

THE ANCHOR NEWS



 Find us on
Facebook

**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



BAKELESS BAKE SALE



This year we will be raising funds until the end of the year for the wide variety of programs that we will make available to our members. In the last year we have used our program funds for Self

Defense classes, program speakers, bingo prizes, outdoor concerts, supplies and equipment for exercise classes and the Circuit Training Room, to name a few. We strive to give our members various opportunities through our programs. If you can make a donation to support our programs for the next year we would greatly appreciate it. Simply use the envelope provided in this newsletter to mail in or drop off a donation. Thank you in advance to everyone who assists our Center in providing meaningful programs to our members!

OLD FASHION CHRISTMAS PARTY

Friday, December 2nd

Doors open at 11:00 am

Christmas Dessert Walk 11:00 am-12:00 pm

Lunch will be served at 12:00 pm

\$10 per person, no refunds

DEADLINE TO SIGN UP IS NOVEMBER 22ND



We hope you can come and join us for an "Old Fashion Christmas" this year, as we all get ready for the most wonderful time of the year. Get in the holiday spirit as we listen to the St. Joseph Concert Choir and share memories of past Christmases. Lunch will

be ham slices, scalloped potatoes, green beans and apple pie. This year we will also have a **Christmas Dessert Walk**. You can purchase raffle tickets in hopes of winning a delicious dessert. We will have an assortment of cookies, fudge, and holiday treats. What a great way to get some of your holiday baking done and not have to clean the kitchen! Many of the desserts can be put in the freezer so you can pull them out when people stop by during the season. Please see Pauline's Post if you would like to bring in a dessert to support this fundraiser.

LIBRARY CLOSING

We will be closing the library on December 16th until further notice so get all the books and DVDs that you will need for a while because right now we are not sure when the library will reopen.



**Our Center will be closed on
December 2nd for our Old Fashion
Christmas Party. No other activities
will be taking place on this day.**

PAULINE'S POST

When I think of the month of November, two important days are foremost in my mind.



First is Veteran's Day. Our Center does a great job each year to recognize our veterans. This year the Veteran's Day Breakfast is scheduled for Friday, November 11th at 8:30 a.m. A big thank you goes out to all the men and women who have served in the military.



Second is Thanksgiving Day. Who doesn't love that day! I am very thankful for our Senior Center's service to the area's seniors.



Now to jump forward to December. **ATTENTION: AWESOME BAKERS!** Do you bake a special treat for Christmas? If so, we are looking for a few more bakers willing to make 2-3 dozen Christmas treats for our Christmas Dessert Walk. The Christmas Party will be held on Friday, December 2nd. All treats will have to be brought in on December 1st to prepare an assortment of the treats. Please refer to page 1, which provides information about our Christmas Party.

If you are interested, please contact me. I am usually at the Center on Monday, Wednesday and Friday mornings. You can also leave a message at the reception desk and I will contact you. We already have a few bakers and a list of sweet treats that they plan to donate. This way we can have an assortment of desserts.



ART CLASS

This past summer, I visited the activities and classes at the Center. The one class that I could not attend was the Art Class. The instructor wanted me to inform everyone that **THE ART CLASSES HAVE RESUMED** on Mondays at 1:30 pm.



As I write this month's newsletter, we are eagerly waiting for the official opening of the Wood Shop. This project idea began with several Board Members visiting the Senior Center in Holland, Michigan. Our former Board President, Rick Freridge, was very impressed with their state-of-the-art Wood Shop. He envisioned our Center establishing a woodworking space in a large vacant space in the front of our building. A grant was applied for from the Frederick S. Upton Foundation and was awarded to us in December 2021.

After the grant was awarded, the execution of Rick's dream began: Fundraising, soliciting donations, including both monetary and equipment, obtaining volunteers for room construction, arranging needed contractors, and establishing guidelines just to name a few. Many hours went into this project. Thanks to all of you who helped. No one put more work into this project than Rick Freridge. The Board decided to acknowledge his work by officially naming it **"THE RICK FRERIDGE WOOD SHOP."** The plaque will go over the door of the Wood Shop and another plaque will go on the side entrance wall to say thanks to the many people who contributed monetary donations, equipment and physical work.

Hope to see many people at our Open House on Friday, October 28th from 11:00 a.m. to 3:00 p.m.

Pauline Fox
SJLSC Board of Directors
President



CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only
Friday, November 11th
Friday, November 18th



November feet

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, November 9th, 10:00 am



The book to be read for the month of November is One by One by author Ruth Ware. 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, November 18th

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 November is called Christmas in the Country. This painting is on a 9"x12" canvas and all materials needed for this class are provided. Remember to sign up soon.

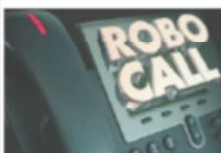
COMPUTER LAB - NEW HOURS



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.

Thankful & GRATEFUL

MOVIES AT THE CENTER!

Monday, November 21st, 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.

SNOWBIRD REMINDER



With the colder months fast approaching, many of you will be heading to warmer temperatures. If you receive our newsletter in the mail, please remember to let us know you will be out of town and we will temporarily stop the mailing of your newsletter. Upon your return, just let us know you're back and we will begin mailing the newsletter to you again. Thank you in advance as this helps us to keep our mailing costs down.

"Superstar service with a smile; our volunteers go the extra mile."

Thankful



THE POWER OF A THANKFUL HEART



This being the month of thanks, we asked our Board of Directors and Staff to express what they are thankful for in regard to our Senior Center. We know that we are very blessed being a part of this incredible organization and being able to serve our community.

"I am thankful to have a Senior Center with a friendly, support staff, quality programs in a beautiful setting with wonderful members ~ **Celina Bevelhymmer**

"Such loving as well as such caring seniors are so very difficult to find in life. Not so at our Senior Center! Thankfulness to you all who help make our Center complete." ~ **Bill Burrows**

"I am thankful for our dedicated Staff, Volunteers, Instructors and hardworking Board Members. I love our Seniors and Center." ~ **Pauline Fox**

"My mother-in-law's doctor suggested she needed to spend time with people her age and attend programs that she liked. Going with her over the years, I found a place I could contribute my time and abilities to in a meaningful way. I am thankful for this and all that the Center has to offer; exercise equipment, very talented instructors, the acquaintances I've made through the years, and the wonderful Staff." ~ **Bob Hopkins**

"I am thankful for the energy and enthusiasm I see in our members and staff each time I'm at the Center. Very catching!" ~ **Mark Johnson**

I'm grateful to be a part of an organization that is so important and meaningful to so many in this community....and which gives so much more to me than I'll ever give to it. ~ **Tim Kragt**

"I am thankful that SJLSSC is able to reach so many outside of our community and that allows people to connect and reconnect with friends. Our Center is blessed with giving and grateful members that share in many ways to benefit others. And, the staff is topnotch!" ~ **Patty Nordberg**

"So many positive things happen at the Senior Center, including classes, activities and programs. These could not happen without wonderful volunteers and helpful staff. You know who you are....thank you!" ~ **Jean Oatman**

"I am extremely thankful for our Board of Directors who are dedicated to providing the best services to our members, and for our Staff who work hard to make it all happen." ~ **Rocco Pavese**

"I am thankful I can volunteer as a mentor in the SJLSSC Circuit Training Room, "weight room," because I have developed great friendships and made a hundred acquaintances. ~ **Jerry Radenbaugh**

"I am thankful for so many things here at the Center; however, the Loan Closet stands out in my mind. Many people are in need of equipment for either a short timeframe or possibly longer, so being able to borrow a piece or pieces of equipment can be so helpful and one less burden for them to worry about in a time of need. I am also very thankful for my wonderful coworkers, volunteers, and senior members!" ~ **Sandy Draper**

"I have been employed here at SJLSSC for almost 4 years and there is not one day that I have not smiled, laughed, or have been humbled by the generosity of these wonderful people that I am so very fortunate to see every day. I thank each and every one of you for gracing the Center with your presence!" ~ **Sharyl Freehling**

"I am thankful for my job working at the Senior Center. I love my coworkers and all the people who come into the Center. It is such a privilege being able to greet the people who come in and see their smiling faces. I get to hear all the compliments for all the activities we offer. It is a blessing to be here." ~ **Onalee Hartman**

"I am thankful for my co-workers, volunteers that help at the Center, and all our loving seniors." ~ **Tai Huynh**

"I am thankful for all the knowledge and positive advice I receive from our seniors. They have lived through it all, and have great advice on politics, marriage, raising children and more. By the time I'm 'seasoned' I'll have all the answers, too." ~ **Jennifer Malone**

"I am thankful for so many things at our Senior Center; cherished friendships, the loyalty and commitment of our Volunteers, Board of Directors and Staff who work together to make our Senior Center very special. I am also very thankful for the extreme generosity of our members who assist us in continuing our mission." ~ **Cindi McLaughlin**



PIKE FUNERAL & CREMATION SERVICES

THE BOYD CHAPEL

LOVE IN GOOD
TIMES AND BAD

A family's love is a very special thing.

The love of a family is there to get you through the good times and the bad. They say that "Into each life some rain must fall." Well, sometimes it just pours. In those times you really begin to appreciate your friends and your family.



9191 Red Arrow Hwy - Bridgman, MI

(269) 465-3239

www.PikeFH.com

"We Have the Home Storage Solution for You"



VALUE SHEDS

Bill Rohm
(269) 921-0929

True Mennoite & Amish Craftmanship

4032 M-139 (next to True Value)

St. Joseph, MI 49085 (I-94 Exit 28, turn South)



www.sunrise-structures.com



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574



Family Funeral Homes & Cremation Services

St. Joseph

Dowagiac

Berrien Springs

South Haven

www.starksfamilyfh.com 269-556-9450



Auto-Owners
INSURANCE
LIFE • HOME • CAR • BUSINESS

501 Main Street St. Joseph, MI
269-983-7101

214 N. 4th Street Niles, MI
269-683-4900



CALL THE
MEDICARE COVERAGE
HELPLINE
Get the Benefits You Deserve
Your local agent
Tom Rivette
269-208-1940

All inclusive loving care, You will be treated like family



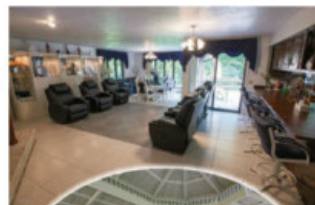
ADULT FOSTER CARE

Please call to
schedule a visit

269-674-3003

57501 County Rd, 365 N, Lawrence, MI 49064

houseofhelpinghandsafe.com



Anne Seymour Odden
ASSOCIATE BROKER®, ABR, GRI



1100 Main Street, St. Joseph

Cell 269.930.0257

Email OddenA@mac.com

Enjoys Tai Chi & Pickle Ball



Live
WITHOUT LIMITS

269-983-2513
509 Ship Street • Downtown St. Joseph
www.whitcombretirement.com



4-D-5-5

For ad info. call 1-800-477-4574 • www.mycommunityonline.com

15-0754

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 SJLSSC 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.

THANKFUL THOUGHTS



Things to be thankful for; sunshine on a cold day, the beauty and uniqueness in a snowflake, that first sip of hot coffee, that warm, comfortable sweater that you look forward to wearing when the weather changes, the smell of bread baking in the oven, that hug from the one you love, your favorite show, that book that you can't put down, that sweet chocolate that melts in your mouth, the first spring flower that shows its face through the snow promising that spring is on the way and the birds singing on a spring morning. What are we thankful for? **YOU!** The Board of Directors and Staff want to take this opportunity to express how thankful we are for all of you and all that you do to make this Center a success and a great place to be! **THANK YOU!**

CURRENT FUNDRAISERS

BAKELESS BAKE SALE - This year we will be raising funds until the end of the year for the wide variety of programs that we will make available to our members. We thank you in advance for any donation you are able to contribute!

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 Jim Kimmerly for offering to create these birds for your purchase!

MIXER SILENT AUCTION - This silent auction is a great way to raise funds for programs at the Center. We are auctioning off a KitchenAid Artisan Series 5 qt. tilt head stand mixer. This auction will begin on November 14th and end at noon on December 12th. Thank you in advance for your support!

SUPER BOOKS - We are still taking names for a list of those who would like to purchase a Super Book and we hope to have them by November. The cost will be \$40 and the books will expire in December 2023. Please bring correct change if you are paying with cash. 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. We would also appreciate a donation of wood, but please call ahead to make sure we have someone available for delivery.

gratitude

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 **WILL NOT MEET AFTER NOV. 15TH**

- 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
- 1:15 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**
- 1:00 pm - Scrabble
- 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
- ♦ 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
- ⇒ Light Ironing
- ⇒ Newsletter Mailing
- ⇒ Plant Waterer
- ⇒ Wood Shop Hosts



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

GREETING CARDS



Get your
Christmas
Cards
here!

sure you will find the card you are looking for, and more, here at the Senior Center. Have fun shopping!

Merry Christmas everyone! For the first time, **ALL** Christmas cards will be 50% off. Stock up and pass the word. You do not have to be 60 years of age to come into the Center to purchase cards. We are

H A P P Y
Thanksgiving
D A Y

HOLIDAY BINGO

Thursday, December 8th, 1:00 pm



Please join us for our annual Holiday Bingo. To play please bring a **\$1 NEW WRAPPED GIFT**.

HOLIDAY BINGO

MIXER SILENT AUCTION



We will be having a Silent Auction for a KitchenAid Artisan Series 5 qt. tilt head stand mixer, which was donated by The Candlestick Maker in St. Joseph. If you or someone you know loves to cook, this mixer would be a timesaver in the kitchen. Please come and take a look at this mixer, which could be a very special wedding gift or Christmas gift for someone special. The Silent Auction will start November 14th and end at noon on December 12th.

AARP TAX AID PROGRAM RETURNS



It appears that we will be able to do taxes this year thanks to Bob Rechner, who has worked hard getting more tax preparers for us. So, start getting your information together for next year and look for more information in our December newsletter.



BINGO

Thursday, November 10th, 1:00 pm \$1

PLEASE DO NOT ENTER THE GYM
UNTIL ROOM IS SET UP

LOAN EQUIPMENT



We have an abundance of loan equipment and will be selling many items. If you are in need of a wheelchair, shower stool, shower transfer seat, crutches, bedside commode or a walker, please check with us before you purchase equipment anywhere else. Thank you in advance!



WINTER BUILDING TEMPERATURE



With the colder temperatures fast approaching, things are about to get a little chillier. We all have different body temperatures, so we ask that you dress accordingly for yours so that you can be comfortable. We keep the room temperatures down a little in the Gym and Circuit Training Room because of exercise classes, but all of the other rooms will be set at a comfortable temperature for most.



WEATHER REMINDERS



Please keep in mind that in inclement weather: **If the St. Joseph schools are closed, the Center is closed. If you reach the Center's answering machine during our normal operating hours, the Center is closed. When in doubt, always call the Center before venturing out. If the Benton Harbor schools are closed, Senior Nutrition closes and no lunches are served, even if the Center is open. Check local television and radio stations for closings.** If you are using our transportation, please be patient as everyone's safety is first. Remember to keep your driveway clear of snow and ice. If we are unable to get into your driveway, we unfortunately will not be able to pick you up.





**"For All Your Future
Construction Needs"**

Roofing • Siding
Decks • Additions • Gutters

269-983-1500 269-463-ROOF 269-468-3804

Senior discounts Serving all SW MI

Family owned and operated for over 60yrs!

Licensed-Insured-Bonded

ADVERTISE HERE
to reach your community



Call 800-477-4574

**Beaudoin
Electrical
Construction**
Incorporated

Maintaining Today's Equipment
Installing Tomorrow's Technology
INDUSTRIAL • COMMERCIAL

"Service with Excellence 24 Hours A Day"

Electrical Construction • Design/Engineering • Substation Maintenance
Custom Controls & Factory Automation • Tele-Data Network • Lighting

(269) 925-4815
Fax (269) 925-6849

<http://www.BeaudoinElectric.com>

3042 Pipestone Rd.
Sodus, MI 49126-9793

Connecting You to Services You Need, to Live the Life You Want



Call us to learn more about:

- MI Choice Waiver Program
- Nursing Facility Transition Program
- In-Home & Community Based Services and Support
- Custom Care
- Care Management

(800) 654-2810

AreaAgencyonAging.org

Serving Berrien, Cass &
Van Buren Counties



REGION IV
**Area Agency
On Aging**

Offering Choices for Independent Lives



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407

Having difficulty hearing?
We can help improve your quality of life!

Contact us TODAY!

(269) 982-3444 infodesk@prohear.net

www.prohear.net

Dr. Kasewurm's
Professional Hearing Services



ARE YOU TURNING 65 OR NEW TO MEDICARE?

Medicare Advantage plans from Humana
cover more than Original Medicare

Humana.

Humana.

Y0040_GHHJJ7NEN_20_C



Call a licensed sales agent

MICHAEL ASHBROOK

269-468-4894 (TTY: 711)

Monday - Friday, 8 a.m. - 5 p.m.

¿En español? Llame al 000-
000-0000 (TTY: 711)



4-D-5-5

For ad info. call 1-800-477-4574 • www.mycommunityonline.com

15-0754

RETURN OF NEWSLETTERS

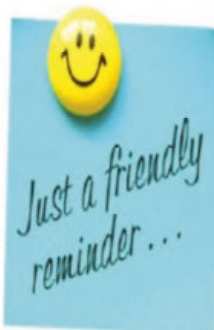


If you receive our monthly newsletter by mail, please let us know if your address has changed or if you will be out of town temporarily. We are charged for every newsletter that gets returned to the Center and we would really like to keep our costs down. And remember, you can always pick up a newsletter 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.

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 not accepting any greeting cards until further notice. We thank you for your generous donations in the past.
- ◊ 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.

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



DAYLIGHT SAVINGS TIME ENDS



Don't forget that before you turn in on Saturday evening, November 5, 2022, to set your clocks back one hour. This is also a great time to replace your batteries in your smoke and carbon monoxide detectors!

SOUTHWEST MICHIGAN SYMPHONY ORCHESTRA - SJLSSC SENIOR DISCOUNT



Southwest Michigan Symphony Orchestra is offering discounted tickets for SJLSSC members and their spouse. 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 Hollywood Holidays, which will be at the Mendel Center Mainstage on Saturday, December 10th, at 7:30 pm. This program will feature holiday songs along with your favorite music from films like Home Alone, Polar Express, How the Grinch Stole Christmas, and more. The program promises a surprise or two. You won't want to miss it! **Please call to sign up by December 7th.**

WOOD SHOP ORIENTATION



To be a member of the Wood Shop, you must be a current member of SJLSSC 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.



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

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.

COMPUTER CLASS

Wednesday, November 2nd & 16th, 3:00-4:00 pm



Saint Joseph High School Key Club members will be here to teach our seniors computer skills. During November 2nd session they will be teaching you about Social Media. November 16th class subject will be covering General

Computer Knowledge. They will be here twice a month (first and third Wednesdays from 3:00 pm-4:00 pm in the Computer Lab). Remember to sign up if you are interested in attending this program.

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

Sign up by November 4th



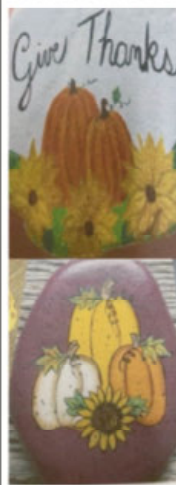
Veterans please join us by allowing us to serve you (and your spouse) breakfast sponsored by Starks and Menchinger Funeral Home. Following the breakfast, Representative Mark Casey and Stephen Herendeen will be presenting, "Honoring Our Heroes." After breakfast you will learn more about pre-arrangements, 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.

HOLIDAY THEMED ROCK PAINTING

Tuesday, November 15th, 12:00 pm-3:00 pm

\$5.00 per person, payable at sign up

Make checks payable to Carole Wier



Because the first class was so much fun, Carole and Judy are returning to teach another rock painting class. Rocks will be provided, but if you have one you'd like to bring, please do. You are more than welcome to bring your own picture as well. This one is sure to be as popular as the first one so you will want to sign up as soon as possible!



"HOUSE OF DAVID, LIFE EVERLASTING"

Tuesday, November 22nd, 10:00 am



Chris Siriano, Founder/Director of House of David Baseball Museum and Author, returns for a 3rd presentation of this exciting new documentary film that has just been released. 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. You will see rare footage dating back to the 1920s and 1930s. Please remember to sign up to attend this program.

SIMPLY LAURIE PHOTOGRAPHY - 10 SECRETS TO OUTSTANDING LANDSCAPE PHOTOGRAPHY

Tuesday, November 29th, 10:30 am



In this class, Laurie will walk you through how to operate a DSLR camera and understand the Exposure Triangle, make adjustments to Aperture, Shutter Speed and ISO took time, and the importance of well-exposed images. Several travel organizations and municipalities have featured her photos and she has over 12,000 followers worldwide on Instagram and Facebook combined. Her work can also be found locally or on her website: simply-laurie.com. If you are thinking of dusting off your camera or just want to enjoy beautiful local landscapes, be sure to sign up to attend this event!

WOOD SHOP PEN CLASS

Thursday, December 1st, 9:00 am-12:00 pm

Thursday, December 15th, 9:00 am-12:00 pm

\$10 per person, payable at sign up



Want a simple project to introduce yourself to our fabulous new Wood Shop? Sign up for the pen making class and learn how to turn wood on a lathe and assemble a pen. This would make a great Christmas gift! Sign up for one of the class dates above. Space is limited, so sign up soon!

HISTORIC RITUALS: THE FREEMASON OF BERRIEN COUNTY

Tuesday, December 6th, 10:00 am



The Berrien County Historical Association will return to the Senior Center for another exciting lecture focused on Berrien County's history. December's talk is "Historic Rituals: The Freemasons of Berrien County." This talk will cover a brief history of Freemasonry in the U.S. before exploring the lodges that called our county home. The talk will last approximately 45 minutes with plenty of time for questions. Remember to sign up to attend this program.

CRAFTS FOR CHRISTMAS

Tuesday, December 13th, 10:00 am



We have a wonderful group of homeschooled children who would like to make Christmas ornaments with our seniors. Please join us for what is sure to be a great time. Remember to sign up if you would like to participate.

CHRISTMAS MACRAME ORNAMENT

Thursday, December 15th, 12:00 pm-3:00 pm

\$10 per person, payable at sign up

Make checks payable to Marilyn Miser



Marilyn Miser will return to teach this macramé class and this time you will be making a Christmas ornament. It's a great time to make that gift for that someone special, or keep it for yourself. Remember to sign up if you would like to attend this class as space is limited.

DOG THERAPY PROGRAM

Monday, December 19th, 10:00 am

Janet Cooper and her therapy dogs, Ahvee & Journey from Best Friends 4-H, return for a second time to share their story and talk about what therapy dogs do and



how that differs from a service dog or emotional support animal. She will share her many experiences this past year educating and spreading joy with her sweet dogs. Please sign up to attend.



You'll want to live here!

Caretel Inns St. Joseph offers exquisite senior living and licensed assisted living accommodations through an all-inclusive, worry-free service. Our professional and friendly care team will take out the trash, do laundry, make beds, and more, so our guests can focus on living life to the fullest.

In addition to our luxurious amenities, including a restaurant, pub, movie theater, and spa, guests can also enjoy a large life-enrichment calendar that features local outings.

269.428.1111 | caretelstjoseph.com



TRI CITY VILLAGE APARTMENTS

541 N Main
Watervliet, MI 49098

62 & Over
or Mobility Impaired.
Low income based community.

We are now accepting applications for our waiting list.

Office hours: Mon., Wed., and Fri.
9:00 AM to 4:00 PM

**Call for an appointment today.
269-463-4543**



EQUAL HOUSING OPPORTUNITY



A Rehabilitation and Extended Care Community

Our Goal Is To Get You Back To Living Your Life!



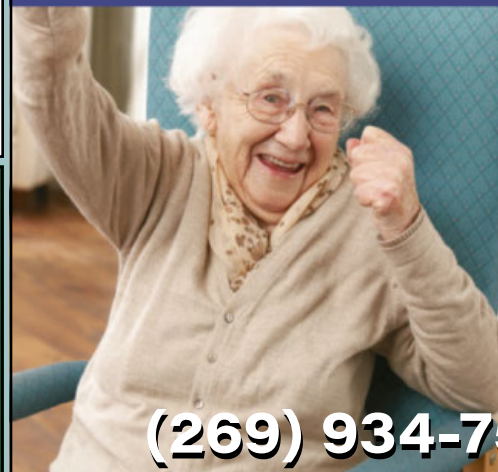
Our Return to Home Rehabilitation Unit promotes quick recovery

We accept medicare, most private insurance and medicaid.

Call for more information or stop in for a tour
288 Peace Blvd., St. Joseph, MI 49085 • 269-556-9050



The Avenue
FAMILY NETWORK, INC.



Helping seniors in Berrien, Cass, and Van Buren Counties through homecare, adult day programs, and guardianship services.

(269) 934-7595

PriorityHealth

Looking for a Medicare plan?

Ask me about our \$0 plans with tons of extras like:

- \$0 PCP, \$0 preventive services, \$0 deductibles (medical/Rx)
- Exceptional dental coverage with Delta Dental
- Benefits to help manage conditions like diabetes with Insulin coverage in the gap

Michael Ashbrook

Ashbrook Insurance

269.468.4894 | 866.886.4175

(TTY users call 711) 8 am – 5 pm,

Monday through Friday

wolvs1@hotmail.com

Priority Health has HMO-POS and PPO plans with a Medicare contract. Enrollment in Priority Health Medicare depends on contract renewal. You must continue to pay your Medicare Part B premium. Priority Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.888.389.6648 (TTY: 711).

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

H2320_400040022201_M CMS-accepted 08292021

©2021 Priority Health 12003M6 08/21



GET FIT DON'T SIT

ROCK SOLID STRIDES

Fall Reduction Class

- Walking Stability
- Reduce Fall Risk
- Improve Balance
- Original Assessment
- Gait Analysis
- Tailored Exercise Program

\$350.00
For 5 Weeks
2 times a week.
Not Covered
By Insurance

Additional Services

- Personal Training
- Senior Fitness
- Aging In Place Assistance

Rocco Pavese
Senior Fitness Specialist
269.876.7421



roccopavese@aol.com

HEATING AND COOLING
REPAIR SINCE 1963!

BoelckeHeating.com

Call us for all
your HVAC &
Plumbing Needs!

269-429-9261

BOELCKE



HARTMAN CHIROPRACTIC

Dr. Brian Hartman, D.C.

(269) 235-4024



712 Comings Ave.
St. Joseph, MI



4-D-5-5

For ad info. call 1-800-477-4574 • www.mycommunityonline.com

15-0754









**Menu Is Subject To Change
Without Notice**
Lunch is served at 11:45 a.m.
Arrive 10 minutes early
NOVEMBER
CALL 269-921-0136 TO SIGN UP
PLEASE CALL 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 Chicken chow mein Oriental vegetables Oranges	2 Spaghetti Salad Roasted broccoli Pudding w/bananas	3 Cheese enchilada Mexican rice/beans Tortilla Citrus mix	4 CENTER IS OPEN NO SENIOR NUTRITION
7 Fish fillet sandwich Roasted fall vegetables Spinach/cheese cass. Pineapple	8 Beef stew California blend Roll Pears	9 BBQ chicken Mac n cheese Steamed greens Applesauce	10 Lasagna Italian vegetables Zucchini Applesauce	11 CENTER IS OPEN NO SENIOR NUTRITION
14 Turkey ala king Roasted carrots Steamed spinach Baked apples	15 Chicken parmesan Pasta with marinara Italian vegetables Fruit cup	16 Chili Dirty rice Crackers Peaches	17 Taco casserole Side salad Santa Fe blend vegs. Fruited jello	18 Sweet/Sour meatballs Roasted carrots Steamed zucchini Pears/birthday cake
21 Carolina pulled pork Coleslaw Roasted fall vegetables Orange sections	22 Swiss steak Mashed potatoes Mixed vegetables Raisins	23 Roasted turkey Mashed potatoes Green bean casserole Pie	24 THANKSGIVING DAY CENTER CLOSED	25 CENTER CLOSED
28 BBQ chicken Scalloped potatoes Peas Apricots	29 Pork roast w/gravy Roasted potatoes Succotash Fruit crumble	30 Beef stroganoff Green salad Scandinavian veg. blend Citrus mix		
			Meals provide 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!

BOARD OF DIRECTORS

Newly elected Board members, Celina Bevelhymer, Bob Hopkins, Tim Kragt, and Ted Post have begun their 3-year terms. We are very fortunate to have a Board of Directors who commit their time and share their knowledge to continue the mission of our Senior Center, while also leading us towards a sustainable future. Please remember to thank all the members of our Board when you see them at the Center for their direction in making this such a great place to be!



RICK FRERIDGE WOOD SHOP

We are very honored to dedicate our Wood Shop to Rick Freridge who has led this project from the beginning. Rick had a dream several years ago and through his determination, hard work and vision, we now have another area that we are very proud of, which provides our members a variety of creative opportunities. Rick has recruited many loyal volunteers to assist him with developing this area. Along with their time, our members have made monetary donations and tool and supply donations to make this dream a reality. **THANK YOU TO EVERYONE WHO SUPPORTED US!!**



To everyone who brings goodies or snacks:

Margaret O'Neill, Sharon Kabel, Jane Jeffery, Alyse Bluver, Jill Post, Barb Pullins, Mary Jane Hiler, Ralph Rumpf, Adolf Pelzer, John Schmidtman, Celina Bevelhymmer, Sally Matzke, Connie Yore, Linda Mueller, and Susan Pagen.

To everyone who donates other items that benefit the Center and

Participants: Sandra Kay's Bakery, Jaci Brenneke, Elton Keith, Wayne Koebel, Don & Fredonna Kempf, Bill Cate, Janet Piner,

Pauline Fox, Joan Peden, Robert McLaughlin, Patty Beland from Kilwins, Jerry Hanes, Hong Son, Karen Coleman, Dave Hilbink, Celina Bevelhymmer, Cindy Miller, Else Elsner, Anonymous, Kevin Hine, Diana Post, Patty Nordberg, Art Wagner, John Schueneman, and Wayne Blanchard.

MONETARY CONTRIBUTIONS:

- All the anonymous transportation riders along with Judy Stelter and Mary Bartels made Donations to our Transportation Program.
- Maro Semerciyan, Don Dieckman, Janice Hicks, and Norman Hine made a Donation to our General Building Fund.
- Tony Serafin and Nancy Bunker made a Donation to the Woodshop.
- Hue Le made a Donation to our Exercise Classes Fund.
- Marty Allman and Don Metzger made a Donation to the Metal Bird Fundraiser.
- Carol Klukas and Tom Oatman made a Donation to the Circuit Training Room.
- Eddie Woodley made a Donation to the Papa Vino's Fundraiser.

WOOD SHOP WISH LIST: Baby socks.

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



As so many of you have noticed, our Walking Trail and Friendship Gardens are just more beautiful each and every year. What some of you may not realize is that these areas are kept meticulously pruned and weeded solely by volunteers, and without them they surely would not look as magnificent as they are. There are 2 volunteers maintaining the Friendship Gardens, which brings a harvest of vegetables and herbs that is enjoyed by many people every year, which in turn is a cost saver for so many. They are already planning to make it bigger and better for next year, which will be hard to do since it's already so amazing! There are also just a small group of volunteers that maintain the Walking Trail. They continue to enhance this area every year, along with the rest of the landscaping on our property. These are very skilled people with giving hearts and creative hands that make the Center such an inviting and appealing place. We can't thank you enough for all of your hard work out of the kindness of your huge hearts. **THANK YOU!**



THANK YOU!

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



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 Bob Hopkins

Board Directors

Celina Bevelhymmer, Bill Burrows, Mark Johnson, Jean Oatman, Rocco Pavese, Ted Post, and Jerry Radenbaugh

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) 488-9393
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

Non-Profit Org.
U.S. Postage Paid
St. Joseph, MI 49085
Permit 416



**DATED MATERIAL DO NOT DELAY
RETURN SERVICE REQUESTED**

This newsletter mailed @ St. Joseph Post Office on 10-26-22



NOVEMBER ACTIVITIES

- 1 The Iron Brigade in the Civil War 10:30 am
- 2 Key Club Computer Class 3:00 pm-4:00 pm
- 4 **NO SENIOR NUTRITION - CENTER OPEN**
- 7 Apple Crew Estate Sales 10:30 am
- 8 Reversible Seed Bead Bracelet 1:00 pm-3:30 pm
- 9 Book Club 10:00 am
- 10 Bingo 1:00 pm - \$1
- 11 Veteran's Day Breakfast 8:30 am
- 11 Foot Clinic I - **BY APPOINTMENT ONLY**
- 15 Fall Themed Rock Painting 12:00 pm-3:00 pm
- 16 Key Club Computer Class 3:00 pm-4:00 pm
- 17 Board Meeting 10:00 am
- 18 Commodities - 9:00 am-11:00 am
- 18 Cookies & Canvas 12:00 pm-3:00 pm
- 18 Foot Clinic II - **BY APPOINTMENT ONLY**
- 21 Movie 1:00 pm
- 22 House of David, "Life Everlasting" - 10:00 am
- 24 **THANKSGIVING DAY- CENTER CLOSED**
- 25 **CENTER CLOSED**
- 29 Simply Laurie Photography 10:30 am
- 30 Newsletter Mailing 9:00 am



Our Center will be closed from December 23rd through January 1st. We are looking forward to seeing everyone on January 2nd, the start of a fresh new year!

