

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

MAY
2023



HANES FAMILY WILD FLOWER TRAIL BENCHES

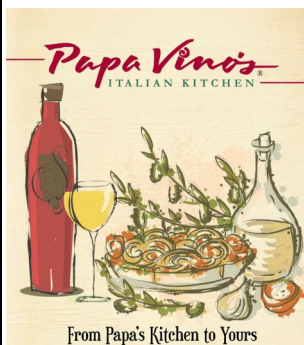


You now have the opportunity to purchase a bench in honor or memory of someone who has left a mark on your life. You may also choose to put your name on the

bench so as the years go by, walkers and bird watchers will see that our Senior Center was a special place for you. This expansion of our existing Walking Trail will be a very peaceful place to walk, sit, watch birds and relax. The cost of the 6-foot benches with a plaque is \$1,000. You choose the wording you would like displayed at the top of the bench and the placement of the available spaces on the Trail. We would like to add 5 benches to this area to start with, but will add more if the interest exists. **Deadline to order is June 30th.** Order forms are available at the front desk.



PAPA VINO'S FUNDRAISER



We are partnering with Papa Veno's from May 22nd-May 25th for a fundraising event. The proceeds will be designated for the Hanes Family Wild Flower Trail. All you need to do is go to Papa Veno's at 1332 Hilltop Road on these

days and present them with a voucher, which is available at our Senior Center. We will make a percentage of your total bill, less tax and gratuity. You can even pick up a couple bottles of their amazing salad dressing when you are there and it will count towards your purchase. You have several ways to show your support and contribute to our Center.

- ⇒ **Anyone may present a voucher or show it on their phone** when they **dine in or take out**. Call Papa Veno's at 269-983-9900 to place a takeout order.
- ⇒ Here's the link to the family-style online pre-order (each order feeds 4-5 people): <https://www.papavinositaliankitchen.com/sjlsc.html>. You can also add on a donation at the end of your order and our Center will receive 100% of these donations.
- ⇒ **Orders can be placed anytime from now until 4 pm the day of pick-up.**

We hope you will take this opportunity to enjoy some delicious food and support our Center. Please come to the Center and get vouchers to give to your entire family, neighbors and friends and everyone you know. Who doesn't need a break from cooking now and then? We thank you in advance for your support!



PAULINE'S POST

I love the month of May! Besides enjoying warmer weather and seeing blooms, this month has special dates and memories for me. My mother and both of my children have birthdays in May. May 1st is also known as May Day. On May Day, people would leave a paper basket or cone containing spring flowers and/or sweets on each other's doorstep. It is a practice I did for several years. Sadly, this is a tradition that mainly is no longer practiced.

A special day for seniors in our area is the 25th Annual Senior Expo. It is on Friday, May 12th from 10 am-3 pm at Lake Michigan College Mendel Center. Several of our instructors and members will be demonstrating a short session of our exercise programs. The schedule is as follows:

- | | |
|----------|----------------------------------|
| 11:00 am | Resistive Exercise with Rocco P. |
| 12:15 pm | Chair Yoga with Jean G. |
| 12:45 pm | Line Dancing with Dale B. |
| 1:00 pm | Balance Class with Jean G. |
| 1:15 pm | Range of Motion with Carolyn M. |
| 1:30 pm | Chair Drumming with Ron R. |
| 2:00 pm | Tai Chi with Janet S. |
| 2:15 pm | Cardio Drumming with Jean G. |

Consider attending this free admission event that celebrates seniors!

Mother's Day is Sunday, May 14th. To the mothers at the Center, may you be lavished with attention from your loved ones. A donation to the Center is a gift you can make in honor or memory of your mother.

Our fundraiser event at Papa Vino's returns on May 22nd-25th. A percentage of the sales goes to our Center. **Vouchers will be available at the Center to take to the restaurant.** This includes either dine in or take out orders. This was a great fundraiser last year. Let's make it even better this year. Have a delicious meal and enjoy time spent with friends and/or relatives.

Here is the latest on the Hanes Family Wild Flower Trail. We are hoping it will be ready to use within a month. Thanks to two very hard working volunteers, Marilyn Mann and Cindy Miller, for taking on this project of preparing the readiness of the Trail. **As stated in last month's newsletter, the trail currently has some rough terrain and hanging branches and SHOULD NOT be used until it has officially opened.** A current fundraiser for the Trail is the purchase of a bench to be added to the Trail. See the front page article for more details.

A big thank you to all the volunteers that made the tax program successful. It was a time consuming project since it covered several months beginning with Volunteers taking the appointments in January and ended with the last appointments on April 14th.

I have always said my door is open to anyone, and it still is, but my location at the Center has changed! I am now down the hall in the west end of the building (close to the Board Room and Wood Shop).

Enjoy the month of May!



Pauline Fox
SJLSSC Board of Directors
President



CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only

Friday, May 12th

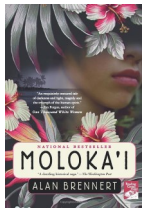
Friday, May 19th

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, May 10th, 10:00 am



The book to be read for the month of May is "Molokai" by author Alan Brennert. Leading the discussion will be Sally Matzke. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



COOKIES & CANVAS

Friday, May 19th, 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 May is called Magnolias. This painting is on a 9" x 12" canvas and all materials needed for this class are provided. Remember to sign up soon.



SENIOR SOFTBALL

Senior Softball is back. Those who are interested will meet every Thursday from 1:00 pm-2:30 pm at Well's Field, Located at 2214 S. State Street (by old Jefferson School, now condos). If weather is questionable, the Center will know by 11:00 am if it will be cancelled, so give us a call.



LUNCH/BINGO

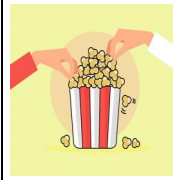
Thursday, May 11th, 12:00 pm - \$1
SIGN UP IS FULL-WAITING LIST

Thursday, May 25th, 1:00 pm
Please do not enter gym until
set up is complete.



MOVIES AT THE CENTER!

Wednesday, May 10th, 1:30 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.

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!

CIRCUIT TRAINING ROOM



We have a wonderful Circuit Training Room here at the Center. The hours of operation for the Circuit Training Room are from 9:00 am-3:00 pm. The first time you use any of our equipment you will need to sign a waiver and also go through an orientation with one of our monitors. We hope you take advantage of this wonderful facility that will assist in keeping you fit!

MONITOR CHECK IN



Please remember that it is important to check in on the monitor when you enter the Senior Center. This helps to provide accurate counts of our members and what you like to do here at our Center. Also, remember if you are using the outdoor Walking Trail and/or exercise facility during business hours, please check in for this also. We thank you in advance!



**"Volunteers add value to
everything they
touch!"**

TRIPS

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, enjoy a 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.

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).

MODERATE ACTIVITY

TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, unless otherwise noted. We only accept cash or checks. Please don't send payment through the mail. Most trips fill quickly, but waiting lists are taken. In cases of cancellations, refunds, less a \$5.00 administrative fee are given, if a replacement can be found. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.

SHEDD AQUARIUM IN CHICAGO

**Tuesday, November 7th,
\$106 per person payable at sign up**

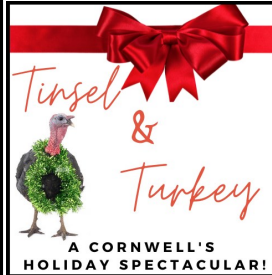


Discover the wonder of the aquatic animal world. Shedd Aquarium is an indoor public aquarium in Chicago, Illinois. It features a 5 million gallon aquarium, one of the largest indoor facilities in the world.

Today it holds about 32,000 animals. This trip includes round trip motor coach transportation, admission to the Aquarium with 3D film experience and a lunch voucher for the onsite cafeteria. **NEW TRIP - MODERATE ACTIVITY**

TURKEYVILLE DINNER THEATRE - TINSEL & TURKEY: A CORNWELL'S HOLIDAY SPECTACULAR

**Wednesday, December 6th,
\$94 per person payable at sign up**



Cornwell's kicks off the holiday in style with a no-holds-barred celebration that features a cast of sequin-clad performers shaking their tail feathers and turning up the heat as the snow starts to fall on the farm.

Including all your holiday favorites, and setting a new bar for toe-tapping Christmas cheer, this musical revue is the perfect recipe for serving up the holidays on a silver platter! This trip includes round trip motor coach transportation, theatre tickets for matinee performance, and all you can eat turkey buffet.

NEW TRIP - MODERATE ACTIVITY

WAITING LIST

Cape Cod, Martha's Vineyard, & Plymouth-
May 14th-May 20th

Gangster & Ghost Tour & Zoo in Chicago-
May 17th

Frederick Meijer Garden-June 6th

Jeff Foxworthy, Blue Gate Theatre-June 10th

Chicago Botanic Garden-July 12th

Chicago Architectural Boat Tour-August 15th

Biltmore Estate & Asheville, NC-Sept. 17-22nd

Mackinac Island Grand Experience-Oct.17-20th

QUILT RAFFLE



The St. Joseph Lincoln Senior Service Center Quilters have done it again! The next quilt that will be raffled is called "Scrap Happy" and the size is 88 1/2" x 96 1/2". The raffle starts on May 22nd and will end at our picnic on August 25th. Buyers, remember tickets are \$1 each or 6 for \$5, with a weekly winner drawn to receive 5 free tickets. If you would be interested in helping to sell raffle tickets, please see Sharyl. We are so very thankful to the quilting ladies for all of your hard work!



THANK YOU TAX VOLUNTEERS!



With tax season behind us, we would like to express a heartfelt **THANK YOU** to all of our wonderful Volunteers that made this happen. It could not have been done without all of you!

MOTHER'S DAY SILENT AUCTION



Vicki Born and Greg Powell were so very kind to donate some beautiful KitchenAid small appliances and Bill Bingaman donated an air fryer. As you know, Mother's Day is just around the corner, as well as wedding season, and these would make perfect gifts for both occasions. Silent auction for these wonderful items ends at noon on May 8th, so get your bid in now!



Wishing you the very best this Mother's Day!

Center will be closed on Monday, May 29th, in observance of Memorial Day.

HANDMADE METAL BIRDS



We have handmade metal birds that are double-sided and painted for sale. 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 and the birds were made by someone who chooses to be anonymous. Please feel free to stop by the Center to see them on display at the back entrance outside Sharyl's office, where you can also find the order forms. All proceeds will go to the Hanes Family Wild Flower Trail. We thank you in advance!



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.



"To the world, you are a mother, but to your family, you are the world." - unknown

The SJLSSC Board of Directors and Staff would like to wish all you beautiful ladies a Mother's Day full of love and sunshine! We thank your children for sharing you with us!



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, Friendship Garden, or Hanes Family Wild Flower Trail.

SJLSSC LIBRARY



We would like to extend a heartfelt **THANK YOU** to Ann Stedman who many of you know was the SJLSSC Librarian for so many years. Ann did a wonderful job of keeping our Library organized, structured, and beautiful. Luckily, we still get to see Ann in and around the Center.

We welcome Fredonna Kempf, Librarian, to take over where Ann left off. We are very blessed to have such wonderful volunteers who do so much for us here at the Center. The Library is now accepting DVDs, audiobooks, magazines (no older than 2 months please), and newer books. If you have anything you'd like to donate, please take them to the front desk. If we have a duplicate or do not want to add to our collection, these will be offered to our members or donated. At this time, we do have requests for books by Louise Penney and Lisa See. Any donations would be very appreciated. Thanks!

CURRENT FUNDRAISERS

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 be designated for the Hanes Family Wild Flower Trail. If you'd like to place an order, please pick up an order form outside of Sharyl's office.

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. We are also selling benches for this newest addition to our outside facility. **Please see page 1 for more details.**

PAPA VINO'S - We are partnering with Papa VINO's for a fundraising event May 22nd-May 25th. Pick up a voucher from the Center and make a purchase at Papa VINO's and we will make a percentage of your total bill, less tax and gratuity. We thank you in advance for your support!

QUILT RAFFLE - Our Quilting Ladies have another work of art to be raffled off. This next piece of work is called Scrap Happy, which is 88 1/2" x 96 1/2". The raffle begins on May 22nd and will end at our picnic on August 25th. Tickets are \$1 each or 6 tickets for \$5. A weekly winner will be drawn to receive 5 free tickets.

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!!

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

RECURRING SCHEDULE

MONDAYS

9:00 am - Resistive Exercise- **NO CLASS MAY 1ST**
 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
 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 week**
 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 Exercise
REGISTRATION REQUIRED
 12:00 pm - Intermediate Pickleball
 1:00 pm - Euchre
 1:00 pm - Sit & Share-Parkinson's Support Group



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
- ♦ Hanes Family Wild Flower Trail - **Coming soon!**
- ♦ 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
- ⇒ Transportation Drivers
- ⇒ Wood Shop Hosts



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

IMPORTANT REMINDERS

- ◇ **Remember to sign in when entering the building for any reason!** 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 monitor.**
- ◇ 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 is now accepting DVDs, audiobooks, magazines (no older than 2 months please), and newer books. If you have anything you'd like to donate, please take them to the front desk. We do not accept VCR tapes.
- ◇ 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.

TWIN CITY CAMERA CLUB - PHOTO CONTEST



Calling all photographers! Twin City Camera Club is sponsoring a photography contest. Photographers must be Senior Center members, limit 4 entries per person, and photo size should be 8 x 10 inches, unframed. There will be 4 categories: Nature, Architecture, People, and Animals/Pets. There will be a \$25 prize for each category. **Please submit your photos May 30th-June 7th** and voting will take place June 19th-30th.

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.



ASHBROOK INSURANCE LONG TERM CARE

Tuesday, May 2nd, 10:30 am

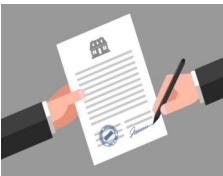


Long-Term Care

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 explain 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 review 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. Please sign up to attend.

BINGO - SPONSORED BY PROVISION LIVING \$1

Thursday, May 11th, 12:00 pm

SIGN UP IS FULL-WAITING LIST ONLY



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.

We hope your month is totally aMAYzing!



25TH ANNUAL SENIOR EXPO

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

This annual event 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!

**SENIOR
EXPO
2023**

THE BEST HEARING STORE - "HEARING AID CLINIC"

Monday, May 15th, 9:00 am

Quinton Smith returns again from The Best Hearing Store to perform hearing tests, hearing aid repairs and find the best options for those that want help.

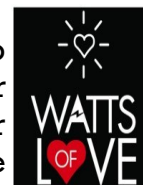


Appointments will be every 30 minutes, so call to make your appointment.

AFRICA LIGHT PROGRAM - WATTS OF LOVE

Tuesday, May 16th, 10:00 am

Maureen Olofsson will be here to share her story of how a simple solar light is creating a brighter future for families in Malawi, Africa. The people of Malawi currently live without electricity. Maureen will share with us her story of visiting Africa and share photos of how the nonprofit organization called Watts of Love is equipping, training and empowering a generation. Please sign up to attend.



WOOD SHOP PEN CLASS

Thursday, May 18th, 9:00 am-12:00 pm

Thursday, June 1st, 9:00 am-12:00 pm

Thursday, June 15th, 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.**



SLEEP (SLEEP EDUCATION FOR EVERYONE)

Thursday, May 18th, 10:00 am - Thursday, June 15th, 10:00 am



Zelda Felix-Mottley, MA, Extension Educator at Michigan State University Extension will be here to teach a **6-week progressive class**. Each session is designed to last about 30 minutes each. Each module includes a short 2-3 minute educational video designed to deliver key concepts. The rest of the time is spent discussing the topics, brainstorming solutions to possible obstacles to improve sleep, and goal setting. **Please only sign up for this class if you can attend all 6 classes.**

FILE MANAGEMENT BASICS

Tuesday, May 23rd, 10:00 am



Looking for that picture you saved in your computer or that article you wanted to read again, but can't remember which file you saved it to? Charlie Olszewski will be here to show you how to better organize your files into folders. He will also provide tips on when to use shortcuts, talk about the various file types, tips for file naming and much more! Space is limited to 7 people, so please sign up as soon as possible!

PHOTO EDITING CLASS

Friday, May 26th, 1st session, 9:00 am-10:30 am
2nd session 10:30 am-12:00 pm



Ted Post and Dennis Hafer return to show you how to save and improve your camera images to your computer through basic editing techniques. Utilizing Photoshop elements, you will learn how to save, edit and print images. For cell phones, you will review an app called Snapseed to edit images on your phone. Please bring 3-4 images on a USB drive. There will be two sessions with a maximum of 4 people per session, so sign up as soon as possible!



WOOD SHOP - SALT & PEPPER SHAKER CLASS

Monday, June 5th, 9:00 am-12:00 pm



Join us for another wonderful woodworking class. Dennis Szymanski will be the instructor and this class will be making salt and pepper shakers! Sign up soon as this class is limited to only three people. **And, remember, you do not have to be a member of the Wood Shop to take this class.**

ANNE'S REAL ESTATE ROUND TABLE

Monday, June 5th, 10:00 am

Anne Odden, Associate Broker with Pier Realty, will be here to explore your experiences and those of Robin Zollar in downsizing. She will share specifically her experiences with hosting and organizing estate sales. Please join us for this interactive discussion of managing your possessions. Please sign up to attend.



NEW BENTON HARBOR VA PRESENTATION

Tuesday, June 6th, 10:00 am



Adam Swager and Brian Pegouske, Chief, Communication & Community Engagement with the Battle Creek VA Medical Center will be here to present information on the Benton Harbor VA Outpatient Clinic and Battle Creek VA Medical Center. They will also present information on the PACT Act and how the law impacts Veterans. VA enrollment staff will be on hand to assist in enrolling Veterans for the healthcare they have earned. Bring your DD214 and last year's income with you to this program. Please remember to sign up to attend.

MOSAIC JEWELRY CLASS

Tuesday, June 20th, 1:00 pm-3:00 pm

\$20 per person, payable at sign up

Make checks payable to Barb Freridge



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





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

MAY







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



Area Agency on Aging, Inc.
SPECIALISTS IN AGING

Served in partnership with the Senior
Center and Senior Nutrition Services,
DBA Meals on Wheels of SW Michigan.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sweet & sour meatballs Oriental vegetable blend Steamed pea pods Pineapple	2 Spaghetti Garlic breadstick Zucchini/summer squash Tropical fruit blend	3 Sliced turkey breast Potatoes & gravy Steamed broccoli/carrots Mixed fruit cup	4 Sausage gravy/biscuits Diced pepper trio Yogurt with fruit 100% fruit juice	5 NO SENIOR NUTRITION CENTER IS OPEN
8 Salmon patty sandwich Coleslaw Green beans Apricots	9 Chicken potato bowl Wheat roll Green peas/carrots Fruit salad	10 Beef stroganoff Rye bread Tossed salad w/ranch Peaches	11 Pizza pasta casserole Cooked spinach Lima beans Pineapple tidbits	12 Roasted chicken German potato salad Cucumber salad Cherry crumble
15 Swiss steak Baked potato Farm fresh vegetables Baked cinnamon apples	16 Gyro sandwich Roasted sweet potatoes Red onions/tomatoes Banana pudding	17 Pulled pork sandwich Macaroni & cheese Stewed tomatoes Steamed broccoli	18 Boneless pork chop Mashed potatoes/gravy California vegetables Jello with fruit	19 Chicken alfredo pasta Texas toast Italian blend vegetables Grapes
22 Turkey meatloaf Roasted red potatoes Mixed vegetables Brussels sprouts	23 Baked whitefish Rice 3-bean salad/pea pods Mandarin oranges	24 Cheeseburger Lettuce/tomato/onion Pasta salad Pear halves	25 Beef enchiladas Spanish rice w/tomatoes Santa Fe vegetables Diced pears	26 Hot dog Baked beans Coleslaw Melon medley/bday cake
29  MEMORIAL DAY CENTER CLOSED	30 Sloppy joe Potato wedges Norwegian vegetables Diced peaches	31 Honey garlic chicken Whipped potatoes Side salad Bread & butter Diced mango		
			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!

VOLUNTEER BREAKFAST

We held our annual Volunteer Appreciation Breakfast on April 14th. It is such an honor for the Staff to recognize all of our wonderful Volunteers who give so freely of themselves, their time, and who have the biggest hearts. We are such a busy Center, growing every single day, and it would be absolutely impossible to do what we have to do without all of you. Though we say thank you many times per year, it is especially important to us to do something very special to recognize all of you. We are beyond blessed to have you as part of our beautiful community that we have all created. You make every day here at the Center a better one. Please know how much we love each and every one of you, and once again, **THANK YOU FOR ALL YOU DO!**





To everyone who brings goodies or snacks: Celina Bevelhymer, Chris Wright, Adolf Pelzer, Bob May, Cheryl Ryno, Margaret O'Neill, David Ingeson, Judy Weage, Gay Harrison, Jonelen Faher, Lynn Scott, Tom Oatman, Sharon Kabel, Dolores Frantz, Anonymous, Jaci Brenneke, Carol Hadley, Kathy Steinke, and Barb Lackner.

To everyone who donates other items that benefit the Center and Participants: Sandra Kay's Bakery, The Koch's, Debbie Johnson, Lisa Linabury, Doug Wilder in Memory of Martha Wilder, Cheryl Ryno, James Ball, Debbie Chamberlain, Gay Harrison, Jean Grabowski, Lance Roush, Charles & Lorraine Jespersen, Virginia Ferguson, Anonymous, Karen Artwohl, Celina Bevelhymer, Don Kamp, Jerry Geiger, Carole Wier, Rocco Pavese, Scott & Lynn Vince, and Don & Fredonna Kempf.

MONETARY CONTRIBUTIONS:

- * All the anonymous transportation riders along with Doug Patrick and Erlinda Huntington who made Donations to our Transportation Program.
- * Amy Reutlinger, Hong Son, Erma Curry and Arthur Gast made a Donation to our Building Fund.
- * Joan Ziebarth, Lorraine Livengood, Elsie Harke, Charles Koch, Barbara Morgan, Eileen Oles, Marguerite Current, Marcia DeMars, Diane Disse, Sally Streick, Susan Rogers, John Churchill, Jan Zielke, Linda Seawood, Mary Lou Grabmeyer, Margaret Platts, Edwin Naumann, Leroy & Patricia Vanderbosch, Fritz Flowers, Michael Oclon, Marcella Rhodes, Marianne Rabe, Mark & Kathleen Stone, Bob Bouchikas and Charlotte Schram made a Donation to our Building Fund Program.
- * June Rollinger and Chris Wright made a Donation to the Hanes Family Wild Flower Trail.
- * Annette Schrag made a Donation in Memory of George Erickson for the Wild Flower Trail.
- * Pauline Fox made a Donation in Memory of Paul Wolfe to our Circuit Training Room.
- * Don & Fredonna Kempf, Erlinda Huntington, Brian Weackler, Adolf Pelzer, and Judy Paruch made a Donation to our Circuit Training Room.
- * Bruce & Priscilla Banghart, Barbara Dorow, and Larry O'Brian made a Donation to our Wood Shop.
- * Beverly Carlson, Christine Vida, and Linda Zitta made a Donation to our Brick Fundraiser.
- * Bob & Carol Starks made a Donation in Memory of James Rice.
- * Shirley Miller made a Donation in Memory of Cindi McLaughlin's Mom, Patti Falkner.

Thank you to all the volunteers who assisted in the building of the raised planters and potting benches. This group has made 21 planters and 12 potting benches. Thank you to everyone who supported this fundraiser. All of the proceeds have been designated to the Friendship Garden and Wood Shop.

Thank you to Dino's Restaurant & Pancake House for sponsoring our Volunteer Breakfast with discounted gift certificates; it's greatly appreciated!

Many thanks to Richard Schwartz for performing at our Volunteer Appreciation Breakfast.

Thank you to Carl Carlson who donated a beautiful wooden vase to the Center with all proceeds designated to the Wood Shop.

Many thanks to Vicki Born & Greg Powell and Bill Bingaman for donating items for our Mother's Day Silent Auction!

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



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
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This newsletter mailed @ St. Joseph Post Office on 04-26-23



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
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



MAY ACTIVITIES

- 2 Ashbrook Insurance Long Term Care 10:30 am
- 5 **NO SENIOR NUTRITION - CENTER OPEN**
- 8 Register of Deeds 10:00 am
- 10 Book Club 10:00 am
- 10 Movie 1:30 pm
- 11 Provision Living-Lunch/Bingo 12:00 pm - \$1
- 12 Foot Clinic - **BY APPOINTMENT ONLY**
- 15 Best Hearing Store Hearing Screening 9:00 am
- 16 Africa Lights Program-Watts of Love 10:00 am
- 18 Wood Shop Pen Class 9:00 am-1:00 pm
- 18 Sleep (Sleep Education for Everyone) 10:00 am
- 18 Board Meeting 10:00 am
- 19 Foot Clinic - **BY APPOINTMENT ONLY**
- 19 Commodities - 9:00 am-11:00 am
- 19 Cookies & Canvas 12:00 pm-3:00 pm
- 23 File Management 10:00 am
- 24 Newsletter Mailing 9:00 am
- 25 Bingo 1:00 pm
- 26 Photo Editing 9:00 am-12:00 pm
- 29 **MEMORIAL DAY - CENTER CLOSED**

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.