

THE ANCHOR NEWS



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**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



APRIL 2023

**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.**

HANES FAMILY WILD FLOWER TRAIL

We are very excited to announce the purchase of the 6.9 acres adjacent to our Walking Trail is finally a reality! Jerry Hanes graciously made a donation in December 2021 for us to purchase this piece of property. The Board has approved funds for the development to begin so we are in need of some helping hands to proceed with our newest project. This Trail will be a winding 8 foot wide trail which will be approximately 1/3 of a mile. It will be very low maintenance and consist of many wildflowers. We will begin fundraising for this area in hopes of replenishing the costs the Board has approved and to also have extra funds available for future plans. If you are interested in assisting with this project, please leave your name at the front desk. **Thank you so much to Jerry Hanes for once again donating funds to our Center for an extensive project,** we appreciate it, as we know all of the people who use the Trail will.

WALKING TRAIL BRICKS




Are you looking for ways to remember a loved one who brought light to your life, a friend or your grandchildren? The Center offers the opportunity for you to purchase bricks in three different sizes that you can have engraved and placed in the flag pole area in the Priscilla Byrns Walking Trail and Gardens. The sizes available are 4 x 8 for \$110, 8 x 8 for \$190 and 8 x 16 for \$285. **Bricks ordered now will be available in the summer of 2023.** Order forms can be emailed, mailed, or picked up at the front desk.



PAULINE'S POST




Spring has officially arrived. If the weather is sunny and mild, we should see the Walking Trail begin to bring us a variety of flowers. The sale of the property adjoining the Walking Trail has been finalized. Therefore, the development of the 6.9 acre parcel has begun. The nature trail with wild flowers will be called the Hanes Family Wild Flower Trail. As indicated on page 1 of the newsletter, the purchase of this property was possible due to a generous donation by our member, Jerry Hanes.




The first phase of the Trail has begun with the clearing and on March 9th, I walked the recently cut area. It will be 8 feet wide and covered with wood chips. Therefore, it should be walked by able-bodied persons. For safety reasons, **no wheelchairs, walkers, strollers or bicycles will be allowed on the trail.** I used a GPS app on my phone and the Trail length from the opening of our existing Walking Trail is just under 1/3 of a mile. During the walk, I could see several areas that are designated for the planting of wild flowers. **The Center will announce when the Trail will be open for your use.** Like the Walking Trail, it will be available for use by the entire community. Below is a diagram of the trail.




There will be room to one day expand the Trail. With the proposed noise reduction wall to be constructed along I-94, it will help with the traffic noise.




In order to complete the development of this Trail, two things are needed: **volunteers and funds.** I heard that a couple of our members have indicated that they would chair a committee. If you are interested in being involved on the committee, please give your name and telephone number to our Volunteer Coordinator, Sharyl.



Regarding the second need for the continued development is funding the expenses. This will be done by: monetary donations for the Wild Flower Trail and fundraising. Any donations should be designated for this Trail. We would love to hear any ideas for fundraising. I am at the Center most days and if I am not available, please leave a message. All ideas will be passed on to our Fundraising Committee.



Please note that the Trail is just in the beginning stages and **should not be used until it is officially opened.** Currently, the Trail is very rough and hanging branches and other dangerous terrain exist.



April is National Volunteer Month. Our Center is blessed with a large number of volunteers and the many hours they donate to our Center. If you are a current volunteer, consider attending the April 14th Volunteer Breakfast. Please sign up by April 6th.

Have a Happy Easter.

Pauline Fox
SJLSSC Board of Directors
President



CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only

Wednesday, April 5th

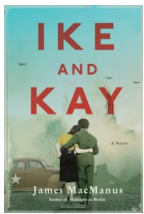
Wednesday, April 19th

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, April 12th, 10:00 am



The book to be read for the month of April is "Ike and Kay" by author James MacManus. Leading the discussion will be Cheryl Schulte. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



COOKIES & CANVAS

Friday, April 21st, 12:00 pm-3:00 pm

\$20 per person, payable at sign up

NO REFUNDS

Make checks payable to Roy Hruska



The painting for the month of April is called Fancy Foul. 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, April 25th, 1:00 pm

We have a Public Performance License which doesn't allow us to name the movie title to the general public, so you won't find the title of the monthly movie here or on our website. We do advertise the name of the movie within the Center, so look for flyers or call the Center. Please sign up to attend.



LUNCH/ BINGO

Thursday, April 27th, 12:00 pm

YOU WILL NEED TO SIGN UP!

Please do not enter gym until set up is complete.



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

Our amazing Library is now open! It has a beautiful facelift and we hope you will enjoy it. We would like 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 and we are always aiming to make it even better. In this regard, we are attempting to raise funds for another treadmill. If you would like to help with this fundraiser, you can make your donation at the front desk and please indicate this is where you'd like your donation to go. The hours of operation for the Circuit Training Room are from 9:00 am-3:00 pm. See you there!



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 & BROOKFIELD ZOO IN CHICAGO

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.



THE DANCING HORSES DINNER THEATRE AND LAKE GENEVA ANIMAL GARDENS

Wednesday, August 23rd,

\$132 per person payable at sign up



Enjoy round trip motor coach transportation to Lake Geneva, Wisconsin, for a day filled with entertainment and animals. Included in your day adventure is time to

visit the horse stables and petting zoo, plated lunch at the theatre and an amazing 90 minute Vegas style Arabian horse performance show. You will be dazzled by the pageantry, elaborate glitter, and rhinestone costumes of The Dancing Horses show. The Animal Gardens Theme Park is a 40-acre venue housing 16 species of exotic and over 40 hay-eating animals. You will visit animals that you can pet, hold, and feed. You can also roam or ride the train through the manicured trails, which will guide you to several exhibits where you can see animals that are indigenous to Wisconsin. The train ride includes a visit to the deer park where you can hand-feed the deer.

NEW TRIP - MODERATE ACTIVITY



COVERED BRIDGE TOUR

Tuesday, September 12th

\$96 per person payable at sign up

Enjoy Roundtrip motor coach transportation to Rockville, Indiana where you will meet your tour guide who will lead you on a three hour Northern Indiana Covered Bridge tour. Lunch will be on your own at one of the small towns you will stop in. This North Route Tour includes the towns of Tangier (known for their famous buried beef) and Bloomingdale (known for their apple butter) as well as 5 covered bridges (West Union, Marshall, Rush Creek, Jackson, and Catlin).

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, five nights lodging including three consecutive nights in the Asheville area, eight meals; five breakfasts and three dinners, and a guided tour of Asheville. You will also see the magnificent St. Lawrence Basilica. There will be a guided drive along the Blue Ridge Parkway, visit to the famous Folk Art Center, a visit to the Blue Ridge Parkway Visitor Center, as well as the Kentucky Artisan Center in Berea, Kentucky.

NEW TRIP - ACTIVE ACTIVITY

Mandatory trip meeting August 28th, 10:00 am

****WAITING LIST****

My Fair Lady-April 15th

Cape Cod, Martha's Vineyard, & Plymouth-

May 14th-May 20th

Frederick Meijer Garden-June 6th

Jeff Foxworthy, Blue Gate Theatre-June 10th

Chicago Botanic Garden-July 12th

Chicago Architectural Boat Tour-August 15th

Mackinac Island Grand Experience-Oct.17-20th

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 are so very thankful to the quilting ladies for all of your hard work!

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

BINGO - SPONSORED BY CARETEL INNS

Thursday, April 27th, 12:00 pm

DEADLINE TO SIGN UP IS APRIL 21ST



**Caretel
Inns**

Patrick McQuone with Caretel Inns will be here to sponsor Bingo and provide **lunch for everyone playing**

Bingo. Lunch will be served at noon and Bingo will start at 1:00 pm. If you would like to attend, **YOU MUST SIGN UP, SPACE IS LIMITED!**

THANK YOU TAX VOLUNTEERS!



We would like to express a huge **THANK YOU** to all of the Tax Intake and Tax Preparer Volunteers. Without all of these people so willingly volunteering their time here at the Center, this just couldn't happen. We thank you all so very much for all you do!



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.



HANDMADE METAL BIRDS



James Kimmerly has handmade metal birds that are double-sided and painted that he would like us to sell, with all the proceeds of this sale coming back to the Center. The price for a seagull is \$20.00 and smaller birds are \$15.00. You can choose from a variety of birds; Seagull, Blue Jay, Oriole, Cardinal, Red-Winged Blackbird, and a Robin. They are freestanding and would look great displayed on a windowsill or in a raised flower bed. The sheet metal for these handmade metal birds was donated by B.E.R. Refrigeration, HVAC & Plumbing. Please feel free to stop by the Center to see them on display. You can pick up an order form at the front desk. We thank you in advance!



50/50 RAFFLE WINNER



Congratulations to Connie Yore, our 50/50 raffle winner in February! Thank you to everyone who participates in our 50/50 Raffle!



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



If you would like to be a part of the SJLSSC Golf League, please leave your name, email address, and phone number at the front desk and this will then be passed on to Bob Hopkins, who is in charge of the SJLSSC Golf League. There will be a men's and a women's golf league. The women's golf league will begin playing at Pebblewood Golf Course in Bridgman for an 18-week season that starts on May 2nd. The men's golf league will also begin playing at the same course on the same date. Pebblewood members play for free. Those of you who are not members of Pebblewood would have to pay \$200 golf league fees for the year. If you are interested in playing, please sign up at the Center. If you're not a Pebblewood member, Bob Hopkins will need your check to officially join the league. Your golf clubs have missed you and are anxious to enjoy your company again!

CURRENT FUNDRAISERS

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!

HANDMADE METAL BIRDS - We have handmade free standing metal birds that are double-sided and painted for sale. The proceeds of the sale of these birds will come back to the Center. If you'd like to place an order, please pick up an order form at the front desk.

HANES FAMILY WILD FLOWER TRAIL-This nature trail will add approximately 1/3 mile additional walking trail to our existing one. Please consider making a donation to assist in the development of this new outdoor facility.

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. Raffle ends April 28th.

WALKING TRAIL BRICKS - 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 the summer of 2023.** Order forms can be emailed, mailed, or picked up at the front desk.

PLEASE REMEMBER TO STATE WHAT SPECIFIC FUNDRAISER YOU WOULD LIKE YOUR DONATION TO BE DESIGNATED FOR. THANK YOU!!

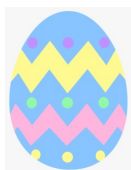
TRIP REMINDERS

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
 10:00 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
 11:00 am - Chair Drumming
 12:30 pm - Advanced Pickleball
 1:00 pm - Euchre

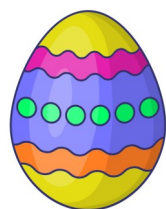
WEDNESDAYS

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 **April 27th-no class**
 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 **April 27th-you must sign up**
 1:00 pm - Softball
 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 Ex. **April 28th-no class**
REGISTRATION REQUIRED
 12:00 pm - Intermediate Pickleball
 1:00 pm - Euchre
 1:00 pm - Sit & Share-Parkinson's Support Group

NOT MEETING IN APRIL



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
- ⇒ Front Door Greeters
- ⇒ Fundraising Committee Members
- ⇒ Fundraising - 50/50, Quilt Raffle
- ⇒ Handymen or Handywomen
- ⇒ Light Ironing
- ⇒ Newsletter Mailing
- ⇒ Plant Waterer
- ⇒ Transportation Drivers
- ⇒ Wild Flower Trail
- ⇒ 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 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.

SILENT AUCTION

FIDDLER ON THE ROOF TICKETS

Karl & Linda Kincade have donated 2 tickets for the Fiddler on the Roof performance at Miller Auditorium in Kalamazoo on May 2nd at 7:00 pm. These are wonderful seats in the Orchestra, right section, seats 13 & 14. Face value of the tickets is \$170. We will start the bidding at \$100. If you have ever wanted to take in this Tony award winning production that has been deemed one of the most successful musicals of the "golden age of musicals," now is your chance. **Auction will end on April 17th at noon.** Thank you to Karl and Linda!

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

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. 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 couples 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 couples.

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.

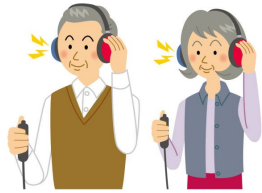


THE BEST HEARING STORE - "HEARING AID CLINIC"

Monday, April 17th, 9:00 am

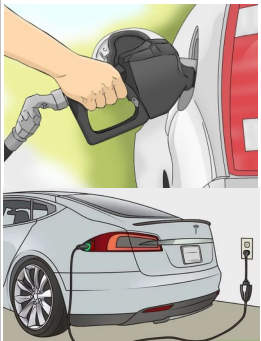
Monday, May 15th, 9:00 am

Quinton Smith returns from The Best Hearing Store to perform hearing tests, hearing aid repairs and find the best options for those that want help. **APPOINTMENTS WILL BE EVERY 20 MINUTES, SO CALL TO MAKE YOUR APPOINTMENT.**



THE MOVE TO ELECTRIC CARS

Tuesday, April 18th, 1:30 pm



Senior Center member, Don White and his son, Jon, share their experience and information on owning, driving and charging the Tesla Model 3 and Model Y. Bring your enthusiasm, doubts and questions about the growing electronic vehicle market and we will do our best to answer

and address your interest to learn about this subject. Please bring your questions written down and turn in prior to the presentation. This will help Don and Jon be prepared to give you the best responses to your questions. Both cars will be available for viewing after the presentation is finished. Please remember to sign up to attend this program.



SWEDISH WEAVING

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

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

\$10 per person payable at sign up

Make checks payable to Carla Seeley

MUST ATTEND BOTH CLASSES



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.



WOOD SHOP PEN CLASS

Thursday, April 20th, 9:00 am-12:00 pm

Thursday, May 4th, 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.**



FALL PREVENTION

Monday, April 24th, 10:00 am

FALL PREVENTION



If you want to know everything you need to know about fall prevention, you will want to attend this program. Rocco Pavese, Physical Therapy Assistant and Senior Fitness Specialist, will give a comprehensive overview of all issues known to cause falls in the senior population. This open discussion will focus on what signs to be aware of related to fall risk, primary causes of falls in senior adults and how to fight back using fall reduction methods that work. Rocco has worked in the Physical Therapy field for over 20 years, and he has focused his professional time on senior adults. He also has been teaching Resistive Exercise class at St. Joseph Lincoln Senior Service Center for 20 years. He hopes to educate all attendees how to recognize the risks associated with falling, true causes of falls within the senior population and, most importantly, effective strategies to reduce their overall risk of falling.



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.



SENIOR SOFTBALL

Thursday, April 27th, 1:00 pm-2:30 pm

SOFTBALL



Senior Softball is back! You will meet at Well's Field, located at 2214 S. State Street (by old Jefferson School, now condos). Those who are interested will play every Thursday until fall. If weather is questionable, the Center will know by 11:00 am if it will be cancelled, so give us a call. If you'd like to join this fun group and have a great time, please let us know. You can sign up at the front desk.

ASHBROOK INSURANCE LONG TERM CARE

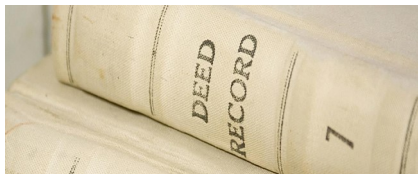
Tuesday, May 2nd, 10:30 am



Michael Ashbrook from Ashbrook Insurance will be here for a presentation on long term care options. Bring any questions you may have and he will answer them. Michael brings to the table new approaches to solving the long term cost concerns. Please remember to sign up to attend this program.

REGISTER OF DEEDS

Monday, May 8th, 10:00 am



Lora Freehling from Berrien County Register of Deeds will be here to discuss land records in general and property deeds. She will discuss searching and reviewing deeds to the importance of properly drafting the conveyance of property in a deed. She will discuss how heirs can avoid probate court in regards to conveying real estate. She will also alert attendees of unsolicited "programs" (some may refer to them as scams) of which they should be aware. A local real estate attorney will attend as well, and assist in answering basic legal questions regarding real estate.

Happy Easter!

BINGO - SPONSORED BY PROVISION LIVING \$1

Thursday, May 11th, 12:00 pm

DEADLINE TO SIGN UP IS MAY 5th



Provision Living will sponsor Bingo and provide a free lunch for everyone playing Bingo. Lunch will be served at 12:00 pm, followed by a short presentation by Luke Freeman, Director of Sales. He will give an overview about their Independent Living, Assisted Living and Memory Care community. Bingo will start at 1:00 pm. **You must sign up to attend by Friday May 5th.**

25TH ANNUAL SENIOR EXPO

Friday, May 12th, 10:00 am-3:00 pm



Mark your calendars now for this annual event which will take place at the Mendel Center at Lake Michigan College. The St. Joseph-Lincoln Senior Service Center will have 8 classes performing during the day. We will post a schedule so you can go and cheer on your friends or if you would like to participate, please speak to your instructor. There will also be local entertainment, door prizes, local vendors, drug disposal, a photo contest and more! And, as always, the Senior Expo is free!

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.



"No donation is too big or too small; volunteer generosity, we appreciate it all!"







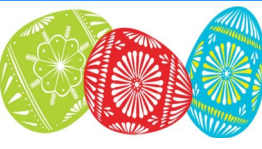





**Menu Is Subject To Change
Without Notice**
Lunch is served at 11:45 a.m.
Arrive 10 minutes early
APRIL

CALL 269-921-0136 TO SIGN UP
PLEASE CALL BY 10:30 AM 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
3 Ravioli w/ marinara Italian vegetables Yogurt with fruit	4 Chicken cordon blue Broccoli, peas & carrots Applesauce	5 Beef stroganoff Steamed cauliflower Tossed salad Jello with fruit	6 Spiral ham Baked sweet potato Green beans w/ almonds Fruit cocktail & cookie	7 CENTER CLOSED NO SENIOR NUTRITION
10 Orange chicken Stir fry vegetables Green peas Fortune cookie & pears	11 Silver dollar pancakes Sausage links Breakfast potatoes Baked apples w/raisins	12 Boneless pork chop Capri vegetable blend Green salad Mandarin oranges	13 Pasta w/meat sauce Normandy vegetables Peas & pearl onions Peaches	14 Baked cod Confetti rice Succotash vegetables Grapes
17 Philly Cheesesteak Red skin potatoes Vegetables	18 Loaded mac & cheese w/chicken & broccoli Diced tomatoes Chocolate pudding	19 Egg salad sandwich Cucumber & onion salad Crinkle cut carrots Jello with fruit	20 BBQ chicken Whipped potatoes Cooked spinach Orange wedges	21 Ham & pineapple fried rice Edamame vegetables Apricot halves
24 Stuffed green peppers Carrot coins Diced pears	25 Hamburger deluxe Cheesy mashed potatoes Sweet corn Mandarin oranges	26 Tuna noodle casserole Beets Tropical fruit salad	27 Split pea & ham soup Tossed salad Cinnamon applesauce	28 Goulash Green beans Banana birthday cake
				
			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!

NATIONAL VOLUNTEER APPRECIATION MONTH

"One of the greatest gifts you can give is your time." ~ Unknown

April is National Volunteer Appreciation Month and it's so important to the SJLSSC Board of Directors and Staff that all of our Volunteers are recognized for all that you do here at our Center. We are humbled by the many hours that our Volunteers give so freely to the Center. We only hope all of you know that this does not go unnoticed. We are so grateful for your smiles, suggestions, words of wisdom, long hours inside and outside this building, and your personal touches that make such a great difference in all that we do here. All of you show up with smiles on your faces and uplifting spirits. You make the St. Joseph-Lincoln Senior Service Center an amazing place to get together with friends, whether it is working out together, playing cards, doing a project in the beautiful Wood Shop, planting and/or weeding in the many gardens that you've created around the Center, driving our Seniors to appointments, helping us to decorate for a party, or so many of the other numerous things that you do around here. Please know that none of this could be done without all of **YOU!** This is your month and we want you to know how much we appreciate **YOU!**

Thank You!



To everyone who brings goodies or snacks:

Jeanette Jeske, Virginia Ferguson, Gloria Winn, Dolores Frantz, Diana Schmaltz, Anonymous, Judy Weage, Kathy Piltz, Ann Niedbala, Don & Fredonna Kempf, Louise Fortson, Sally Matzke, and Fay Pressnitz.

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

Sandra Kay's Bakery, Jeanette Jeske, Joyce Vance, Gloria Winn, Jane Sherwin, Fred Coon, Lynn Vince, Don & Fredonna Kempf, Anonymous, Joan Vander Meulen, Tom Carson, May Sisson, Pat Coons, Linda Masters, Celina Bevelhymer, Ann Niedbala, Jennifer Chalut, and Megan Wooldridge.

MONETARY CONTRIBUTIONS:

- * All the anonymous transportation riders along with Lawrence Effa, Helmut Krebs and Margret Fife who made Donations to our Transportation Program.
- * Karen Schiltz, Margret Fife, Subhas Dhodapkar, and Janet DeRubbo made a Donation to our Building Fund.
- * Art Wagner made a Donation to our Wood Shop.
- * Tam Vu, Polly Hardin, Jo Anne Knapp, Joyce Vance, Jane Jeffrey, Charles Ingles, Joann Scates, Judith Remington, Maxine Mack, Sarah Bolinger, Jerry Pliley, Carol & Ron Bonczkowski, Arletta Lea, Jo Ann Ingraham, Bernice Dadan, Richard VanZale, Helen Metzger, Barb Enders, Regina Ritrovato, Dora Robinson, Cindi McLaughlin, and Keith Holt made a Donation to our Building Fund Program.
- * Brian Weackler, Gilbert Rau, Onalee Hartman, Jonelen Faher, LouAnn Porter, Joan Deden, Dorothy Zuber, Mary Donnelly, John Terry, and Patricia Forbes made a Donation to our Circuit Training Room.
- * Carol & Jerry Orlaske made a Donation Friendship Garden.
- * Celina Bevelhymer made a Donation to the Bakeless Bake Sale.

Thank you to Bill Langbehn for videoing all of our classes and services here at the Center, we greatly appreciate it!

Special thanks to John from Dave's Tree Service for supplying woodchips for the Hanes Family Wild Flower Trail.

Thank you to Bob Mann who donated a bird feeder to the Center with all proceeds designated to the Wood Shop.

Many thanks to Karl and Linda Kincade who donated Fiddler on the Roof tickets for a Silent Auction with all proceeds designated to our Center.

Thank you to Onalee Hartman, Cindi McLaughlin, Sarah Rodgers, Wanda Scates and Karen Wagner for signing up for Harding's Community Rewards which results in a donation to our Center!

Thank you Gabriel Krajecki for making wooden displays for our Board Member badges.

WISH LIST: Muffins, individually wrapped candy, 3M large picture hangers, store bought breakfast pastries, coffee cakes, and bottled water.



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



Serving the Community Since 1975

It is the mission of the St. Joseph-Lincoln Senior Service Center to provide safe, friendly, and positive social, educational, and recreational services for the 60+ citizens of our community.

Executive Board Members

President Pauline Fox
Vice President Tim Kragt
Secretary Patty Nordberg
Treasurer Bob Hopkins



Board Directors

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

Staff

Executive Director Cindi McLaughlin
Program Coordinator Jennifer Malone
Support Associate Sharyl Freehling
Receptionist Onalee Hartman
Staff Assistant Sandy Draper
Building Custodian Tai Huynh
Sr. Nutrition Manager Bill Schiffbauer



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

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 03-22-23



APRIL ACTIVITIES

5 Foot Clinic - **BY APPOINTMENT ONLY**
7 **CENTER CLOSED - GOOD FRIDAY**
12 Book Club 10:00 am
14 Volunteer Appreciation Breakfast 9:00 am
17 Best Hearing Store Hearing Screening 9:00 am
18 The Move to Electric Cars 1:30 pm
19 Foot Clinic - **BY APPOINTMENT ONLY**
20 Board Meeting 10:00 am
20 Wood Shop Pen Class 9:00 am-12:00 pm
20 Swedish Weaving - Part I 10:00 am-12:00 pm
21 Commodities - 9:00 am-11:00 am
21 Cookies & Canvas 12:00 pm-3:00 pm
24 Fall Prevention 10:00 am
25 Movie 1:00 pm
26 Newsletter Mailing 9:00 am
27 Swedish Weaving - Part II 10:00 am-12:00 pm
27 Humane Society of SW Michigan 10:00 am
27 Caretel Inns Sponsored Lunch/Bingo 12:00 pm
27 Softball 1:00 pm



**The Center will be closed on April 7th in
recognition of Easter.
The Center will also be closed on April 14th
for our Volunteer Appreciation until
11:00 am and the Wood Shop will not open
until noon on this day.**