

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



DECEMBER 2022

BAKELESS BAKE SALE

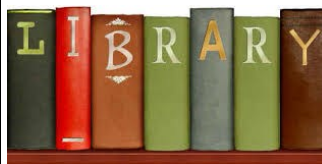


If you didn't use that envelope yet to contribute to our Bakeless Bake Sale, it's not too late. You can still drop off your donation at the front desk or mail it in.

We will be raising funds until the end of the year for the wide variety of programs that we 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 continue to 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.

Thank you so much for helping us to provide meaningful programs to our members!

LIBRARY TEMPORARILY CLOSING



Our plans have changed a little bit for the Library. It will still be closing on December 16th, but you will still have access to the majority of the books and DVDs. We will be moving most of the Library into Friendship Hall. **If you can assist us in moving the Library on December 19th or 20th, please sign up at the front desk.**

RAISED PLANTERS



These raised planters were such a hit in the spring they are back by popular demand. If you missed them the first time, our highly skilled wood crafters in the Wood Shop are more than happy to build one of these for you. Save those knees and your back by ordering one, or two, of these raised planters. We have a raised planter on display here at the Center if you'd like to take a look at one before placing an order. For spring delivery, please get your order in by **April 1st** so you can get your garden growing in style! The price of a 4'x 2' raised planter is \$220 and a 6'x 2' is \$260.

SUPER BOOKS

The Super Books are expected to arrive just in time for you to purchase them as a great Christmas gift for that person who has everything. Call to see if they are here if you aren't already on the list to be notified when they become available.



PAULINE'S POST

Dear Santa,



I am not writing to ask for anything for myself, but on behalf of a wonderful non-profit organization, St. Joseph Lincoln Senior Service Center. The Senior Center provides numerous exercise classes, a Circuit Training Room, arts and crafts activities, including the newly opened Wood Shop, several card/board

games, a Computer Lab, Library, transportation and several monthly programs. The Staff provides excellent service to the seniors in our area.

Last year, our membership grew about 11%. Just last month, we gained 111 new members. According to the last Census, Berrien County's age group of 65 and over is the fastest growing age group and increased 4.5% in 3 years. A Purdue University study predicts the number of those age 65+ in Michigan will double in the next 5 years. (Thanks to our Executive Director, Cindi, for providing the statistics). The funds we receive from the county millage only covers about 84% of our fiscal budget.

Due to this upswing in our membership, future plans need to be addressed.

This is our wish list:

- * Additional fundraising. Currently, we have 7 members comprised of past and current Board Members on our Fundraising Committee. More volunteers are needed to assist the current committee. With our large membership, there must be people with fundraising experience. Fresh ideas and additional manpower is needed for this committee.

Dear Santa...

- * Our BIGGEST wish is finding an experienced grant writer. Since our membership is growing, we must plan for the future. When we have our summer picnic or Christmas party, we have limited space. Therefore, we will need to either have an addition to our existing building or a separate building. We are fortunate to have the space for expansion. Finding grants to provide additional income would be a start to establishing a building fund for a future expansion.
- * Our next wish is to have members to consider providing a legacy gift to the Center. Remembering the Center in their estate planning could provide future income. Please refer to page 6 of the newsletter on ways to provide donations to the Center. This year, the Circuit Training Room reaped the benefits of a memorial donation. A new piece of equipment was obtained due to the family selecting the Senior Center and designating the Circuit Training Room fund to receive donations in memory of their loved one.

Santa, I know our wishes are large, but the service that is provided enriches the lives of the seniors in our area. Diligent work by the Staff, Board Members and Volunteers will continue, but we could use some financial assistance.

Thank you at this great time of the year!

*Pauline Fox
SJLSSC Board of Directors
President*



CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only
Friday, December 9th
Friday, December 16th



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, December 14th, 10:00 am



Instead of reading a book for the month of December, we're having a party! Members please plan to attend and share in the joy of the Christmas season!

COOKIES & CANVAS

Friday, December 9th
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 December is called Winter Bird. This painting is on a 9" x 12" canvas and all materials needed for this class are provided. This would make a great Christmas gift! Remember to sign up soon.

MOVIES AT THE CENTER!

Tuesday, December 13th, 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 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.



ONLINE EXERCISE VIDEOS

Don't forget that if on those cold, snowy days you don't want to leave home, you can still get in your exercise class! Just follow the below instructions for the Center's exercise videos online. You'll be able to stay fit all winter if you don't want to brave the weather!

- ♦ **Go to www.sjlsc.org**
- ♦ **Click on exercise videos on the home page (top right-hand corner)**
- ♦ **There you will find the following videos:**
 - ⇒ **Outdoor Fitness Equipment**
 - ⇒ **Resistive Exercise Versions 1 & 2**
 - ⇒ **Calisthenics Versions 1 & 2**
 - ⇒ **Range of Motion Versions 1 & 2**
 - ⇒ **Chair Yoga Versions 1 & 2**
 - ⇒ **Tai Chi**
 - ⇒ **Balance Class Versions 1 & 2**



PLEASE SLOW DOWN

Please remember to slow down when you enter our parking lot. We have a lot of people departing at one time from our classes and we need everyone to look both ways and move slowly when entering and exiting our lot. With the winter months here, this will be even more important because we are usually physically moving a little slower in the colder months. Also, remember we have a lot more parking in the back of our building and a back door for you to enter. Please be safe and be smart!



"Volunteers make the world a better place, especially at SJLSSC!"

TRIPS

A CHORUS LINE

Wednesday, March 15th

12:30 am Lunch, 2:30 pm Matinee Show

Drury Lane - Oakbrook Terrace, IL

\$147 per person

Payable in full at sign up

A CHORUS LINE



This impassioned backstage look at the intimate lives of dancers auditioning for a Broadway chorus brilliantly combines stunning song and dance with a compelling, moving story. Beloved around the world, A Chorus Line is the ultimate love letter to Broadway and features memorable numbers, including "What I Did for Love," "One," and "I hope I get it." The iconic musical won the Pulitzer Prize for Drama in addition to nine Tony Awards, including Best Musical and Best Score, and four Drama Desk Awards. This trip will include round trip motor coach transportation, lunch and show ticket. Sign up soon!

MODERATE ACTIVITY

MY FAIR LADY

Saturday, April 15th

2:00 pm Performance

Broadway - Grand Rapids

\$120 per person

Payable in full at sign up



My Fair Lady is a story based on Eliza Doolittle, a rough Cockney girl, who meets Colonel Pickering and Henry Higgins in Covent Garden where she's selling flowers. When Higgins remarks that he could help Eliza speak properly and raise her status in the community, Pickering challenges him to do so and Eliza takes him up on the offer. This trip will include round trip motor coach transportation, lunch at Sundance Grill and show ticket. Sign up soon.

MODERATE ACTIVITY

CAPE COD, MARTHA'S VINEYARD, AND PLYMOUTH

May 14th-May 20th

\$1,018 per person, single occupancy

\$809 per person, double occupancy

\$75 deposit at sign up

Trip balance due: 2/21/2023

Mandatory trip meeting 5/1/2023 10:00 am



This trip includes motor coach transportation, 6 nights lodging including 4 consecutive nights in the quaint Cape Cod area, 10 meals: 6 breakfasts and 4 dinners. You will be escorted on a visit to lovely, artistic Martha's Vineyard, a guided tour of the historic seaside towns of Hyannis and Sandwich. This trip also includes a guided tour of the "Outer Cape," including Provincetown and Chatham, a visit to Plymouth, MA and famous "Plymouth Rock," including a visit to the JFK Museum, Sandwich Glass Museum and much more! Please see the trip board for more details. Sign up soon.

ACTIVE ACTIVITY



TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, unless otherwise noted. We only accept cash or checks. Most trips fill quickly, but waiting lists are taken. In cases of cancellations, refunds, less a \$5.00 administrative fee are given, if a replacement can be found. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.

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.



MERRY CHRISTMAS AND HAPPY NEW YEAR!

The Board of Directors and Staff at SJLSSC would like to say thank you for all you do to make the Center a success and we wish all of you a Merry Christmas and a Happy New Year!



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. **Bricks ordered now will be available in March 2023.** Order forms can be emailed, mailed, or picked up at the front desk.

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!

RAISED PLANTERS - Back by popular demand, raised planter boxes are available again! You can find one on display just outside the gym if you'd like to take a look. A 4'x 2' raised planter is \$220 and a 6'x 2' is \$260. All proceeds go to the Wood Shop and Friendship Garden. Thank you in advance for your support!

SUPER BOOKS - We are all patiently awaiting the arrival of the Super Books. If you have called to be on the list, we will contact you as soon as they are available. We will still continue to take names until the books are here. 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.

RECURRING SCHEDULE

MONDAYS

9:00 am - Resistive Exercise
 9:30 am - Quilting Group
 10:00 am - Calisthenics
 10:30 am - Jokers and Marbles
 11:00 am - Balance Class
 12:00 pm - Tai Chi
 1:15 pm - Hand & Foot Cards
 1:15 pm - Beginning Line Dancing
 1:30 pm - Exploring Art
 1:45 pm - Intermediate Line Dancing

TUESDAYS

9:00 am - Resistive Exercise
 10:00 am - Range of Motion **WILL NOT MEET
 DECEMBER 13TH-MARCH 14TH**
 10:00 am - Pinochle
 11:00 am - Chair Drumming **WILL NOT MEET
 DECEMBER 13TH-MARCH 14TH**

12:30 pm - Pickleball
 12:30 pm - Bridge
 1:00 pm - Euchre

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 - WILL
 NOT MEET DECEMBER 7TH**

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 week**
 12:30 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

- ♦ 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
- ⇒ Experienced Grant Writer
- ⇒ Foot Clinic Volunteers
- ⇒ Front Door Greeters
- ⇒ Fundraising Committee Members
- ⇒ Fundraising - 50/50, Quilt Raffle, Super Books
- ⇒ Handymen or Handywomen
- ⇒ Light Ironing
- ⇒ Newsletter Mailing
- ⇒ Plant Waterer
- ⇒ Tax Telephone Receptionist
- ⇒ Transportation Drivers
- ⇒ Wood Shop Hosts

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



GREETING CARDS

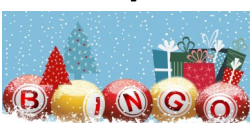


Our beautiful Christmas cards are 50% off. Now is a great time to pick out your Christmas cards and we have a great variety to choose from. Remember, you do not have to be 60

years of age to come into the Center and make a purchase. We are sure you will find the card you are looking for, and more, here at the Senior Center. Have fun shopping!

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**.



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.



HOLIDAY BINGO

Thursday, December 8th, 1:00 pm
PLEASE BRING A \$1 WRAPPED GIFT
Thursday, December 22nd, 1:00 pm
**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 shower stool, 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.



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.

SJLSSC 2022 HALLOWEEN PARTY



Thank you to everyone who attended our Halloween party this year. It sure was a ghoulish time! We loved each and every costume and the decision was not an easy one. You are all so creative! We hope all of you enjoyed yourselves as much as we did. This year's costume winners were Jeannette Jeske and Edward Baginske for Funniest, Gloria Hopkins for Scariest, and Bob Hopkins for Most Original.



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

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.

SHOPPING SAFETY TIPS FOR THE HOLIDAYS



It's that time of the year again when you'll be out and about searching for those perfect gifts for your loved ones. Beware and be safe. Below

are some tips to keep you safe while shopping.

- * **Try not to carry a lot of cash. Stealing someone's debit or credit card takes extra work. That's why cash is so attractive to thieves. If cash is all you have, keep it in a wallet in your front pocket.**
- * **Dress down. Dress comfortably and leave the jewelry at home. This will take a thief's focus off of you.**
- * **Avoid using ATMs. Try to use one or the other - cards or cash. Using ATMs can put you in a vulnerable position, not to mention the risk of card skimmers.**
- * **Walk with your head high. This will help you have better awareness of your surroundings and keep you safer.**
- * **Keep your purse close. Keep it in front of you instead of behind. If you're keeping it in a car, make sure the purse is closest to you, zipped or buttoned closed, and attach it to the cart if possible.**
- * **If you are missing a credit card, notify your bank immediately.**
- * **Put your purchases in the trunk. Out of sight, out of mind. Leaving your purchases visible only increases your risk of theft.**
- * **Find your car keys before walking to your vehicle.**
- * **Lock your car doors the moment you get inside. Yes, even before you buckle up!**

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

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.

WOOD SHOP CLOCK CLASS

Wednesday, December 14th, 12:00 pm-3:00 pm

\$25 per person, payable at sign up

**DEADLINE TO SIGN UP IS DECEMBER 12TH
NO REFUNDS**



We are having a clock making class in our new Wood Shop. There will be an example of this clock on display in the front display case located by the reception desk. This class is limited to 6 people, so sign up soon!

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. This would make a great Christmas gift! 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.

PEACOCK ROCKS - MICHIGAN GEOLOGY

Tuesday, January 10th, 10:30 am



Adrian Quint, from Peacock Rocks, has a cornucopia of knowledge about crystals, geology, metaphysics, and more. He has a great selection of treasures and good quality minerals in his store. He will be here for a general talk on Geology, discussing the basics of how rocks and minerals are classified. This will then be followed up by a brief discussion of Michigan geology and its geological past, including what and where some of the rocks, minerals and fossils might be found. Please remember to sign up to attend this program.

ADVENTURES IN CAREGIVING ~ CAREGIVER SELF-CARE

Wednesday, January 11th, 10:00 am



The journey of a caregiver can be both rewarding and challenging. Individuals who are caring for a loved one often question the right time to reach out for additional support or struggle to know where to start with finding help. This program provides practical tools and resources to help caregivers reach out for support through understanding what is available in the community for both their loved one and themselves. This training is provided by Stephanie Kostizen, LMSW, ACHP-SW who is a Hospice social worker and veteran advocate for Caring Circle of Corewell Health South (formerly Spectrum Health Lakeland). Remember to sign up to attend this program.

NORTH BERRIEN NOTABLES

Thursday, January 12th, 10:30 a.m.



Join us for this program that is presented by Program Director, Peter Cook, from the North Berrien Historical Museum. He will cover interesting local connections to nationally famous people and events in history. You'll learn about historical figures and celebrity visitors to the northern Berrien area, from Robert LaSalle to Louis Armstrong, Muhammad Ali and Sinbad. Please remember to sign up if you would like to attend.

VETERANS Q & A

Tuesday, January 17th, 9:00 am-10:30 a.m.

Any Questions?

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 need to sign up to attend this program.

R.A.D. FOR WOMEN

Tuesdays starting January 17th, January 24th, January 31st, and February 7th, 1:00 pm-3:00 pm

This is a 4-week, 2 hour progressive class.



Please join us as Trooper Holly Higgs from the Niles State Police Post will be here to educate women only on R.A.D. (Rape, Aggression & Defense). This course offers awareness and defense strategies for older adults. It is taught in a relaxed environment that is conducive to learning tested instructional techniques, proven tactics, and insights about problems unique to older adults. This program includes physical defense workouts for technique development, and educational components to assist with the development of defensive strategies. **Since this is a progressive class and there is limited space, please don't sign up and take someone else's spot if you can't make all 4 classes.**

MOSAIC JEWELRY CLASS

Thursday, January 19th, 1:00 pm-3:00 pm

\$20.00 per person, payable at sign up

Make checks payable to Barb Freridge



Barb Freridge will be here to teach you the art of making mosaic jewelry. In this class you will be making a pendant necklace using beads and metals. If you have a tiny piece of keepsake jewelry, feel free to bring it. Beads, bezel and cord will be provided. Space is limited to 12 seniors, so be sure to sign up for this class as soon as possible.

OPEN GYM - TUESDAYS



We will be having an "Open Gym" for four dates in January. The dates are listed below. One of our instructors will be gone for a while, so we have come up with some activities in the Gym to fill those spots and we hope that you will take advantage of these activities, especially on snowy days!

- ⇒ January 3rd, 10:00 am-12:00 pm - Walking Laps
- ⇒ January 10th, 10:00 am-12:00 pm - Cornhole
- ⇒ January 17th, 10:00 am-12:00 pm - Walking Laps
- ⇒ January 24th, 10:00 am-12:00 pm - Cornhole

LOST AND FOUND



Looking for your water bottle, scarf, gloves, keys, eyeglasses, or maybe your cellphone? You should check our Lost and Found, it might just be there. If you have misplaced something, just stop at the front desk and we'd be happy to look in our Lost and Found for you.

ROBO CALLS



Don't forget in order to receive the robo calls we periodically send out, you must add the Center as a contact in your cellphone. If you have a landline, please make sure we have your correct phone number. With the winter months upon us, we would hate for you to make a trip to the Center if a program has been cancelled.









**Menu Is Subject To Change
Without Notice**
Lunch is served at 11:45 a.m.
Arrive 10 minutes early
DECEMBER
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 Roast pork w/gravy Steamed broccoli Mashed potatoes Apple crisp	2 NO SENIOR NUTRITION CHRISTMAS PARTY
5 Lemon tilapia/rice Orange glazed carrots Green beans Yogurt with fruit	6 Chicken tetrazzini Italian blend veggies Mixed green salad Peaches	7 Philly steak sandwich SW blend veggies Steak bun Pears	8 Beef and broccoli Rice Peas Mandarin oranges	9 Roast pork Mashed potatoes Mixed veggies Jello w/fruit
12 Sloppy joes Mexican corn SW mixed veggies Pineapple	13 Italian chicken quarter Au gratin potatoes Stewed tomatoes Fruit yogurt	14 Beef stroganoff Noodles Baked cauliflower Fruit crisp	15 Honey garlic chicken Baked red potatoes Lima beans Citrus mix	16 Liver & onions Mashed potatoes Carrots Birthday cake
19 Shepherd's pie Steamed greens Roll Mixed fruit cup	20 Hot beef sandwich Peppers & onions Potato wedges Mandarin oranges	21 Spaghetti Peas and carrots Broccoli Pears	22 XMAS MEAL Roast beef w/gravy Mashed potatoes /corn Christmas dessert	23 CENTER CLOSED
26 CENTER CLOSED	27 CENTER CLOSED	28 CENTER CLOSED	29 CENTER CLOSED	30 CENTER CLOSED
			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!

STITCH & CHAT CHRISTMAS GIFTS - SALE!!

Are you in the market for a particular gift for that special someone? We have so many skilled crafters here at the Center. Take a look at the display case located by the receptionist desk. You might just find what you've been looking for right here at the Center and at a great price!



HAND CRAFTED WOOD SHOP GIFTS

The volunteers here in the Wood Shop are planning on displaying a variety of gifts that you will be able to purchase for someone at Christmastime. At this time, they are planning on making cutting boards and birdhouses. A handmade gift is always so special and unique. Take a look in the display case by the receptionist desk to see what treasures they have made.





Thank
you

To everyone who brings goodies or snacks:

Jane Jeffery, Linda Doyle, Mike Semerciyan, Tim & Linda Kragt, Millie Carney, Margaret O'Neill, Fay Pressnitz, Charlotte Wilkens, Dolores Frantz, Tim Johnson, Scott & Lynn Vince, Bob & Gloria Hopkins, Sara Andrews, Ted Post, Jean & Tom Oatman, Connie Ferrier, Gloria Winn, Ralph Stocking, Else Elsner, Pattie Warner, Bridgman Woodland Terrace, Mary Sundblad, Tracy Spletzer, Shirley Pittman, Diane Rau, Judy Stelter, Hilda Doyle, Tim Johnson, Janet Smiedendorf, and Sally Matzke.

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

Ron Fites, Judy Stelter, Sandra Kay's Bakery, Jeff Starke, Diane & Gil Rau, Yolanda Young-Smith, Jeannette Jeske, Patti Kenworthy, Donald Fielding, Adolf Pelzer, Jerry Geiger, Shirley Toth, Pauline Fox, Sharyl Freehling, Millie Carney, Nancy Krone-Mead, Charlotte Wilkens, Jaci Brenneke, Glen Hastings, Elaine Graves, Dennis Meadows, Double Day Office Products, Janet Smiedendorf, Martha Baker, Al Robertson, Teri Baker, Joyce DeLong, and Marsha Meyer.

MONETARY CONTRIBUTIONS:

- All the anonymous transportation riders who made Donations to our Transportation Program.
- Maro Semerciyan, Norman Hine, Don Dieckman, Janice Hicks, David Wade, Karen Schiltz, and Norma Lohraff in loving memory of Ed Gerger made a Donation to our General Building Fund.
- Pauline Fox made a Donation in Memory of John Schmidtman, which will be designated to the Circuit Training Room.
- Janet Cooper and Jaci Brenneke made a Donation to our Circuit Training Room.
- Dave Forsythe made a Donation to our Loan Closet.
- Dr. John & Barbara Bannow and Mark Matzke made a Donation to our Wood Shop.
- Margaret O'Neill and Lucille Reinink made a Donation to the Metal Bird Fundraiser.
- Adolf Pelzer made a Donation for the November Newsletter Postage Cost.



Celina Bevelhymmer, Phyllis Herod, Kathy Olsen, Elaine Roberts, Fran Richards, Jill Post, Lucy Ann DeVries, Tom & Bonnie Parrish, Connie Yore, Roger Rosenthal, Anonymous, Nancy Barrett, Jeannine Marks, Subhas Dhodapkar, Dennis Metz, Barbaran Radewald, Nancy Moore, Robert & Bonita Poschke, James Rybarczyk & Jackie Ruppel, Ruth Crow, Gloria Winn, Kerry Konesny, John & Jonelen Faher, Janice Fischer, Lydia Groth, Gene & Peggy Stemm, Onalee Hartman, John & Barbara Bannow, Virginia Kuball, Bernice Tretheway, Robert & Janet Hahn, Charlotte Wilkens, Gayla Kerby, Janet Wolff, Robert & Bonnie Szygielski, Amy Stickney, Kathy Cowall, Joanne Sutton, Bonnie Porter, Mary Sundblad, Millie Carney, Barbara Orr, Polly Hardin, Mary Wilder, Norma Nisbet, Judith Benson, Raelene Stickney, Patricia Coons, Hong Son, Claire Rutlin, Judy Stelter, John & Mabel Wright, Elizabeth Sexton, Elsie Harke, Patti West, Priscilla Banghart,

Shirley Pittman, Sharon Baker, Brad & Georgia Blough, Trudy Enders, Mary Sailo, Gayle Coon, Myra Voth, Holly Cohen, Barbara Enders, Carol Conklin, Willi & Elli Maas, Patty Nordberg, Dennis McCarthy, Mary Ann Forsythe, Lillian Hasse, L. Ross Julian & Dawn Jewell, Martha Baker, Dolores & Jeanette Fester, and Martha Baker made a Donation to our Bakeless Bake Sale.

Thank you to everyone who helped at our Old Fashion Christmas Party and all the ladies that baked for our Christmas Dessert Walk, we greatly appreciate it!

Thank you to United Federal Credit Union for their donation of gift cards and sponsoring our Old Fashion Christmas Party.

Thank you to Kalico Maus and Judy Stelter for the donation of their beautiful hand made gifts with the proceeds of the sales coming back to the Center.

Thank you to Starks and Menchinger Funeral Home for sponsoring our Veteran's Breakfast.



WISH LIST: Disinfectant wipes for the Circuit Training Room, decaffeinated coffee, individually wrapped candy, 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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This newsletter mailed @ St. Joseph Post Office on 11-30-22



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	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) 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

DECEMBER ACTIVITIES

2 SJLSSC Christmas Party 11:00 am
6 Historic Rituals - Freemason 10:00 am
7 Key Club Computer Class 3:00 pm-4:00 pm
8 Bingo - **\$1 WRAPPED GIFT** - 1:00 pm
9 Foot Clinic - **BY APPOINTMENT ONLY**
9 Cookies & Canvas 12:00 pm-3:00 pm
13 Crafts for Christmas 10:00 am
13 Movie 1:00 pm
14 Book Club 10:00 am
14 Wood Shop Clock Class 12:00 pm-3:00 pm
15 Board Meeting 10:00 am
15 Christmas Ornament Making 12:00 pm-3:00 pm
16 Commodities - 9:00 am-11:00 am
16 Foot Clinic - **BY APPOINTMENT ONLY**
19 Dog Therapy Program 10:00 am
21 Newsletter Mailing 9:00 am
22 Bingo 1:00 pm



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!

