

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



**THANK YOU VOLUNTEERS
FOR YOUR INVEST "MINT!"**

**Friday, April 14th, 9:00 am
Sign up by April 6th**



The SJLSSC is beyond blessed to have as many volunteers as we do, so please join us for a celebration that is for your **"enjoy-MINT!"** This is an event in your honor, so if you have volunteered in the last year, please join us for breakfast and let us

express our gratitude. **Please remember to sign up by April 6th.**

QUILT RAFFLE



We have another quilt to be raffled. 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. Raffle 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



Spring is just around the corner, so you'll want to start planning what you're going to grow in your gardens and you'll be itching to get some pretty flowers in those pots! If you are interested in a raised planter or a potting bench to make your gardening easier, this will be the last month to get your order in. The price of a 4'x2' raised planter is \$220, a 6'x2' raised planter is \$260, and 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**. Orders will be delivered to your home. Thank you so much!



PAULINE'S POST



Spring is around the corner! In March, we gain more daylight since March 12th begins Daylight Savings Time. Fun days to highlight this month:

- **March 6—National Oreo Cookie Day**

Enjoy having a glass of milk to dunk these wonderful cookies. I prefer the double stuff.

- **March 17—St. Patrick's Day**

A day full of seeing the color green! The lunch to be served on this day by the Senior Nutrition program is: Corn beef and cabbage, red potatoes and carrots, Irish soda bread and Irish Fluff. If you wish to attend this lunch, call 269-921-0136 at least 2 days in advance. If you call on the 15th, you need to call prior to 10:30 a.m.

- **March 20—SPRING begins!!!**

Hopefully, we will be blessed with a mild and warm spring. History has proven this doesn't always happen in Michigan.

The word **blessed** is associated with St. Patrick's Day. The meaning of the word **blessed** is luck, or something you need. A synonym for blessed that pertains to our members: Fortunate!

Our Center is definitely blessed. We have an amazing Staff, Board and Committee Members, Instructors and Volunteers. This month, I would especially like to give a huge **THANK YOU** to all the Volunteers involved with the Tax Program. Starting with the many Volunteers making the tax appointments, client facilitators reviewing the forms, and the tax counselors completing the taxes for the clients. This program would not take place without your generous time commitment.



Have you noticed several new faces in the Center? In January 2023, we gained 123 new members. Since our fiscal year began on October 22, we have 375 new members. We welcome the new members and hope they take advantage of our numerous programs.

In looking at our January statistics, our average number of daily visits was 227 individuals. The Circuit Training Room has 1255 visits during the month. There was a significant rise in the health and fitness categories in January. The statistics show the importance our Seniors place on their health needs.

IN ADDRESSING OUR CONTINUING GROWTH, THE CIRCUIT TRAINING ROOM IS IN NEED OF AN ADDITIONAL TREADMILL. WE HAVE RECEIVED A QUOTE FROM THE COMPANY WHERE WE PURCHASED OUR CURRENT TREADMILLS. THEY GAVE US A DISCOUNT AND THE PURCHASE PRICE IS \$2160.00. NOW WE NEED MEMBER DONATIONS TO PURCHASE THE NEW TREADMILL. IF YOU WOULD LIKE TO CONTRIBUTE TO THIS CAUSE, PLEASE TELL THE FRONT DESK THAT YOUR DONATION SHOULD GO TO THE CIRCUIT TRAINING ROOM.

An Irish Blessing

*May you live as long as
you want and never want
as long as you live!*

*Pauline Fox
SJLSSC Board of Director
President*

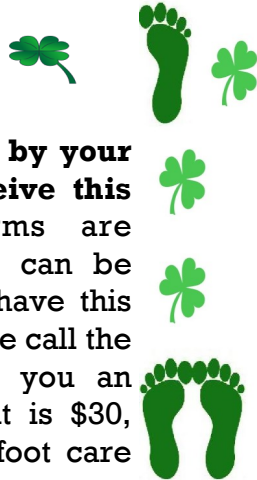


CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only
Wednesday, March 15th
Wednesday, March 29th

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, March 8th, 10:00 am



The book to be read for the month of March is "Next Year in Havana" by author Chanel Cleeton. Leading the discussion will be Sally Huling. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

COOKIES & CANVAS

Friday, March 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 March is called "One of Spring's Firsts." 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, March 27th, 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.



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



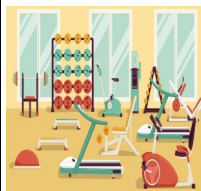
We are in need of outside painters for spring! We are wanting to spruce up the outside of our building and we need your help as soon as spring has sprung! If you enjoy painting and you have some free time on your hands, we need you! If you would be interested in helping to give our building a fresh look, 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!

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 9:00 am-3:00 pm. We have recently added some new equipment we're sure you will enjoy! For more details, see a Staff Member.

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

TRIPS

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, grills 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. **VERY ACTIVE ACTIVITY**

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

FREDERIK MEIJER GARDEN

Tuesday, June 6th

\$81 per person payable at sign up

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, 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.

MODERATE ACTIVITY

CHICAGO BOTANIC GARDEN

Wednesday, July 12th

\$91 per person payable at sign up

Enjoy round trip motor coach transportation to Chicago and admission to this amazing garden. Also included is a 35 minute narrated Grand Tram Tour that covers 2.3 miles showing the entire garden islands and panoramic views of the beautiful gardens. Lunch is not included. Sign up now.

NEW TRIP - MODERATE ACTIVITY



CHICAGO ARCHITECTURAL BOAT TOUR

Tuesday, August 15th

\$127 per person payable at sign up

Spend the summer day viewing Chicago's skyline. First stop will be for lunch at Margaritaville Restaurant on Navy Pier followed by a boat tour on Lake Michigan and the Chicago River. Price includes round trip motor coach transportation, meal and boat ride.

NEW TRIP - MODERATE ACTIVITY

BILTMORE ESTATE & ASHEVILLE, NC

September 17th-22nd

\$679 per person, double occupancy

\$888 per person, single occupancy

\$75 payable at sign up

Trip balance due on June 25th



This trip includes round trip motor coach transportation, 5 nights lodging including 3 consecutive nights in the Asheville area, 8 meals; 5 breakfasts and 3 dinners, and a guided tour of Asheville.

Downtown Asheville features more Art Deco architecture than any other southern city outside of Miami Beach. You will also see the magnificent St. Lawrence Basilica, and a full day visit to the Biltmore Estate, America's largest privately owned home. There will be a guided drive along the Blue Ridge Parkway, visit to the famous Folk Art Center and a visit to the Blue Ridge Parkway Visitor Center. You will also be visiting the Kentucky Artisan Center in Berea, Kentucky, a 20,000 square foot facility where you can explore Kentucky crafts, history, and shop for Kentucky products.

NEW TRIP - ACTIVE ACTIVITY

Mandatory trip meeting August 28th, 10:00 am

****WAITING LIST****

A CHORUS LINE

March 15th

MY FAIR LADY

April 15th

CAPE COD, MARTHA VINEYARD & PLYMOUTH

May 14th-May 20th

JEFF FOXWORTHY, BLUE GATE THEATRE

June 10th

MACKINAC ISLAND GRAND EXPERIENCE

October 17th-20th

More details available at the Center



COMPUTER LAB CLOSED



Our Computer Lab will only be open on Wednesdays until tax season is over so that the AARP tax preparers can use this space to prepare 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.

ATTENTION MEMBERS!



We want to keep all of you in the loop, so if you could kindly take the time and update your personal information with us, it would be appreciated. **If your phone number, email address, home address or emergency contact information has changed, please take a moment and let us know.** We get charged for every newsletter that is returned to us due to a change of address or if you are temporarily away, so please help us to keep our mailing costs down. You are also more than welcome to grab a newsletter when you are here at the Center, or we can email you when the newest edition is available to you online, which would reduce our mailing costs. **Please let us know so we can make the change in our database.**

EXPLORING ART



Did you know we have an Art class here taught by a wonderful instructor? This class will resume on March 6th and takes place every Monday at 1:30 pm. If you are interested in attending this Art class, you can pick up a list of supplies that will be needed from the front desk.

NEW PICKLEBALL SCHEDULE

Attention Pickleball players! We have a new schedule going forward that we'd like to bring to your attention.

Tuesday - Advanced - 12:30-3:45 pm

Wednesday - Advanced - 1:00-2:30 pm

Intermediate - 2:30-3:45 pm

Thursday - Beginner 12:30-2:00 pm

Intermediate 2:00-3:45 pm

1st & 3rd Thursdays

Friday - Beginner - 10:30 am-12 pm

Intermediate 12:00-2:15 pm



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 \$1,580, a household size of 2 is \$2,137, and a household size of 3 is \$2,694. 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.



NEWSLETTER MAILING

Every few years we need to purge our mailing list due to increased costs. **If you have not come to our Center since March 2021, we have removed you from our mailing list.** If you would still like to receive one, please just give us a call.



OPEN GYM - TUESDAYS

This is the last Open Gym dates, as Ron Robb will be returning on March 21st!

⇒ **March 7th 10:00 am-12:00 pm - Cornhole**

⇒ **March 14th 10:00 am-12:00 pm - Walking Laps**



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.

CIRCUIT TRAINING ROOM - TREADMILL

As our Center continues to grow our needs do! We are raising money to purchase another treadmill for the Circuit Training Room. Please assist us in achieving this goal. If you would like to make a donation, please tell the front desk this is where you'd like your donation to go. Thank you!

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.

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
RESUMES MARCH 6TH
 1:45 pm - Intermediate Line Dancing



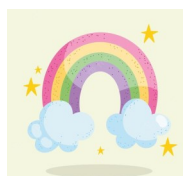
TUESDAYS

9:00 am - Resistive Exercise
 10:00 am - Range of Motion
RESUMES MARCH 21ST
 11:00 am - Chair Drumming
RESUMES MARCH 21ST
 12:30 pm - Advanced Pickleball
 1:00 pm - Euchre



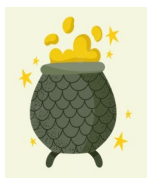
WEDNESDAYS

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 - Advanced Pickleball
 1:00 pm - Stitch & Chat
 1:15 pm - Dominoes
 2:30 pm - Intermediate Pickleball



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**
 12:30 pm - Scrabble
 1:00 pm - BINGO **2nd, 4th & 5th week**
 1:15 pm - Hand & Foot Cards
 2:00 pm - Intermediate Pickleball **1st & 3rd week**



FRIDAYS

9:00 am - Chair Yoga
 10:30 am - Beginner Pickleball
 12:00 pm - Parkinson's Exercise
REGISTRATION REQUIRED
 12:00 pm - Intermediate Pickleball
 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
- ⇒ 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.



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

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 that if you are coming in to sign up for a trip, you must sign in for that also on the computer.**
- ◇ 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.

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.



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

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

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

Beginning March 27th Monday through Friday 9:00 am-3:00 pm

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. Effective March 1st everyone will pay \$20 to take the orientation. This fee will include a 1-month membership, which will start on the 1st business day after the orientation. Also included for this price is a project, which will include all materials to be completed during your first month.** 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 the Wood Shop. After initial payment, total monthly fee applies).
- * \$30 monthly fee for spouses or \$15 if paid on or after the 16th of the month (this pro-rated fee only applies the first time using the Wood Shop, after initial payment, total monthly fee applies).
- * \$200 yearly fee or \$300 yearly fee for spouses.

NO REFUNDS AFTER PAYMENT IS RECEIVED.

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

COMPUTER CLASS

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

Saint Joseph High School Key Club members will be here to teach our seniors more about your personal devices on March 1st. Remember to sign up if you are interested in attending this program. This will be the last Key Club Computer class. Thank you Saint Joseph High School students for helping our seniors learn a bit more about computer use.



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.



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. Sign up soon as there is limited space.



VETERANS SERVICES Q & A

Tuesday, March 21st, 9:00 am-10:30 am



If you are a Veteran and you have questions, Maureen Adams from Veteran Services will be here to answer them. She will also provide the latest information for all of our Veterans. There is no need to sign up, just come on in!



WOOD SHOP - GRANDPARENTS BIRD HOUSE CLASS

Tuesday, March 21st, 9:00 am-12:00 pm

\$20 per bird house, payable at sign up

NO REFUNDS



This is a great project for grandparents and grandchildren to do together in our Wood Shop! Tom Hurst will be on hand to oversee this project. Grandchildren need to be at least 8 years old. You can bring 2 grandchildren per grandparent, but remember that it is \$20 per grandchild (\$40 for 2 grandchildren). If you would like to view the birdhouse you will be building, you can find it in the display case located by the front desk. **You do not have to be a member of the Wood Shop to take a class.**



PAIN MANAGEMENT OPIOIDS AND ALTERNATIVES

Thursday, March 23rd, 10:00 am

Kerri Teachout, Certified Prevention Consultant, with Region IV Area Agency on Aging, will be here to go over the importance of safely managing and storing medications, along with alternatives to pain management beyond prescription medications. You'll also learn about safe disposal options for expired or unwanted medications and leave with an at-home kit for safe disposal. Discussion will include light refreshments for all who join. Participants will also be entered into a gift card raffle. Remember to sign up to attend this program.



BINGO

Thursday, March 9th, 1:00 pm \$1

Thursday, March 23rd, 1:00 pm

Thursday, March 30th, 12:00 pm \$1 - **YOU WILL NEED TO SIGN UP FOR MARCH 30TH BINGO!**



THE BEST HEARING STORE - "HEARING AID CLINIC"

Monday, March 27th, 9:00 a.m.

Since 2018, they have served Southwest Michigan from Battle Creek to New Buffalo. They are looking forward to coming to the St. Joseph-Lincoln Senior Service Center each month for hearing tests, hearing aid repairs and finding the best options for those that want help. **APPOINTMENTS WILL BE EVERY 20 MINUTES, SO CALL TO MAKE YOUR APPOINTMENT!**



SPRING ROCK PAINTING

Tuesday, March 28th, 12:00 pm-3:00 pm

\$5 per person, payable at sign up

Make checks payable to Carole Wier



Carole Wier and Judy Paruch return to teach another rock painting class. This class theme will be spring (think bunnies and Easter eggs), but you are more than welcome to create your own design. Rocks are provided, but you may bring your own. Space is limited, so please sign up as soon as possible.

CIRCADIA SENIOR HEALTH MONITOR

Wednesday, March 29th, 10:30 am

Join us as Patrick and Heather from Caretel Inns will be here to introduce the Remote Patient Monitoring (RPM) system through Circadia. The Remote Patient Monitoring is a healthcare delivery method that uses technology to monitor patient vitals outside of a hospital setting. This system electronically transmits health information between patients, nurses, and physicians. Also, they will cover the differences between assisted living versus skilled nursing and long-term care. Remember to sign up to attend.

BINGO - SPONSORED BY PACE \$1

Thursday, March 30th, 12:00 pm

DEADLINE TO SIGN UP IS MARCH 24TH



Program of
All-Inclusive
Care for the Elderly

Jacob Holmes with PACE will be here to sponsor Bingo and provide **everyone playing bingo lunch**. Lunch will be served at noon and Bingo will start at 1:00 pm. Bingo will be \$1. If you would like to attend. **Please sign up.**

WOOD SHOP PEN CLASS

Thursday, April 6th, 9:00 am-12:00 pm

\$10 per person, payable at sign up

NO REFUNDS

Our Wood Shop Pen Class continues. Join this class and learn how to turn wood on a lathe and assemble a pen. This is a very popular class and spots fill up quickly, so 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.**



THE HUMANE SOCIETY OF SOUTHWEST MICHIGAN

Thursday, April 27th, 10:00 am



Robin Lydic, Director of Animal Care, and Rosanne Burden, Board Member of the Humane Society of Southwest Michigan will be here to talk about how tremendous the year 2022 was for the shelter. In the year 2022 they had 504 adoptions. They will be here to share news about the animals available for adoption and just might have a few furry friends with them as well. Please sign up to attend.

SWEDISH WEAVING

Thursday, April 20th, Part 1 10:00 am-12:00 pm

Thursday, April 27th Part 2 10:00 am-12:00 pm

\$10 per person payable at sign up

Make checks payable to Carla Seeley



Come and learn the art of Swedish Weaving and make this beautiful table runner. All material and supplies will be provided. Please remember to sign up as space is limited.

STEELHEAD TRIATHLON

Thursday, June 22nd, 9:00 am-12:00 pm

Would you like to volunteer and help pack registration and goodie bags for the Triathlon athletes? This will take place at St. Joe High School. If you are interested, please call the Center to sign up. If you have any questions, please see Jennifer.








**"Those who bring sunshine
to the lives of others cannot
keep it from themselves."**

~James Matthew Barrie~

Thank you Volunteers for being our sunshine!



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mongolian beef Oriental vegetables Peas Vanilla pudding	2 Stuffed green pepper Sliced carrots Roll Pineapple	3 Chili Confetti corn Cucumber salad Pears
6 Lasagna Broccoli Mixed vegetables Jello with fruit	7 Roast pork w/gravy Mashed potatoes Roasted winter vegs. Raisins	8 Sloppy joes Creamed peas Carrot raisin salad Citrus mix	9 Tortellini Tuscan blend Side salad Baked apples	10 King ranch casserole Roasted broccoli Baked beans Fruit salad
13 American goulash Green beans Carrots Oranges	14 Chicken breast Noodles Apple baked beans Roll/mixed fruit	15 Pepper steak Asian vegetables Rice Fruit jello	16 Meatloaf w/gravy Mashed potatoes Mixed vegetables Applesauce	17 St. Patrick's Day Corned beef/cabbage Red potatoes/carrots Irish fluff
20 Salmon patty w/sauce Creamed spinach Coleslaw Tangerine segments	21 Liver & onions Mashed potatoes Green beans Peaches	22 Meatball sub Shredded cheese Coleslaw Oranges	23 BBQ chicken Baked sweet potato Green beans Baked apple slices	24 Baked manicotti Steamed zucchini Carrots Mixed fruit/bday cake
27 Carolina pulled pork Roasted potatoes Green beans Applesauce	28 Salisbury steak Noodles Creamed peas Fruit yogurt	29 Chicken fajitas Black beans Tortilla and salsa Mixed fruit	30 Philly cheesesteak Potato wedges Baked beans Pears	31 Turkey ala king Noodles Vegetable blend Citrus mix
			Meals provide Carbs: 75 grams Calories: 800 avg. Sodium: 800 mg Protein: 19 grams Total fat: 30% 2% Milk	Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can. We thank you!



IRISH FUN FACTS

- ~Ireland's top 3 symbols are the Celtic cross, the green shamrock, and the harp.
- ~88% of Ireland-born citizens are Roman Catholic, and 45% of them attend mass every week.
- ~Ireland is free of snakes, moles, weasels and other species.
- ~9% of Ireland's population are redheads.
- ~Cats are Ireland's favorite pet over dogs by a margin of 2 to 1.
- ~In Dublin, there's a pub for every 100 people.
- ~900 years ago, Ireland's oldest pub, Sean's Bar in Athlone, was founded.



THANK
YOU!

To everyone who brings goodies or snacks:

Janet Smiedendorf, Jeannette Jeske, Ted Post,
Linda Adam, Elaine Thomopoulos, Dolores Frantz,
Joan Peden, Gretchen Gabler, Margaret O'Neill,
Jack & Margie Hardy, Sharon Kabel, Michelle Wloch,
Adolf Pelzer, Kim Blanchard, Don & Fredonna Kempf,
Lisa - Woodland Terrace, Elsa Elsner, Lynn Vince,
Mark Shankland, and Greg Blanchard.

To everyone who donates other items that benefit the Center and Participants: Jill Post, Scott Vince, Sandra Kay's Bakery, Jeanette Jeske, Millie Carney, Lynn Willadsen, Don and Fredonna Kempf, Allen Flowers, Celina Bevelhymer, Linda Csepregi, Hong Son, Charles Kroschel, Ron & Janel Groth, Rick Rosenthal, and John Terry.

MONETARY CONTRIBUTIONS:

- All the anonymous transportation riders who made *Donations to our Transportation Program.*
- Jim & Pam Reddaway made a *Donation to our Building Fund.*
- Anneliese Keehn, Judy Stelter, and Wayne Belke made a *Donation to our Wood Shop.*
- Bob & Gloria Hopkins and Tracy Coombs made a *Thrivent Choice Dollars Donation.*
- Sue Plummer, Willie Yates, Barbara Levine, Patricia Hill, and Ron & Deb Liggett made a *Donation to our Brick Fundraiser.*
- Fred Cooper, Eddie Woodley, L. J. Sadler, Barb Dorow, Erna Felgner, Phyllis Herod, Cynthia Newmann and Eileen Chapman made a *Donation to our Building Fund Program.*
- Debora Stouffer made a *Donation to our Circuit Training Room.*
- Eddie Mae Woodley and Ada Greene made a *Donation to the Bakeless Bake Sale.*

Thank you to Gene & Karen Herrman who donated 6 wren bird houses to the Center with all proceeds designated to the Wood Shop.

WISH LIST: Disinfectant wipes for the Circuit Training Room, 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 ST. PATRICK'S DAY



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



Non-Profit Org.
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This newsletter mailed @ St. Joseph Post Office on 02-22-23



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!

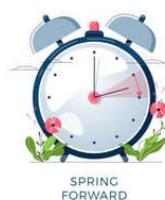
Helpful Service Numbers

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

MARCH ACTIVITIES

- 1 Key Club Computer Class 3:00 pm-4:00 pm
- 3 Quilter's Dimensional Flowers 1:00 pm-3:00 pm
- 6 Michigan Maritime Museum 10:30 am
- 7 Open Gym - Cornhole 10:00 am-12:00 pm
- 8 Book Club 10:00 am
- 9 Bingo 1:00 pm \$1
- 15 Foot Clinic - **BY APPOINTMENT ONLY**
- 16 Board Meeting 10:00 am
- 16 Senior Home Defense 10:30 am
- 17 Commodities - 9:00 am-11:00 am
- 17 Cookies & Canvas 12:00 pm-3:00 pm
- 21 Veteran's Q & A 9:00 am-10:30 am
- 21 Wood Shop - Grandparents Birdhouse Class 9:00 am-12:00 pm
- 22 Newsletter Mailing 9:00 am
- 23 Kerri Teachout - Pain Management 10:00 am
- 23 Bingo 1:00 pm
- 27 Best Hearing Store Hearing Screening 9:00 am
- 27 Movie 1:00 pm
- 28 Spring Rock Painting 12:00 pm-3:00 pm
- 29 Foot Clinic - **BY APPOINTMENT ONLY**
- 29 Circadia Senior Health Monitor 10:30 am
- 30 PACE Sponsored Lunch/Bingo 12:00 pm \$1

SPRING AHEAD - DAYLIGHT SAVINGS TIME



Spring is right around the corner, so don't forget to set your clocks ahead one hour on Sunday, March 12th (or Saturday night before you go to bed)! It's also a great time to replace the batteries in your smoke/carbon monoxide detectors as well!