

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



TAX TIME IS UPON US

Beginning Monday, January 16th, you can call to make an appointment to get your taxes done. Appointments will start in February. Please round up all of your paperwork before scheduling an appointment. **Please use the checklist on page 2 of this newsletter when gathering your documentation.** The AARP tax volunteers are able to help you file simple Federal and State income tax returns, including Homestead Property Credit and Home Heating Credit. FYI, **COMPLEX TAXES MUST BE COMPLETED BY A TAX SERVICE!** This includes any business pursuits. Appointments fill quickly, so call as soon as possible.



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.

POTTING BENCH



Our skilled wood crafters in the Wood Shop are at it again! You can now purchase a beautiful potting bench here at the Center. You will find one on display in the front entrance hallway. The cost for a potting bench is \$300 and the deadline to order is **April 1st.**

SUPER BOOKS ARE HERE!

Our long wait is finally over! The Super Books are here and waiting for you to come in and get one, two or more so you can start saving money at services and eating establishments in our area. In February we will have a Super Book Swap, so go through your book and see what coupons you would like to swap for other coupons you can use. **They are \$40. Please bring correct change if paying in cash.**

PAULINE'S POST

HAPPY NEW YEAR!

The Center's Christmas Party was a huge success. Thanks goes out to the Staff and several volunteers for the well executed decorations. The St. Joseph High School Concert Choir was outstanding. Their last two songs left many attendees with tears in their eyes, including mine!

This year, we tried a fundraiser at the party. Sixteen bakers made a variety of Christmas treats and 24 trays of various treats were assembled. Party goers purchased raffle tickets in hopes of winning a tray. After all trays were gone, all leftover tickets went into a bowl and a ticket was drawn for an enormous tray. Congratulations to the winner, Linda Kincade.



There are several people to thank for the success of this project. First, Robyn, the manager of Stevensville Walgreens for suggesting a dessert project during our annual parties. Our volunteer bakers were: Nancy Beede,

Judy Bertsch, Celina Bevelhymmer, Vickie Florin, Peggy Gay-Hewitt, Marcia Hess, Bob Hopkins, Fredonna Kempf, Marilyn Mann, Sally Matzke, Patty Nordberg, Barb Orlich, Judy Stelter, Shirley Toth and Shirley Wesner. A special thank you to Connie Baber and Jean Frank for helping me decorate over 6 dozen sugar cookies. A total of \$487.00 was raised for the Center.



A very Happy 100th Birthday wish goes out to our longtime member, Mary Bartels. Mary will turn 100 on January 4, 2023. Mary was our historian for several years and compiled several albums which reflect the Senior

Center's history. Just this year, she relinquished this project to another person. All the albums reflecting our history are stored in Cindi's office for your viewing.



Enter the New Year with a joyous heart and I look forward to seeing your smiling faces in January.

Pauline Fox
SJLSSC Board of Directors
President



TAX CHECKLIST - WHAT TO BRING TO YOUR APPOINTMENT

If filing married/jointly, both need to be present. You both must have photo ID and Social Security Card.

Bring any/all of the following:

1. 2021 Tax Return, both Federal and State, no matter where done. If no 2021 return, bring 2020 return.
2. 2022 Social Security Benefit Statement (SSA-1099).
3. 2022 Interest Income Statements (1099-INT).
4. 2022 Dividend Statements (1099 DIV); Capital Gains Distributions or Stock Sale (1099 B).
5. 2022 Income Statements from pensions, annuities, IRAs, etc. (1099 R).
6. 2022 Statements of earned income (W-2).
7. 2022 Health Insurance Premiums **Paid by You**. If you paid automobile PIP (personal injury protection), bring your auto insurance declaration page.
8. 2022 Summer and Winter property tax bills. Summer bill due September 2022, and Winter bill due February 2023.
9. 2022 heating bills from Nov. 1, 2021 to Oct. 31, 2022. Available from utility company.
10. Any federal or state income tax forms you received in the mail.
11. To directly deposit your refund, bring a blank check or savings account information that shows **your account number and routing number**.
12. If you rent, know your monthly amount and the name and address of your landlord.

CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only

Friday, January 20th

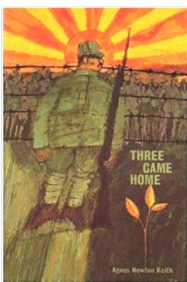
Friday, January 27th

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, January 11th, 10:00 am
The book to be read for the month of January is *Three Came Home* by author Agnes Newton Keith. Leading the discussion will be Barb Dorow. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

COOKIES & CANVAS

Friday, January 20th, 12:00 pm-3:00 pm

\$15 per person, payable at sign up - NO REFUNDS - Make checks payable to Roy Hruska



The painting for the month of January is called *Snowy Depot*. This painting is on a 9" x 12" canvas and all materials needed for this class are provided.

Remember to sign up soon.

MOVIES AT THE CENTER!

Monday, January 30th, 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.



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 instructions below 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!

LOAN EQUIPMENT



We have an abundance of loan equipment and will be selling many items. If you are in need of anything, please check with us before you purchase equipment anywhere else. We thank you in advance!



**Unity of passion and compassion
is a rare gift, but it shines
in our Volunteers.
Thank you for all you do!**



TRIPS



A CHORUS LINE

Wednesday, March 15th

12:30 pm Lunch

2:30 pm Matinee Show

Drury Lane

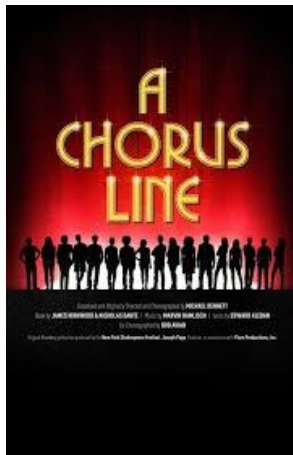
Oakbrook Terrace, IL

\$147 per person

Payable in full at sign up

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



MACKINAC ISLAND GRAND EXPERIENCE

October 17th-20th

\$1,061 per person, double occupancy

\$1,041 per person, triple occupancy

\$1,326 per person, single occupancy

50% deposit at sign up

Trip balance due: September 1st

Mandatory trip meeting October 3rd, 10:00 am



We have more rooms available this year, but we must fill all seats to go on this trip. The trip includes round trip motor coach

and ferry transportation, 3-night stay at The Grand Hotel with all taxes, fees and gratuities included. Enjoy the Grand Luncheon Buffet upon arrival, full breakfast each morning, tea and cookies each afternoon, a 4-course dinner each evening, special champagne reception, nightly demitasse, and dancing to the Grand Hotel Orchestra. You can also enjoy a Grand Hotel history lecture, a horse drawn carriage tour of the island, bocce ball, golf putting and chipping tournaments, bingo, writing contests, movies, daily activities, evening entertainment & much more! There will be discounts on bicycle rental, golf, photos, and of course fudge! **Everyone must attend the trip meeting on Tuesday October 3 at 10:00, so mark it on your calendar now!** Sign up soon! **NEW TRIP-ACTIVE ACTIVITY**

TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, unless otherwise noted. We only accept cash or checks. Please don't send payment through the mail. 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.

WINTER BUILDING TEMPERATURE



With the colder temperatures upon us, it is going to get a little colder outside. 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 in inclement weather: **If the St. Joseph schools are closed, the Center is closed. If the schools are on a 2 hour delay, the Center will not open until 10 am and transportation pick ups will not start until 10 am. 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.**

COMPUTER LAB CLOSED



Our Computer Lab will only be open on Wednesdays starting in February until April 14th so that the AARP tax preparers can use this space to prepare your taxes.



Thursday, January 12th, 1:00 pm \$1
Thursday, January 26th, 1:00 pm

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

OLD FASHION CHRISTMAS

Everyone had a great time at our Old Fashion Christmas Party last month. We had a special visit from Santa and Mrs. Claus who let you know if you were naughty or nice. The highlight of the party was the performance by the St. Joseph High School Concert Choir. These very talented young people put all of us in the holiday spirit. We hope that all of you had a wonderful holiday!



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, Wood Shop or to one of our outside areas; the Walking Trail or Friendship Garden.

DO YOU SHOP AT HARDING'S



If so, we need you to register. This is an easy way to generate some revenue for our Center. Signing up is easy:

- * Visit [Hardings.com](https://www.hardings.com) and click the "Savings & Rewards" tab.
- * Click "Digital Coupons."
- * Click the Green "Register Now" button and enter your information. Your eWallet is now created.
- * Click "My Rewards" and choose St. Joseph Lincoln Senior Center to receive your donations.
- * You will need to enter your phone number each time you shop at check out.

A percentage of your purchases comes back to the Center. Thank you for supporting us!

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

POTTING BENCHES & RAISED PLANTERS

The guys in the Wood Shop are making potting benches and raised planters. See the front page for more detailed information. All orders must be made by April 1st. All proceeds go to the Wood Shop and Friendship Garden. Thank you in advance for your support!

SUPER BOOKS - The cost is \$40 and the books expire in December 2023. **Please bring correct change if you are paying with cash.** Thank you for purchasing your book here!

WOOD SHOP - Our Wood Shop is up and running now but we will still have many operational expenses. Please consider making a monetary donation designated to our Wood Shop. We would also appreciate a donation of wood, but please call ahead to make sure we have someone available for delivery.

**HAPPY NEW YEAR
2023!**

Ring in the New Year is always a cause for celebration and usually includes spending time with family and friends. As glasses are raised and fireworks explode into the sky, it is important to cherish the moments you share with the people in your life. The Board of Directors and Staff wish everyone a very Happy New Year with the hope that all of you will have many blessings in the year to come!

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 UNTIL MARCH 21ST**
 10:00 am - Pinochle
 11:00 am - Chair Drumming **WILL NOT MEET UNTIL MARCH 21ST**

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



THURSDAYS

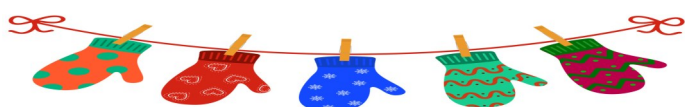
9:00 am - Resistive Exercise
 10:00 am - Range of Motion
 11:00 am - Tai Chi
 12:30 pm - Beginner Pickleball **1st & 3rd week**
 1:00 pm - BINGO **2nd & 4th week**
 12:30 pm - Scrabble
 1:15 pm - Hand & Foot Cards



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.

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.

50/50 WINNER



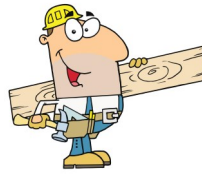
Our 50/50 raffle ticket winner for December is Mary Donald. Congratulations to Mary and many thanks to all of you who participated.

RANGE OF MOTION VIDEO

As all of you may know, Ron Robb is out of commission for awhile, but you can still do his class in the comfort of your own home. Just go to our website and there you will find his Range of Motion exercise video. He will be returning, live in person, on March 21st! In the meantime we will have different activities happening from 10 am-noon on Tuesdays, see schedule on page 12.

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. You do not need to be a member to take the classes offered in the Wood Shop.

HAND CRAFTED WOOD SHOP GIFTS



The volunteers here in the Wood Shop will be displaying a variety of their handy work all year long. In addition to the Raised Planters and Potting Benches that are being made for the spring, they will have a variety of ever changing items that you can purchase. Be sure to look for that unique hand made item for yourself or someone special to you.

NEW BOARD OF DIRECTORS

We have a new Board of Directors for the coming year, several of them have been around for many years and a few of them are new to this wonderful group of individuals who assist in leading our Center into the future. Front row, left to right is Jean Oatman, Patty Nordberg, Celina Bevelhymer, Pauline Fox, Bob Hopkins, back row, Mark Johnson, Bill Burrows, Tim Kragt, Rocco Pavese, Ted Post and Jerry Radenbaugh. When you see our Board Members, please thank them for sharing their knowledge to make our Senior Center great!



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

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 sign up.

VETERANS Q & A

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



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.**



WOOD SHOP BIRDFEEDER CLASS

Wednesday, January 18th, 12:00 pm-3:00 pm

\$25.00 payable at sign up - NO REFUNDS



If you would like to make a birdfeeder, you are in luck. Bob Mann will be teaching a class where you will take an unfinished pine birdfeeder home after just 3 hours. The birdfeeder is on display near the reception desk at the Center if you would like to see it. This class has limited space, so sign up soon if you are interested.

COMPUTER CLASS

Wednesday, January 18th, 3:00-4:00 pm

Wednesday, February 1st, 3:00-4:00 pm

Saint Joseph High School Key Club members will be here to teach our seniors general computer skills. Remember to sign up if you are interested in attending this program.

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.

FREE OVER THE COUNTER HEARING AID WORKSHOP

Wednesday, January 25th, 10:00 am

Consumers can now purchase hearing aids without visiting a hearing health professional. Ann Marie Amicarelli-Cruz, a Hearing Instrument Specialist licensed by the State of Michigan will be here to discuss the costs, testing, performance, and insurance coverage so you can determine if these hearing aids are the right fit for you. Please remember to sign up to attend this program.

TRIVIA GAME

Tuesday, January 31st, 10:00 am-12:00 pm



This trivia game is called Boom Again. It is a pop culture trivia game designed specifically for Baby Boomers. It's packed full of trivia questions meant to spark memories for the 80 million Boomers who shared the years of their youth. This game will take you on a road trip through the Boom Era (the '50s, '60s, & '70s). Raylene Stickney will be the host and she is sure to make it an event to look forward to. Please sign up to attend this fun activity!

SNOW CAP AND SCARF SET

Friday, February 3rd, 1:00 pm-3:00 pm

\$30 per person, payable at sign up

Make checks payable to Eileen Chapman



Eileen Chapman will teach you how to easily make a matching snow cap and scarf set. All materials are included. Class size is limited so sign up soon.

OPEN GYM - TUESDAYS

We will be having an "Open Gym" on Tuesdays in January. The dates are listed below. We hope you enjoy these Open Gym activities.

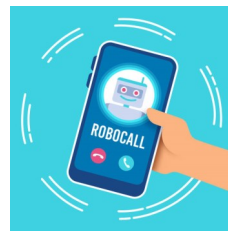
- ⇒ January 3rd, 10:00 am-12:00 pm - Walking Laps
- ⇒ January 10th, 10:00 am-12:00 pm - Cornhole
- ⇒ January 17th, 10:00 am-12:00 pm - Walking Laps
- ⇒ January 24th, 10:00 am-12:00 pm - Cornhole
- ⇒ January 31st, 10:00 am-12:00 pm - Trivia Game (You must sign up)

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. Please let a Staff member know if you need to make a change to your contact information.









**Menu Is Subject To Change
Without Notice**
Lunch is served at 11:45 a.m.
Arrive 10 minutes early
JANUARY
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
2 NO SENIOR NUTRITION CENTER OPEN	3 French dip sandwich Mashed potatoes Green beans Fruit cocktail	4 Swedish meatballs Noodles Scandinavian veggies Peaches	5 Chicken casserole Sugar snap beans Bread Mandarin oranges	6 Turkey chili Redskin potatoes Cheese/crackers Pears
9 Pepper steak Rice Oriental veggie blend Fruit yogurt	10 Sloppy joes Roasted winter veggies Creamed peas Fruit juice	11 Chicken fajitas Black beans Mexican rice Oranges	12 Beef tips w/rice Lima beans Carrot coins Pears	13 BBQ chicken Mac & cheese Greens Cornbread
16 MARTIN LUTHER KING JR. DAY - NO SENIOR NUTRITION CENTER OPEN	17 Meatloaf Roasted sweet potatoes Spinach Pineapple	18 Liver & onions Mashed potatoes Beets Banana pudding	19 Spaghetti Italian blend veggies Side salad Mixed fruit	20 Fish sandwich Capri blend veggies Coleslaw Applesauce
23 Pizza casserole Mixed veggies Sautéed mushrooms Pears	24 Pork roast Mashed potatoes Green beans Citrus mix	25 Hearty beef stew Mixed veggies Roll Peaches	26 Tuna noodle casserole Country mix veggies Baked apple slices	27 Philly steak sandwich Broccoli Pears Birthday cake
30 Chicken marsala Scandinavian veggies Roasted cauliflower Mandarin oranges	31 Beef enchiladas Southwest blend Mexican corn Craisins			
			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!



VETERAN'S DAY BREAKFAST

On November 11th we were able to honor our Veterans. The program and breakfast for our amazing Veterans was sponsored by Starks and Menchinger Funeral Homes. It always means so very much to the Board of Directors and SJLSSC Staff to be able to show our appreciation to our Veterans. Thank you again to the Starks Family for taking such good care of our Veterans.



To everyone who brings goodies or snacks:

Pat Duska, Adolf Pelzer, Margaret O'Neill, Peggy Gay-Hewitt, Jane Jeffery, Anne Odden, Sharon Kabel, Erika Lucius, Elaine Thomopoulos, Judy Stelter, and Steve Breunling.

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

Howard Wenzlaff, Jeff Elliott & Debbie Stouffer, Jim Wagner, Dolores Frantz, Roy & Peggy Hruska, Richard Malenfant, Erika Mauerman, Celina Bevelhymmer, Tim Enix, Dona Lucker, Tom & Bonnie Parrish, Lenn Murdock, and Larry Shermak.

Donation of Tools to the Wood Shop: Bob Silver.

MONETARY CONTRIBUTIONS:

- All the anonymous transportation riders along with Mary Bartels and Alyse Bluver made Donations to our Transportation Program.
- The Golden Eagles , Bill & Barbara Klein , Marty & Lois Goldrick, Nancy Anderson, John Kolb, Thelma Price and Amy Reutlinger, made a Donation to our Building Fund.
- John Bock made a Donation to our Wood Shop.
- Elaine Thomopoulos made a Donation to Friendship Garden.
- Bonnie & Robert Szygielski made a Donation to our Loan Closet.
- Norma Lohraff made a Donation in Loving Memory of Ed Gerger.
- Shirley Miller made a Donation in Memory of Jean Fannin.
- Jim Hlifka, Glen & Jackie Hastings, Douglas Patrick, Bruce & Priscilla Banghart, Jeff Elliott & Deb Stouffer, Patricia Warner, and Dave Hilbink made a Donation to our Circuit Training Room.



John & Mabel Ann Wright, Rae Bacolor, Ed & Marcia Koehler, Steven Balk, Jack & Mary Sanderson, Irene Hudson, Bonnie Huff, Mark & Sally Matzke, Janice Hicks, Judy Paruch, Lesten Alston, Anna Garlanger, Helen Lacelle, H. Milbrandt, Ronald Freier, Helen Schlaman, Jane Jeffery, Jeri Merfeld, Carolyn Margol, Sue Plummer, Pam Duffy, Marcia Hess, Connie Lind, Shirley Zick, Chris & John Heyn, Erna Felgner,

Dorothea Crocker, Patricia Jones, Joann Scates, Sherree Lane, Rebecca DeVitt, Sandy Thurlow, Shirley Miller, Susan Desmet, Judith Thompson, Phyllis Kenke, Clementine Brueck, Lydia Dearing, Dorothy Hora, and Robert & Mary Kynast, made a Donation to our Bakeless Bake Sale.

Thank you to Onalee Hartman, Cindi McLaughlin, Shirley Miller, Sarah Rodgers, Wanda Scates, Carolyn Strzyzkowski and Karen Wagner for participating in the Harding's Community Rewards Program which makes monetary donations to the our Center. See page 7 to learn how you can help to contribute to this fundraiser.

Thank you to everyone who assisted in moving our Library and getting our hallways ready for new carpet!



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

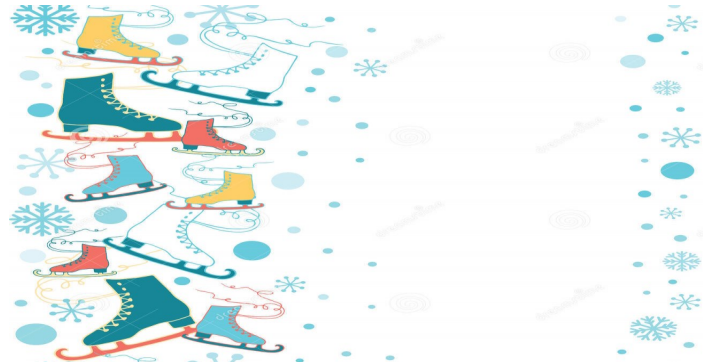


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Serving the Community Since 1975

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

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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

JANUARY ACTIVITIES

3 Open Gym - Walking Laps 10:00 am-12:00 pm
10 Open Gym - Cornhole 10:00 am-12:00 pm
10 Peacock Rocks 10:30 am
11 Book Club 10:00 am
11 Caregiver Self-Care 10:00 am
12 North Berrien Notables 10:30 am
12 Bingo 1:00 pm - \$1
17 Veterans Q & A 9:00 am-10:30 pm
17 Open Gym - Walking Laps 10:00 am-12:00 pm
17 R.A.D. For Women 1:00 pm-3:00 pm
18 Key Club Computer Class 3:00 pm-4:00 pm
18 Wood Shop Birdfeeder Class 12:00 pm-3:00 pm
19 Board Meeting 10:00 am
19 Mosaic Jewelry Class 1:00 pm-3:00 pm
20 Foot Clinic - **BY APPOINTMENT ONLY**
20 Commodities - 9:00 am-11:00 am
20 Cookies & Canvas 12:00 pm-3:00 pm
24 Open Gym - Cornhole 10:00 am-12:00 am
25 Newsletter Mailing 9:00 am
25 Over-The-Counter Hearing Aids 10:00 am
26 Bingo 1:00 pm
27 Foot Clinic - **BY APPOINTMENT ONLY**
30 Movie 1:00 pm
31 Open Gym - Trivia Game 10:00 am-12:00 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!