotti Sautéed broccoli Stewed tomatoes Breadstick Pears
10 Sloppy joes Baked beans Carrot slaw Bun Apple crisp	11 Taco cornbread cass. Side salad Santa Fe blend vgs. Fruited jello	12 Beef stew Steamed spinach Bread Deli fruit salad	13 Chicken ala king Green beans Side salad Peaches	14 Crispy fish Roasted potatoes Baked zucchini cass. Biscuit Fruit cup
17 Philly steak sandwich Steamed potatoes Craisins WW bun	18 Lasagna with marinara Italian blend Side salad Breadstick Mandarin oranges	19 BBQ pulled pork Coleslaw Key West blend WW bun Cinnamon apples	20 Chicken/rice bake Green beans Roll Fruited yogurt	21 BBQ chicken Mac & cheese Sautéed spinach Biscuit Applesauce
24 Pork chop Roasted potatoes Creamed peas WW roll Citrus mix	25 Lemon pepper pollack Rice Corn Side salad WW bread Pears	26 Bratwurst on bun Capri blend O'Brien potatoes WW bun Pudding w/bananas	27 Beef stroganoff Noodles Steamed broccoli Mixed lettuce salad Rye bread Mixed fruit	28 Chicken parmesan Pasta w/marinara Italian blend vgs. Breadstick Plums Birthday cake
31 HALLOWEEN MEAL Meatballs & worms Side salad French blood dressing Creepy fingers roll Gory applesauce Cookie				
			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!



T H A N K
Y O U
so much

To everyone who brings goodies or snacks: Cheryl Houser, Elaine Thomopoulos, Pam Duffy, Anonymous, Judy Stelter, Margaret O'Neill, Maryann Kuhnlein-Doyle, Helen Schlitter, Carol Hadley, and Cheryl Ryno.

To everyone who donates other items that benefit the Center and Participants: Sandra Kay's Bakery, Barb Clark, Joyce Wark, Chris Dennis, Lou Bergman, Patty Nordberg, The Shiveley Family, Glen Hastings, Jane Jeffery, David Lange, Don and Fredonna Kempf, Anonymous, Joanne Merritt, Else Elsner, Celina Bevelhymmer,

John Schmidtman, Kathy & Ron Goldy, Karen Hodge, Mike Doroh, Norma Adkerson, Carole Wier, Joan Peden, Barb Buescher, Jerry Geiger, and Deb Bollwitt.

MONETARY CONTRIBUTIONS:

- All the anonymous transportation riders along with Mary Bartels, Barb Findley, and Bill Riekels made Donations to our Transportation Program.
- Erika Mauerman, Jackie Hastings, Kerry Konesny, and Karen Brown made a Donation to our General Building Fund.
- Anneliese Keehn, Josephine Smith, and Fred Hemsath made a Donation to the Woodshop.
- Lynn Hornack, Robert Hauch, and June Rollinger made a Donation to the Brick Fundraiser.
- Bruce Balfe, Shirley Miller, Fern Nost, Diane Rau, Larry & Mary Doroh, and Aggie Blesy made a Donation to the Metal Bird Fundraiser.
- Marty Casario, Guy Damaske, Jon & Pat Wightman-Fisk, Tom & Pam Wheeler, Lee Wolford, Susan & Dennis Meadows, Sandra Warren, Don & Fredonna Kempf, Bill Riekels, Susan Pagen, Jane Kreitner, Mike & Jamie Lange, Barb Dorow, Nancy Fette, Jerry Radenbaugh, and Stephen & Susie Turner made a Donation in Memory of Len Casario, Which Will be Designated to the Circuit Training Room.
- Susan Schalon made a Donation in Memory of Len Casario Which Will be Designated to the Wood Shop.
- Adolf Pelzer made a Donation for Entertainment at our Annual Picnic.

Thank you to everyone who participated in our Papa Vino's Fundraiser.

Thank you so much to all of our volunteers who assisted with the Annual Picnic, musician Richard Schwartz, Stevensville Walgreens Store Manager Robyn and staff, and Jen Fleeman and Amanda Rivette for face painting.

Thank you to Dino's and the Boulevard Hotel for donating to our Annual Picnic.

WOOD SHOP WISH LIST: Wide mouth yogurt cups and baby socks.

WISH LIST: Disinfectant wipes for the Circuit Training Room, individually wrapped candy, quart and gallon size baggies, 3M large picture hangers, store bought breakfast pastries, muffins, and coffee cakes.



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



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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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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

OCTOBER ACTIVITIES

6 Lest We Forget 10:00 am
7 Outdoor Concert 1:00 pm-3:00 pm
10 Photo Editing 10:00 am & 11:30 am
12 Book Club 10:00 am
13 Memory Rescue 10:30 am
13 BINGO 1:00 pm - \$1
14 Foot Clinic I - **BY APPOINTMENT ONLY**
17 Medicare Part D 9:00 am
17 Movie 1:00 pm
18 Flu Shot Clinic 9:00 am-12:00 pm
18 Macramé Bracelet Class 12:00 pm-3:00 pm
19 Wood Shop Class 12:00 pm-3:00 pm
19 Key Club Computer Class 3:00 pm-4:00 pm
20 Board Meeting 10:00 am
20 Memory Rescue 10:30 am
21 Commodities - 9:00 am-11:00 am
21 Cookies & Canvas 12:00 pm-3:00 pm
21 Foot Clinic II - **BY APPOINTMENT ONLY**
24 Excel Computer Lessons 9:00 am
26 Newsletter Mailing 9:00 am
27 Memory Rescue 10:30 am
27 BINGO 1:00 pm
28 Wood Shop Open House 11:00 am-3:00 pm
31 Halloween Costume Party 1:00 pm



Super Books are due to arrive mid-October. If you are on our list to call and have robo call blocker you will not receive the call, so please contact us mid month to see if the Super Books are here. Please bring the exact dollar amount to purchase your Super Book. Thank you in advance for purchasing your book from us!