

# 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](mailto:DIRECTOR@SJLSC.ORG)  
[WWW.SJLSC.ORG](http://WWW.SJLSC.ORG)**

**HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM**



## FEBRUARY 2023

### QUILT RAFFLE



We have another quilt to be raffled and it is called Lover's Knot and is 87" W x 98" L. Our quilting group has created another work of art we are sure you will love. Tickets go on sale

on February 20th and will end at noon on April 28th. Buyers remember tickets are \$1 each or 6 for \$5, with a weekly winner drawn to receive 5 free tickets. We have lots of tickets that need to be sold, so we will need volunteers to help get these tickets sold. If you are interested in helping to sell these tickets, please see Sharyl for a time slot. We are so very thankful to the quilting ladies for all of your hard work!

### RAISED PLANTERS AND POTTING BENCHES



Our Wood Shop crafters have a couple of projects in the works just in time for Spring. Back by popular demand is our raised planters. The price of a 4'x2' raised planter is \$220 and a 6'x2' is \$260. If you missed them the first time, now is your chance to place an order. Our Wood Shop crafters are also making potting benches. The cost for a potting bench is \$225. We have both items on

display here at the Center if you'd like to take a look first before placing an order. Please get your order in by **April 1st**. Thank you!

### FUNDRAISING COMMITTEE SEEKS VOLUNTEERS



When it comes to fundraising, the old adage, "many hands make light work," could not be a truer statement. The current committee of 6 people would welcome additional committee members and/or volunteers for projects. We meet the first Friday of the month. Please contact Sharyl, Volunteer Coordinator, if you would be interested. We thank you in advance!

### NEWSLETTER MAILING

Every couple of years we need to purge our mailing list due to increased costs. **If you have not come to our Center since March 2021, we will be removing you from our mailing list.** If you don't see a newsletter arrive next month and you would still like to receive one, please just give us a call and we will put you back on the list.

## PAULINE'S POST

We welcome the month of February. This month has many reasons to celebrate. In researching this month, I discovered several observances for this month, including:

- Black History Month
- American Heart Month
- Great American Pie Month
- National Bird Feeding Month
- National Self Check Month
- National Library Lover's Month

Listed were also significant days:

- February 7-National Send a Card to a Friend
- February 12-Super Bowl
- February 14-VALENTINE'S DAY
- February 16-Fat Tuesday and National Do a Grouch a Favor Day

In observance of week 3: Random Acts of Kindness Week

This leads me to the two subjects of this month's column; love for self and others and random acts of kindness. Some quotes found for demonstrating kindness to others:

"You can never know the ripple effect you create with one tiny gesture of kindness."-anonymous

"Unexpected kindness is the most powerful, least costly, and most underrated agent of human exchange."- Bob Kerrey



Besides showing kindness to others, remember to be kind to yourself. Practice self-love. Self-love means that you accept yourself fully, treat yourself with kindness and respect and nurture your growth and wellbeing. What does self-love look like? Some examples: Saying positive things to yourself, forgiving yourself when you mess up, meeting your own needs, prioritizing your health and wellbeing, letting go of grudges or anger, and making healthy choices most of the time. This information regarding self-love was provided by Sharon Martin, LCSW in an article published in May 2019.

Ms. Martin stated the reason self-love is important is that you are likely to be highly self-critical and fall into people pleasing and perfectionism. You may neglect your own needs and feelings. It is the foundation that allows us to be assertive, set boundaries and create healthy relationships with others.

LOVE YOUR SELF

Ideas to practice self-love: Start an exercise class (we have several choices at our Senior Center), drink more water, laugh often, and spend time with friends or family members with positive attitudes!

RANDOM ACTS OF  
KINDNESS DAY

Now we will look at pursuing random acts of kindness. "Carry out a random act of kindness, with no expectation of reward. Safe in the knowledge that one day someone might do the same for you."-Princess Diana

KINDNESS  
is contagious

An act of kindness is as simple as sending a text to someone telling them good morning or have a great day, giving someone a compliment or telling them that they are loved, or sending a Valentine's Day card to someone who may not receive one. The Center has a good selection of Valentine cards!

I'll end with a few good quotes from the great Andy Rooney in his article "Things I've Learned."

I've learned...That just one person saying to me, "You've made my day," makes my day.

I've learned...That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned...That everyone you meet deserves to be greeted with a smile.

**HAVE A GREAT MONTH AND SHOW LOVE TO YOURSELF AND OTHERS!**



Pauline Fox  
SJLSSC Board  
of Directors  
President

## CONSISTENT MONTHLY PROGRAMS

### FOOT CLINICS

**By Appointment Only**

**Wednesday, February 15th**

**Wednesday, February 22nd**

**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, February 8th, 10:00 am**



The book to be read for the month of February is "The Immortal Nicholas" by author Glenn Beck. Leading the discussion will be Mary Baker. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



### COOKIES & CANVAS

**Friday, February 17th, 12:00 pm-3:00 pm**

**\$20 (price increase) per person, payable at sign up - NO REFUNDS**

**Make checks payable to Roy Hruska**



The painting for the month of February is called BFFs. 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!

**Tuesday, February 14th, 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.

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

### 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!



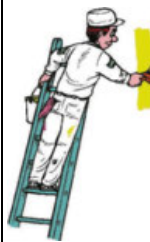
### LOAN EQUIPMENT



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!



### PAINTERS NEEDED



We are in need of outside painters for spring! We are wanting to spruce up the outside of our building and we need your help as soon as spring has sprung! If you enjoy painting and you have some free time on your hands, we need you! If you would be interested in helping to give our building a fresh look, please contact Sharyl, Volunteer Coordinator, and we will contact you when we are ready to begin. We thank you in advance for your help.

### LIBRARY BOOK SERIES SUGGESTIONS/WISH LIST

As many of you are aware, we have an amazing library, but we want to know if there is anything we could do to make it even better. Such as possibly a series of books by a certain author that you'd like to read, or would recommend for others to read. If so, we'd like to hear your suggestions. Just stop at the front desk and let us know your interests regarding this. Thanks!



**Volunteering is a work of heart!**





# TRIPS

## 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, 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**



## GANGSTER & GHOST TOUR IN CHICAGO & BROOKFIELD ZOO

**Wednesday, May 17th**

**\$131 per person payable at sign up**

Enjoy round trip motor coach transportation to Chicago for a 2-hour, 1.5 mile walking guided tour. Historians will tell you about the gangsters and ghosts of Chicago's past in the area of the "The Loop" where in the 1920s and 30s there was shady partying, speakeasy saloons, deal making, threats, and secret underground tunnels used by bootleggers, and the famous Al Capone. Following this will be a visit to Brookfield Zoo, which includes a lunch at one of their many cafés, grill or diners before you explore their 450 species of animals in an area of 216 acres, on foot and on a guided tram ride tour.

**NEW TRIP-VERY ACTIVE ACTIVITY**

**Sign up soon, trip must fill by April 21st.**



## FREDERIK MEIJER GARDEN

**Tuesday, June 6th**

**\$81 per person**

This trip includes round trip motor coach transportation to Frederik Meijer Gardens & Sculpture Park. Admission and narrated tram tour to experience the natural beauty of the gardens, including the 60 permanent sculptures by world-renowned artists, The American Horse, the Richard & Helen DeVos Japanese Garden, and Michigan's Farm Garden. Lunch voucher for onsite Balk Café and time to explore and walk the garden on a self-guided tour after lunch.

**NEW TRIP-MODERATE ACTIVITY**



## JEFF FOXWORTHY AT THE BLUE GATE THEATRE IN SHIPSEWANA

**Saturday, June 10th**

**\$134 per person payable at sign up**

Includes round trip motor coach transportation, theatre ticket to see comedian Jeff Foxworthy: The Good Old Days Tour, family style dinner, and a short time for shopping. Jeff is an amazing stand-up comedian, writer, radio and television host. He is a member of the Blue Collar Comedy Tour and known for his "You might be a redneck" one-liners.

**NEW TRIP-MODERATE ACTIVITY**

**Sign up soon, trip must fill by May 1st**



## 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 filled one bus, but we could take another one if we get enough people on a waiting list. We are about half way there so sign up soon to take this amazing 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. Call for more details. **Everyone must attend the mandatory trip meeting, so mark it on your calendar now!**

**ACTIVE ACTIVITY**



**\*\*WAITING LIST\*\***

## A CHORUS LINE

**March 15th**

**CAPE COD, MARTHA VINEYARD & PLYMOUTH**

**May 14th-May 20th**

**More details available at the Center**

# 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](http://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](http://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](http://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

*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](http://houseofhelpinghandsafe.com)

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

**Anne Seymour Odden**  
ASSOCIATE BROKER®, ABR, GRI



Cell 269.930.0257

Email [OddenA@mac.com](mailto:OddenA@mac.com)

*Enjoys Tai Chi & Pickle Ball*

1100 Main Street, St. Joseph

**Live**  
WITHOUT LIMITS  
269-983-2513  
509 Ship Street • Downtown St. Joseph  
[www.whitcombretirement.com](http://www.whitcombretirement.com)



4-D-5-5

For ad info. call 1-800-477-4574 • [www.mycommunityonline.com](http://www.mycommunityonline.com)

15-0754



## ADOPT A GARDEN



The Garden Volunteers could use a few more helping hands beginning this coming spring. It would involve about 2 hours per week to weed, deadhead and trim the garden beds. If you enjoy gardening and would like to help, please see Marilyn Mann or leave your name and number at the front desk. Thank you!



## 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.



## ELIMINATE YOUR JUNK MAIL



Bring your junk mail into the Center to put an end to it! If you are tired of receiving certain mailings, remember that you can bring them here and Ken Schneider will contact the organization that is sending you these publications. We also have information here at the Center if you would like to do this yourself. Remember that it can take several months before you could see a reduction in your junk mail. Please deposit your mail in the box in the front entrance if you want to start this process.



Thursday, February 9th, 1:00 pm \$1  
Thursday, February 23rd, 1:00 pm  
**PLEASE DO NOT ENTER THE GYM  
UNTIL ROOM IS SET UP**

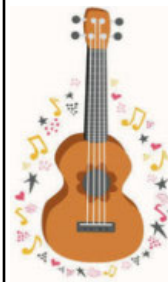
## ATTENTION MEMBERS!



It's that time of the year again! We'd like all members to update their personal information with us. **If your phone number, email address, home address or emergency contact information has changed, please take a moment and let us know.** Every month we receive newsletters back due to a change in address, and we do get charged for each newsletter that is returned to us. Also, if you have changed your mind about receiving the newsletter in the mail and would rather just pick it up here at the Center or receive notification through your email when it is available to view online, please let us know so we can make that change for you. We thank you in advance for your cooperation.



## UKULELE LESSONS



Want to learn how to play the ukulele? We have a volunteer, Jim Thurman, who offered to teach anyone who may be interested in learning this fun instrument. The class will begin the 2nd or 3rd week in February and is scheduled for Tuesdays at 11:00 am in our Card and Game Room. If you would like to attend, please call the Center to reserve your spot. Class size is limited with availability of instruments. If you have your own ukulele, please bring it.



## TAX TIME IS UPON US



When this newsletter went to print we still had some appointments left but they are sure to be filled up quickly. Please round up all of your paperwork before scheduling an appointment. A list of all the documents you will need will be provided to you when you make the appointment. 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.

### 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.

### **ST. JOSEPH-LINCOLN SENIOR SERVICE CENTER GOLF LEAGUE UPDATE**



SJLSSC members interested in starting a new golf league met in October to lay out the groundwork for our new league. The league will

be a mixed singles league made up of men and women who are members of our Center. This means you won't have to put a team together to join. There are currently 17 members in this startup league. We're aiming for a 20-week season, probably starting in late April or early May. Players will be limited to 4 strokes over par on each hole. Matches will be scheduled so that all players will get to play against each other without regard to gender. We're hoping to play on Mondays starting around 4:00 pm in the afternoon, and a course has not been chosen at this writing. Look to our newsletters to learn more details and contact the Center if you'd like to be a part of this adventure.

### \*\*\*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!

**QUILT RAFFLE** - This year's quilt is Lover's Knot, which is 87" W X 98" L. This is your chance to own a beautiful quilt made by our Quilting Ladies. Tickets are \$1 each or 6 tickets for \$5. A weekly winner will be drawn to receive 5 free tickets.

**SUPER BOOKS** - The cost is \$40 and our Center receives \$8 for each book sold. **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.

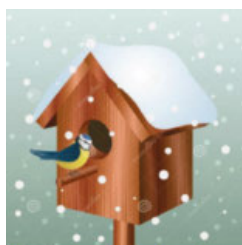
### **TRIP REMINDERS**

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.

## 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

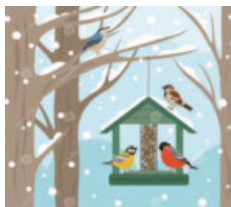
### **REGISTRATION REQUIRED**

- 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

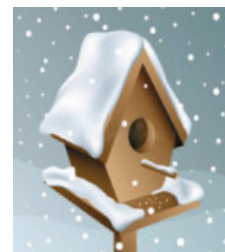
- 9:00 am - Chair Yoga
- 10:30 am - Beginner Pickleball
- 12:00 pm - Parkinson's Exercise
- 1:00 pm - Euchre
- 1:00 pm - Sit & Share-Parkinson's Support Group

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



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





**"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

## WE ARE HERE TO HELP



Contact us for information, options, and services for older adults, younger persons with disabilities, and care partners.



REGION IV  
**Area Agency  
On Aging**

Serving Berrien, Cass & Van Buren Counties

Offering Choices for Independent Lives

Information Line: (800) 654-2810

AreaAgencyOnAging.org

# 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

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Terry Sweeney**

[tsweeney@lpicommunities.com](mailto: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](mailto:infodesk@prohear.net)

[www.prohear.net](http://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 000-0000 (TTY: 711)



4-D-5-5

For ad info. call 1-800-477-4574 • [www.mycommunityonline.com](http://www.mycommunityonline.com)

15-0754

## 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.

## COMMODITIES



Did you know that you can pick up monthly commodities here at the Senior Center? Those of you who are currently receiving commodities from the Center **do not need to recertify.** To apply for the Michigan Commodity Supplemental Food Program (CSFP), please **call the Center and make an appointment** with Jennifer to fill out a simple form. To qualify for benefits, monthly income limit for a household of 1 is \$1,473, a household size of 2 is \$1,984, and a household size of 3 is \$2,495. To certify, recipients need to provide proof of total household income for **ALL** people living in the home, including wages, pension, disability and social security amounts. Please bring proof of identification and address. Falsification of any information that you provide can/will result in denial of services and/or prosecution.



## WOOD SHOP INFORMATION

As many of you know, our wonderful Wood Shop is now open. Below is some general information about how our Wood Shop operates. For more details please call or stop at the front desk.

### CURRENT HOURS/DAYS OF OPERATION

- \* 9:00 am-3:00 pm
- \* Tuesday, Wednesday, Thursday and Friday through mid March

To use the Wood Shop, you must be a current member of SJLSSC and make an appointment to **sign up for a mandatory Safety Orientation Class** to become a Wood Shop member. You can make an appointment for orientation at the front desk, which is approximately 3 hours. **You need to sign up 2 business days in advance to attend a orientation.** Safety glasses are mandatory. If you do not have a pair, you can purchase them at the front desk; \$2 for regular safety glasses and \$5 for glasses that fit over a prescription.

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

### Wood Shop Member Payment Plans

- \* \$5 daily fee
- \* \$20 monthly fee or \$10 if paid 16th-end of the month (this pro-rated fee only applies the first time you use our Wood shop. After initial payment, total monthly fee applies).
- \* \$200 yearly fee

### NO REFUNDS AFTER PAYMENT IS RECEIVED.

**Please ask for a copy of the Member Guidelines so you aware of how our Wood Shop operates.**

We also have monthly classes in the Wood Shop and **you do not need to be a member to take these classes.**



### HAND CRAFTED WOOD SHOP GIFTS

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



## WOOD SHOP PEN CLASSES

**Thursday, February 2nd, 9:00 am-12:00 pm**

**Thursday, February 16th, 9:00 am-12:00 pm**

**Thursday, March 2nd, 9:00 am-12:00 pm**

**Thursday, March 16th, 9:00 am-12:00 pm**

**\$10 per person, payable at sign up**

**NO REFUNDS**



If you are looking for a great way to introduce yourself to the Wood Shop, this would be the perfect class. Sign up for the pen making class and learn how to turn wood on a lathe and assemble a pen. This is a very popular class, so you will want to sign up as soon as possible to save your

spot! **You do not have to be a member of the Wood Shop to take a class.**

## 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.



## CHAIR BEACH VOLLEYBALL

**Tuesday, February 7th, 10:00 am-12:00 pm**



It's just like volleyball, but in a chair using a beach ball. The game follows regular volleyball rules with some exceptions. The beach ball is **larger than a regular volleyball so it is easier to control.**



## COMPUTER CLASS

**Wednesday, February 15th & March 1st**

Saint Joseph High School Key Club members will be here to teach our seniors computer skills. On February 15th the subject will be Social Media and on March 1st the subject will be Personal Devices. They will be here twice a month (first and third Wednesdays from 3:00 pm-4:00 pm in the Computer Lab). Please sign up to attend this program.

**Reminder - Ron Robb's classes will resume on March 21st!**

## APPALACHIAN TRAIL EXPERIENCE

**Tuesday, February 21st, 10:30 a.m.**

Rick Koenes will be here to share his experience of hiking 2194.3 miles in 2022 along the Appalachian Trail. Rick will be sharing pictures and answering questions about the experiences and memories created while walking through 14 states, which took 151 days. Please remember to sign up.



## SUPER BOOK COUPON SWAP

**Monday, February 27th, 9:00 am-12:00 pm**



If you purchased a Super Book and you have coupons you know you won't use, join us for the Coupon Swap. Bring your coupons and swap them for some you will use! You will be helping yourself, as well as others!



## MYSTERY GAME

**Tuesday, February 28th, 10:00 am-12:00 pm**



These are Murder Mysteries in a Box. Each game will be a different story and case for you to solve. These murder mysteries are designed to not only offer a mystery for you to solve, but also to tell a compelling story. This first game is True Crime. Put your detective hats on and have fun! Please sign up to attend.

## MICHIGAN CALVARY BRIGADE - LED BY GEORGE CUSTARD

**Tuesday, February 28th, 10:30 am**



The Michigan Cavalry Brigade was one of the most famous union units during the Civil War. It was comprised of men from all over the state and led by George A. Custer, who was from Monroe, Michigan. Mike Dumke is a Civil War Historian and this will be a story you won't want to miss. Please remember to sign up.





### QUILTER'S DIMENSIONAL FLOWERS

**Friday, March 3rd, 1:00 pm-3:00 pm**

**\$17 per person, payable at sign up**

**Make checks payable to Eileen Chapman**



Join us as Eileen Chapman will be here to teach you how to do 3 fabric flowers and simple foundation piecing. Please bring scissors, dark thread, pins and needles. All other items will be provided. Remember to sign up to attend this class.



### FULL STEAM AHEAD AT THE MICHIGAN MARITIME MUSEUM

**Monday, March 6th, 10:30 am**

Michigan's many waterways and the long history of their navigation are an integral part of our state's heritage. Join Claire Herhold, the Michigan Maritime Museum's Community Outreach Coordinator, to learn more about how the museum is preserving and sharing this rich history in exciting new exhibits and programs. Please sign up for this program.



### MEMORY RESCUE - HOW TO HAVE A BRIGHT MIND

**Tuesday, March 7th, 10:30 am - Tuesday, April 11th, 10:30 am**



Jane Oelke, ND, PhD, who is a board certified health and wellness coach, will be here to instruct this 6-week progressive class that is designed to help you on the path to a healthier brain, a better memory, and a happier, more fulfilling life.

The best way to prevent and even reserve significant memory problems is to identify them as early as possible and work to eliminate or treat all the risk factors that may be contributing to them. The mnemonic, or memory device, in Memory Rescue that sums up all these risk factors is BRIGHT MINDS. These classes will include presentations and group coaching, along with homework - assessments and journaling. **Please only sign up for this class if you can attend all 6 classes.**

### BIRD LATHE TURNING CLASS

**Friday, March 10th, 9:00 am-12:00 pm**



Have you always wanted to make a bird or penguin out of wood? Well, you can do that here at the Senior Center Wood Shop! Class size is limited to 5, so you'll want to sign up soon. This will no doubt be another wonderful project taught by our skilled instructors. And, remember **you do not have to be a member of the Wood Shop to take a class.**



### SENIOR HOME DEFENSE

**Thursday, March 16th, 10:30 am**



This seminar will teach techniques for survival, home preparation, and home safety precautions. It is a PowerPoint-based class with optional hands-on participation segments. Attendees will receive a handheld alarm. Please sign up soon as there is limited space.



### OPEN GYM - TUESDAYS

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

- ⇒ February 7th, 10:00 am-12:00 pm - Chair Beach Ball
- ⇒ February 14th, 10:00 am-12:00 pm - Walking Laps
- ⇒ February 21st, 10:00 am-12:00 pm - Cornhole
- ⇒ February 28th, 10:00 am-12:00 pm - Mystery Game (You must sign up)



### CIRCUIT TRAINING ROOM

We have a wonderful Circuit Training Room here at the Center. Remember, if you are new to the Circuit Training Room you must go through orientation with a Monitor. The hours of operation for the Circuit Training Room are from 9 am-3:00 pm. We have recently added some new equipment we're sure you will enjoy! For more details, see a Staff Member.

If you would like an email reminder when the newsletter is online, please email us at [assistant@sjlsc.org](mailto:assistant@sjlsc.org)



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 homeware, adult day programs, and guardianship services.

**(269) 934-7595**

**PriorityHealth**



**Looking for a Medicare plan that has honest pricing and real value?**

Ask me about Priority Health—the only Michigan-based Medicare plan to receive 5 out of 5 stars for their HMO-POS plans<sup>1</sup>. Medicare plans start at \$0 that give you more of the benefits you need and the extras you want.

**Agent:** Michael Ashbrook, Ashbrook Insurance

**Phone:** 269.468.4894 | 866.886.4175

**Email:** wolvs1@hotmail.com

<sup>1</sup>Results for HMO-POS plans only. Every year Medicare evaluates plans based on a 5-star rating system. Priority Health has HMO-POS and PPO plans with a Medicare contract. Enrollment in Priority Health Medicare depends on contract renewal.  
Y0056\_400040022301\_M CMS-accepted 1105202  
©2022 Priority Health 12503M2 10/22

**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

**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**  
HEATING • COOLING • PLUMBING

**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](http://www.mycommunityonline.com)

15-0754






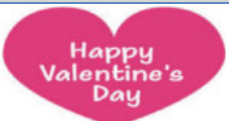







**Menu Is Subject To Change  
Without Notice**  
**Lunch is served at 11:45 a.m.**  
**Arrive 10 minutes early**

**FEBRUARY**  
**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 BBQ pulled pork Mac & cheese California vegetables Applesauce	2 Porcupine meatballs Noodles Mixed vegetables Mixed fruit	3 Chicken fajitas Black beans Mexican rice Tangerines
6 Ravioli w/marinara Steamed carrots Tuscan vegetables Fruit yogurt	7 Turkey chili Roasted red potatoes Coleslaw Pineapple	8 Philly steak sandwich SW vegetable blend WW steak bun Fruit salad	9 Turkey meatloaf Mashed potatoes/gravy Creamed peas Oranges	10 Sweet-n-sour pork Oriental vegetables Peas Apricots
13 Stuffed peppers Mixed vegetables Cornbread Jello w/fruit	14 Chicken cordon bleu Roasted potatoes Creamed peas Heart cookies 	15 Beef stew Green beans Rye bread Strawberry applesauce	16 BBQ chicken Normandy vegetables Mac & cheese Baked apple slices	17 Western goulash Carrot coins Seasoned spinach Peaches
20 Herbed pork chop Mashed potatoes/gravy Steamed carrots Biscuit Jello with fruit	21 <b>FAT TUESDAY</b> Mild gumbo Red beans and rice Banana pudding	22 Meatball sub Coleslaw Carrots Fruit cocktail	23 Beef stroganoff Steamed broccoli Baked tomato Peaches	24 Salmon burger Confetti rice Winter blend vegetables Citrus mix
27 Spaghetti & meatballs Italian vegetables Broccoli Breadstick Tangerine	28 Pancakes & syrup Sausage patty Cinnamon apples Orange juice			
			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!

### Valentine's Day Trivia

What is the origin of Valentine's Day? ~ Romans

When was the earliest record of handing out Valentine's Day Cards? ~ 1415

Who created the first Valentine's Day box of chocolates? ~ Richard Cadbury

A heart was carved into what as a Valentine's gift in Old Ireland? ~ Spoons

When did the diamond industry begin to promote themselves as gifts for Valentine's Day? ~ 1980s

What is Cupid's name in Greek mythology? ~ Eros

What chemical in one's brain is also known as the love hormone? ~ Oxytocin

Which state in America produces the reddest roses? ~ California

What is the highest-grossing romance movie? ~ Titanic

Where can you find St. Valentine? ~ Rome







To everyone who brings goodies or snacks:  
Paul Adams, Rich Johnson, Margaret O'Neill, Cheryl Ryno, Donna Lippert, Kathy Grootendorst, Aggie Blesy, Adolf Pelzer, Linda Kurzynski, Gloria Muth, Cheryl Ryno, Dolores Frantz, and Barb Lovellette.

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

Sally Matzke, Dennis Meadows, Tony Lohroff, Maureen McGrath, Rose Kovan, Jennifer Postello, Marilyn Rimes-Herrman, Elsa Elsner, Glenn Laing,

Jennifer Sienko, Dorothy Layman, Dolores Frantz, Carol Allen, Barb Clark, Connie Krieger, Cheryl Ryno, Hong Son, Sandra Kay's Bakery, Diana Watts, Ann Stedman, Bill Bingaman, Mike Petlick, Rebecca Marsden, Doug Eppley, Bob Silver, Barb Petzke, Linda Williamson, Elsa Gustafson, Don & Fredonna Kempf, Lionel Matthews, and Christine Goyer.

### **MONETARY CONTRIBUTIONS:**

- All the anonymous transportation riders who made *Donations to our Transportation Program.*
- Kathy Andries, Lucy Ann DeVries, Margaret O'Neill, Anonymous, Lynn Faultersack, Diana Watts, Sherry Conybeare, and Carol Sylesmade made a *Donation to our Building Fund.*
- Frank & Patricia Eichenlaub, Steve Smith, and Patricia Forbes made a *Donation to our Wood Shop.*
- D.M. Bates made a *Donation in Memory of Dorie Lechner.*
- Shirley Miller made a *Donation in Memory of Dorothy Jinkins.*
- John L. Porritt made a *Donation Dedicated to Jack and Arlene Porritt.*
- Amsted Industries made a *Matching Donation Dedicated to Jack and Arlene Porritt.*
- Pauline Fox made a *Donation in Honor of Mary Bartels 100th Birthday.*
- The Phoenix Fund made a *Donation to our Center for General Support.*
- John Kolb made a *Donation to the Circuit Training Room.*
- May Sisson says *Thank you for the Loan Closet.*
- Matt & Lise Williams and Family made a *Donation in Honor of their Dad & Poppy, Tim Kragt.*



Wayne & Jan Koebel, Judy Moncrief, Tom & Jean Oatman, Brenda Lyons, Joyce Krzemen, Peggy Gay, David & Betty Mundy, Jo Ann Paul, Lee Sadler, Barbara Dorow, Adell Thornton, Dorothy Thar, Hue Thi Le, and Diane Cronk made a *Donation to the Bakeless Bake Sale.*

### **WISH LIST**



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



**WOOD SHOP WISH LIST:** Air compressor with 125 lbs. of pressure.



**Happy Valentine's Day!**

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



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 01-25-23



**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

**FEBRUARY ACTIVITIES**

- 1 Key Club Computer Class 3:00 pm-4:00 pm
- 2 Wood Shop Pen Class 9:00 am-12:00 pm
- 3 Snow Cap and Scarf Set 1:00 pm-3:00 pm
- 7 Open Gym - Chair Beach Ball 10:00 am-12:00 pm
- 8 Book Club 10:00 am
- 9 Bingo 1:00 pm \$1
- 14 Open Gym - Walking Laps 10:00 am-12:00 pm
- 14 Movie 1:00 pm
- 15 Foot Clinic - **BY APPOINTMENT ONLY**
- 15 Key Club Computer Class 3:00 pm-4:00 pm
- 16 Wood Shop Pen Class 9:00 am-12:00 pm
- 16 Board Meeting 10:00 am
- 17 Commodities - 9:00 am-11:00 am
- 17 Cookies & Canvas 12:00 pm-3:00 pm
- 21 Open Gym - Cornhole 10:00 am-12:00 pm
- 21 Appalachian Trail Experience 10:30 am
- 22 Foot Clinic - **BY APPOINTMENT ONLY**
- 22 Newsletter Mailing 9:00 am
- 23 Bingo 1:00 pm
- 27 Super Book Coupon Swap 9:00 am-12:00 pm
- 28 Mystery Game 10:00 am- 12:00 pm
- 28 Civil War - Michigan Cavalry Brigade 10:30 am

\*\*\*\*\*

**SUPER BOOKS**

Come in and get your Super Book before they are gone so you can start saving on an array of services. The Super Books are \$40. **Please bring correct change if paying in cash.** On February 27th from 9 am-noon we will have a **Super Book Coupon Swap**, so go through your book and see what coupons you would like to swap

