

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



ELECTION FOR BOARD OF DIRECTORS

It is once again time to begin the process of electing new Board Members for a 3-year term. If you have a passion for our Center and can volunteer your time for meetings and projects, you might consider running for our Board of Directors. Our monthly meetings are on the third Thursday of every month at 10:00 am. This year we have four seats that will be available. Please see below for the dates of the nominating/election process:

Aug. 11th Applications available at front desk
Aug. 17th Applications due by 4 pm
Sep. 21st Presentation of Nominees to Board
Sep. 29th Candidate interviews
Oct. 9th Absentee Voting 8 am-3 pm
10th, & 11th
Oct. 12th Board Election 9 am-3 pm
Oct. 19th Board meeting with Election of Officers 10 am
Oct. 20th Annual Breakfast 9 am
MUST SIGN UP BY OCTOBER 13TH

ELECTION
YOUR VOTE IS YOUR VOICE

QUILT RAFFLE

The Quilters have created another beautiful quilt called "Scrap Happy" and the size is 88 1/2" x 96 1/2". This quilt could be yours. All you have to



do is purchase some raffle tickets, \$1 each or 6 for \$5. This raffle will end at our picnic on August 25th, so get your tickets while you still can! 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!

SANDBAR AND GRILLE FUNDRAISER



We are having another restaurant fundraiser and we hope that you will support us once again. Please go to the Sandbar and Grille during this 4-day event and eat, drink and be happy! The proceeds will be designated to the Rick Freridge Wood Shop, which has become a wonderful place for our members to show their creative side. All you need to do is come to our Center and **get a voucher for this event** and take it to the **Sandbar and Grille, located at 2701 Lakeshore Drive on July 24th-July 27th**. You can use this voucher for **dine in or takeout** for lunch or dinner and we will receive a percentage of your total bill, less tax and gratuity. Call 269-983-9977 to place a takeout order. **It is mandatory that you have this voucher, no photos will be accepted.** Anyone can use these vouchers, so please distribute them to everyone you know. We hope you will take this opportunity to enjoy some delicious food during the hot days of summer. We thank you in advance for your support!



PAULINE'S POST



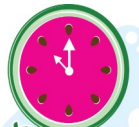
Welcome summer! My favorite time of the year. The Center has several fun summer events planned. In July, there are two outdoor concerts. The first one scheduled for the month of July is the 7th from 1:00-3:00 pm featuring John Hines and Dave Rittersdorf. The second one in July is Thursday the 20th from 1:00-3:00 pm featuring Ron's Acoustic Buffet.



The Board of Directors will sponsor a concession stand for the July 20th concert. You may want to come a little early for lunch before the concert begins.



Another fun event planned in July is the fundraiser at the Sandbar and Grille scheduled from July 24th-July 27th. I will be going to enjoy a great burger and a beverage! Don't forget to pick up vouchers from the Center before you go.



Looking forward to another summer event to add to your calendar is the annual summer picnic. More information regarding the picnic will be in the August newsletter. Circle August 25th on your calendar as a Save the Date event.



Just a reminder that the winning ticket for the beautiful quilt made by our very talented Quilting Group will be pulled at the picnic. Therefore, you still have time to purchase your raffle ticket to win. You do not need to be present at the picnic in order to win the quilt.



Take advantage of strolling through the Walking Trail. The gardens are beautiful and each week something new is in bloom. Thanks to our many volunteer gardeners for keeping them in perfect condition.



The Board of Directors are beginning a new project and we need assistance from Staff and a few members. We will be establishing a strategic plan for the Center. Although the meeting will not begin until fall 2023, anyone interested needs to begin planning for this event.

What is a strategic plan? It develops a shared dream among the members of an organization and produces a blue print for how to achieve that dream.

Why is it important? A few reasons:

- Clarify our mission
- Reaffirm that the Center is headed where it wants to go or should be going
- Develop a framework within to make difficult programmatic and financial decisions
- Garner financial support
- Build teamwork among Board and Staff

Many foundations providing grants require an organization to have a strategic plan. A strategic plan typically covers a five year span.

We are requesting members that have been involved in this type of project in their personal or professional life to assist in this project. If you are considering helping with this project, schedule a time to speak with me to obtain additional information.

To all our members, have a wonderful summer!

Hello
Summer!



Pauline Fox
SJLSSC Board of
Directors
President

CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only

Friday, July 14th

Friday, July 21st

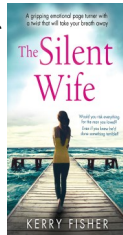
A signed permission form by your doctor is required to receive this service. Permission forms are available at the Center or can be emailed to you. Once you have this form from your doctor, please call the Center and we will make you an appointment. Your first visit is \$30, which includes a reusable foot care kit. Follow up visits are \$25.



BOOK CLUB

Wednesday, July 12th, 10:00 am

The book to be read for the month of July is "The Silent Wife" by author Kerry Fisher. 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, July 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 July is called "Painted Bunting." 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.



BINGO

Thursday, July 13th, 1:00 pm - \$1

Thursday, July 27th, 1:00 pm

Please do not enter gym until set up is complete.



MOVIES AT THE CENTER!

Tuesday, July 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 if you'd like to attend.

LOAN EQUIPMENT

We have an abundance of loan equipment and will be selling many items. You can't beat our prices, so if you are in need of anything, please check with us before you purchase equipment anywhere else. We thank you in advance!

SJLSSC FRIENDSHIP GARDEN

We would like to take this opportunity to thank Judy Paruch, Monica Oclon, and Kathy Ketelhut who have also been a big part of maintaining the Friendship Garden. These ladies help with weeding, watering, and oversight of Friendship Garden. Thank you all!

IMPORTANT NOTICE!!

If you want to enjoy the Hanes Family Wild Flower Trail, we suggest that you do the following to prevent tick bites:

- ⇒ Use a repellant containing no more than 30% DEET.
- ⇒ Use repellents that contain permethrin on clothing.

TICK REMOVAL TIPS

- ⇒ Remove as quickly as possible.
- ⇒ Use tweezers to grasp the head close to the skin.
- ⇒ Pull gently.
- ⇒ Use soap and water or antiseptic on the bite.
- ⇒ See your healthcare provider if you have symptoms of fever, rash, body aches or fatigue after a tick bite.

We will be spraying this area for your safety, but ticks can still be present. You will not be able to use the trail for 30 minutes after application and signs will be posted letting you know the service has been performed.



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). Sign up soon, almost full! **MODERATE ACTIVITY**



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. Sign up soon! **MODERATE ACTIVITY**



TRIPS FOR 2024

We have already released all of our trips for this year, so soon we will begin to plan for 2024. Now is your chance to tell us where you would like to go and what you would like to do. We typically take 3 multi-day trips and about 11 day trips each year. We prefer to keep our day trips to a maximum of 3 hours away so you can enjoy yourself and not sit on a bus for a long time. Please fill out the forms by our Trip bulletin board with your ideas or you can email coordinator@sjlsc.org. From your input, we will put together a list so everyone can express their opinions and then we will start booking our adventures for next year.

**WE
NEED
YOUR
INPUT!**

TRAVEL TIME



****WAITING LIST****

Chicago Botanic Garden-July 12th

Chicago Architectural Boat Tour-August 15th

The Dancing Horses Dinner-August 23rd

Turkeyville Dinner Theatre-December 6th

****We have no one left on the Waiting List for the following trips. If you are interested, please sign up at the front desk.****

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

-Mackinac Island Experience-Oct.17-20th

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.

WALKING TRAIL BRICKS



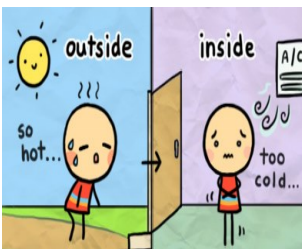
Did you know the Center offers the opportunity for you to purchase bricks in three different sizes that you can have engraved in honor of a loved one? These can then be placed in the flag pole area in the Priscilla Byrns Walking Trail and Gardens. The sizes available are 4 x 8 for \$110, 8 x 8 for \$190 and 8 x 16 for \$285. **Bricks ordered now will be available in the fall of 2023.** Order forms can be emailed, mailed, or picked up at the front desk.

COMMUNITY RESOURCE CENTER



Have you checked out our Community Resource Center yet? It's located in what is known as the first class room (where you can find puzzles and the Foot Clinic as well). If you need any information regarding senior care, assisted living, grief counseling, Hospice, Veteran's services, and Medicare Part D this is where you can find it. Feel free to take a look and pick up some brochures!

BABY IT'S COLD INSIDE



With the temperatures rising outside, it will definitely be a bit cooler inside. Remember we all have different body temperatures, and so please dress accordingly for yours. We do keep the room temperatures down a little in the Gym and Circuit Training Room because of people exercising, but all other rooms will be set at a comfortable temperature for most.



*You're one
in a
Melon!*

**Our Volunteers are
"one in a melon!" We
are so thankful for all
of you!!**

CORNHOLE IS AVAILABLE HERE



Just a reminder that we have everything you would need to play Cornhole here at the Center. You are welcome to play outside, or if it's too warm outside and the Activity Hall is available, you are welcome to play inside as well.

MURBLES ANYONE?



This is a fun, new game that is very much like Bocce Ball and you can play it here at the Center! Murbles is a game for all ages, and it's a fun way to get a healthy dose of exercise and fresh air. Murbles is played outside in the yard, at the park, at the beach, or in any convenient outdoor location. It's a game for 2-4 players and the set includes 3 balls per player as well as a point ball. Murbles is similar to Bocce and Marbles together and it doesn't require a dedicated court or setup. There will be an 8-16 person Murbles tournament on Tuesday, August 22nd, at 11:00 am here in the back yard. **If you would be interested in attending, please sign up.**

SJLSSC GOLF LEAGUE



If you would be interested in being a substitute on our golf league, please let us know. Just call the front desk with your name and phone number and we will get back to you. Thanks!

HANES FAMILY WILD FLOWER TRAIL NOW OPEN!



As many of you are aware, the Hanes Family Wild Flower Trail is now open. Again, we'd like to reiterate that **we suggest that you have a friend walk with you and, for your safety, we are not allowing wheelchairs, walkers, bikes, or strollers.** Also, tick season is upon us, so please be aware of this and wear appropriate attire. You are sure to enjoy this new addition!

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 the Wild Flower Trail.

HANDMADE METAL ARTWORK

We not only have the metal birds you may have seen or purchased, but now you can also purchase flamingos (\$25), tulips (\$15) in 5 different colors to choose from, a black squirrel (\$15), a macaw (\$25), and an owl (\$20). The sheet metal for the handmade metal artwork was donated by B.E.R. Refrigeration, HVAC & Plumbing and the artist chooses to remain anonymous.

We are sure you will love this new metal artwork! You can find the order forms located by the back entrance outside Sharyl's office. Stop by the Center

to see them in the display case located by the front desk. All proceeds will go to the Hanes Family Wild Flower Trail. Thank you in advance!



CURRENT FUNDRAISERS

HANDMADE METAL ARTWORK - We have handmade metal artwork that are double-sided and painted for sale. The proceeds of the sale of this artwork 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 has added approximately 1/3 mile additional walking trail to our existing one. Please consider making a donation to assist in the maintenance of this new outdoor facility.

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 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.

SANDBAR AND GRILLE - We are partnering with the Sandbar and Grille for a fundraising event July 24th-July 27th. **Pick up your voucher from the Center (no photos will be accepted)** and make a purchase at Sandbar and Grille. We will receive a percentage of your total bill, less tax and gratuity. We thank you in advance for your support!

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 fall 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
 9:30 am - Quilting Group
 10:00 am - Calisthenics **NO CLASS JULY 24TH**
 10:00 am - Jokers and Marbles
 11:00 am - Balance Class **NO CLASS JULY 24TH**
 12:00 pm - Tai Chi
 1:15 pm - Hand & Foot Cards
 1:15 pm - Beginning Line Dancing
 1:00 pm - Art Co-Op **NEW-STARTING JULY 10TH**
 1:45 pm - Intermediate Line Dancing

TUESDAYS

9:00 am - Resistive Exercise
 9:30 am - Pinochle
 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 **NO CLASS JULY 27TH**
 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 **NO CLASS JULY 14TH, 21ST**
 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

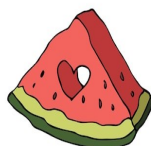
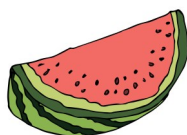
- ♦ Arts/Crafts
- ♦ Betty Kohn Outdoor Fitness Zone
- ♦ Cards/Games
- ♦ Circuit Training Room
- ♦ Commodity Distribution
- ♦ Community Resource Center
- ♦ Computer Lab/Computer Classes
- ♦ Educational Programs
- ♦ Fitness Classes
- ♦ Foot Clinic
- ♦ Friendship Garden (Seasonal)
- ♦ Garden Nook
- ♦ Golf League (Seasonal)
- ♦ Hanes Family Wild Flower Trail - **NOW OPEN!**
- ♦ 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 (not 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.
- ◇ Please remember to sign up for all programs that you'd like to attend. Thank you!

WOOD SHOP PEN SALE



If you have been unable to make it to a pen making class in our Wood Shop, no worries! You can now own one. Pens are \$20 each and all proceeds come back to the Wood Shop. You can view these pens in the display case across from the front desk. They also make great gift ideas!



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.



CENTRICA CARE NAVIGATORS - MYTHS ABOUT HOSPICE

Thursday, July 6th, 10:00 am

Hospice of Southwest Michigan has rebranded as Centrica Care Navigators to reflect its growing scope of services. Established 40 years ago solely as a hospice, the organization now provides palliative care and adult day care. Sue Eshuis, RN, Community Partner Liason, will be here for a presentation on what hospice care is and how it can help you and your loved ones. **Please sign up if you would like to attend this program.**



OUTDOOR CONCERT

Friday, July 7th, 1:00 pm-3:00 pm

Please join us for what is sure to be another outstanding event. John Hines and Dave Rittersdorf will be here to perform for all of us. These gentlemen play the acoustic guitar and will bring to the event easy listening music with many genres including Eagles hits and country music. Taste of Freedom Food Truck will be here with food and refreshments for you to purchase. **Please bring your own chair(s).** Hope to see you there!



SIX PILLARS TO BRAIN HEALTH

Monday, July 10th, 10:00 am

Brain health is important to all of us, no matter our age. JoAnn Flowers, AARP representative, will be here for a 90-minute presentation on the importance of brain health. Cognitive decline is not inevitable as we age. This session will equip participants with a basic understanding of dementia and brain health and address common myths. Specific steps will be described that people can take at any age to optimize their chances of maintaining their cognitive health. **Please sign up if you would like to attend this program.**



THE BEST HEARING STORE - "HEARING AID CLINIC"

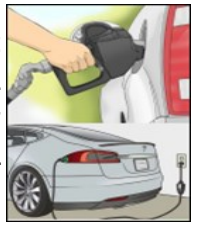
Monday, July 17th, 9:00 am

Quinton Smith, from The Best Hearing Store, will be here to perform hearing tests, hearing aid repairs and will find the best options for those that want help. **Call for an appointment.**

THE MOVE TO ELECTRIC CARS PART II

Monday, July 17th, 1:00 pm-3:00 pm

Due to positive feedback from Part I, Don White returns for a second in depth presentation regarding The Move to Electric Cars. A condensed version of Part I will be presented and this will be followed by addressing questions that were brought up during the April presentation. EV battery repurposing, repair, reselling and ultimately recycling plus rare earth materials sourcing, ethical mining practices and alternate battery compositions will be discussed. **Please sign up to attend.**



WOOD SHOP SEGMENTED BOWL TURNING CLASS

Tuesday, July 18th, 9:00 am-12:00 pm

Wednesday, July 19th, 9:00 am-12:00 pm

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

\$60 per person, payable at sign up

NO REFUNDS

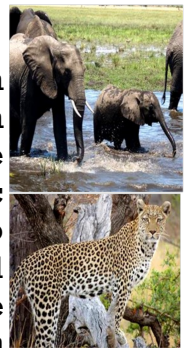


Join us for a new woodworking class. Tom DeCocker will be instructing this segmented bowl turning class. **To sign up for this class it is mandatory to have taken the Wood Shop Orientation class and it would be very helpful to have taken a lathe class here to participate. Remember, you do not have to be a member of the Wood Shop to take this class. Please sign up if you would like to attend this program.**

BOTSWANA & CAPE TOWN - AN AFRICAN PHOTO JOURNEY

Wednesday, July 19th, 10:00 am

On two separate occasions, Lynn Kellogg, retired CEO from Region IV Area Agency on Aging, was able to join a veterinarian of exotic animals from the Milwaukee Zoo and several professional photographers to camp far into the bush to observe and photograph bird and animal life in a living ecosystem. She will be here to share these amazing experiences with us. **Remember to sign up to attend.**



ADVENTURES IN CAREGIVING - CAREGIVER SELF-CARE

Thursday, July 20th, 10:00 am

The journey of a caregiver can be both rewarding and challenging. Adventures in Caregiving/Caregiver Self-Care provides practical tools and resources to help caregivers reach out for support through understanding what is available in the community for both their loved one and themselves. This training is provided by Stephanie Kostizen, LMSW, ACHP-SW who is a hospice social worker and veteran advocate for Caring Circle of Corewell Health South (formerly Spectrum Health Lakeland). **Please remember to sign up if you'd like to attend this program.**



OUTDOOR CONCERT

Thursday, July 20th, 1:00 pm-3:00 pm



If you are looking for music that isn't the same old top 40 cover songs, then you will enjoy Ron's Acoustic Buffet. Their music includes songs that bring back memories, along with some tunes you may not recognize from some well-known artists. Our wonderful Board of Directors will also be serving up some food and drink that you can purchase. **Please bring your own chair(s).**



EAR HEALTH

Friday, July 28th, 10:00 am



Christine Maddox, FNP-C CORLN, from Maple City Medical Ear, Nose, and Throat Care will be here giving a 45 minute presentation. Christine will cover all things ear related, including hearing loss, ear wax, vertigo, and itchiness of the ear. **If you would like to attend, please remember to sign up.**



WOOD SHOP PEN CLASS

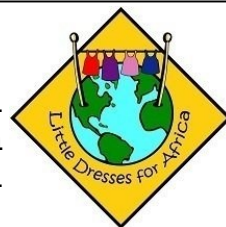
Thursdays, August 3rd & 17th, 9:00 am-12:00 pm

\$15 per person, payable at sign up - NO REFUNDS
Have you missed an opportunity to make a pen? Here's your chance! This is a very popular class and spots fill up soon, so sign up as soon as possible. **You do not have to be a member of the Wood Shop to take a class.**

LITTLE DRESSES FOR AFRICA

Tuesday, August 1st, 1:30 pm

Little Dresses for Africa is a non-profit Christian organization formed to send relief to the children of Africa. Vickie Pastrick Florin will be here for a presentation on how volunteers are sewing all across the world, using pillowcases to make dresses for little girls. Over 8 million dresses and almost as many "britches for boys" are going to 87 countries. Through these dresses, clean water and education are changing lives and sending hope. Vickie will be here to show you how easy it is to transform a pillowcase into a sundress. **Please sign up if you'd like to attend.**



PELVIC HEALTH

Friday, August 4th, 12:30 pm

Have you silently suffered from urinary incontinence while exercising or when you laugh, cough, or sneeze? Do you rush to the bathroom but not always make it in time? Join us as Vanessa Cool PT, CAPP-Pelvic, CAPP-OB will be here with tips on how to improve this. **Please sign up to attend this program.**



FORENSIC GENEALOGY

Monday, August 7th, 10:30 am



Historian and author, Chriss Lyon, became a part of a research team of genealogists tasked with finding living relatives of two tragic plane crashes; Northwest Airlines Flight 2501, which crashed with 58 souls aboard into Lake Michigan in 1950, and Northwest Airlines Flight 4422, which crashed with 30 souls aboard into Mount Sanford in Alaska in 1948. She will share with us how a relatively new technique called "forensic genealogy" helped to locate relatives of these victims. **Please sign up to attend.**



CARDIAC AWARENESS

Thursday, August 10th, 10:00 am

Felesha Bell with Fox Rehabilitation will be here to teach you the importance of keeping your heart healthy from a Physical Therapist standpoint. **Please sign up to attend.**









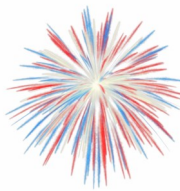
**Menu Is Subject To Change
Without Notice**
Lunch is served at 11:45 a.m.
Arrive 10 minutes early
JULY

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 BBQ oven fried chicken Mac and cheese Summer squash blend Watermelon	4 Happy 4th of July CENTER CLOSED	5 Fish filet sandwich Coleslaw Pea pods Diced mango	6 Porcupine meatballs Mashed potatoes Kyoto blend vegetables Apricots	7 Pizza casserole Peas & pearl onions Italian marinated vegs. Peach halves
10 Beans and greens Ham Mixed vegetables Pineapple	11 Loaded baked potato Steamed broccoli Tossed salad w/ranch Blueberry crisp	12 Sloppy joe Warm pasta salad California blend vegs. Yogurt with fruit	13 Chicken enchilada Shredded lettuce/tomato Black beans and corn Grapes	14 Turkey meatloaf Mashed potatoes Lima beans Summer berries
17 Turkey tetrazzini Steamed beets Green beans Tropical fruit salad	18 Stuffed green peppers Carrot coins Dinner roll Diced pears	19 Polish sausage Warm potato salad Prince Charles vegs. Orange wedges	20 Silver dollar pancakes Sausage links Baked apples w/raisins 100% juice	21 Chicken teriyaki Quinoa bowls Lima beans Applesauce
24 Hamburger Cheesy mashed potatoes Sweet corn Seasonal fruit	25 Orange chicken Stir fry vegetables Green peas Fortune cookie Fruited jello	26 Chef salad w/turkey Rye bread w/margarine Berry applesauce	27 Pulled pork sandwich Creamy broccoli salad Green beans Fruit cocktail	28 Ravioli w/marinara Italian blend vegetables Breadstick Pears Birthday cake
31 Philly cheesesteak Red skin potatoes Prince Charles vegs. Mandarin oranges			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!

FUN FACTS ABOUT THE 4TH OF JULY

- ◆ Philadelphia witnessed the very first 4th of July fireworks in 1777.
- ◆ Technically, the Declaration of Independence date should have been July 2nd.
- ◆ Three of the Founding Fathers and U.S. Presidents died on the 4th of July.
- ◆ Calvin Coolidge was the only U.S. President born on the 4th of July.
- ◆ The 4th of July did not have common celebrations until after the war of 1812.
- ◆ The first signee of the Declaration of Independence was John Hancock.
- ◆ The Liberty Bell rings 13 times every 4th of July in honor of the 13 original states.
- ◆ The oldest 4th of July parade occurs in Bristol, Rhode Island.
- ◆ Massachusetts was the first state to recognize the 4th of July as a holiday.
- ◆ Denmark hosts the largest 4th of July celebrations outside of the U.S.



The Board of Directors and Staff wish all of you a safe and Happy 4th of July!



To everyone who brings goodies or snacks:

Ann Stedman, Sandy Brown, Carol Hadley, Peggy Myers, Adolf Pelzer, Jeanette Jeske & Edward Baginske, Margaret O'Neill, Mary Donald, Becky Kietzerow, Connie Yore, Sharon Kabel, Barb Lackner, and Anonymous.



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

Sandra Kay's Bakery, Mark Sebenar, Marcia Hess, Don White, Millie Carney, Fred Summerfelt, Stan Barrish, Barb Clark, Mick Klug Farm, Ed Mosier, Pat Forbes, Janet Shipe, The Family of Colleen Evans, Diana Post, Carole Wier, Cindy Miller, Else Elsner, Mike Desmet, Vickie Florin, Best Buy, Pam Duffy, Celina Bevelhymmer, Margaret O'Neill, Carl Sartwell, Mike Doroh, Lani Agens, Ed Heiden & AJ Jaeger, Charles Strohacker, Betty Vande Merkt, Van's-DASCO Home Medical Equipment, Russ Zick-First Congregational Church, and Elaine Chartrand.

MONETARY CONTRIBUTIONS:

- ◇ All the anonymous transportation riders who made Donations to our Transportation Program.
- ◇ Amy Reutlinger, Karen Schiltz, Celina Bevelhymmer, Andy Zuber, Sandy Frund, Marilyn Kiel, Connie Hannah and Lighthouse Attic, Inc. made a Donation to our Building Fund.
- ◇ Ursela & Ginter Bansen, Michael Desmet, Beth Wallace, Marilyn Robbins, and Max & Hilda Doyle made a Donation to our Brick Fundraiser.
- ◇ Lynn Hardke, Elfriede Fitz, and Eddie Mae Woodley made a Donation to our Papa Vino's Fundraiser.
- ◇ Jack Thielmann and Ken & Carol Nolte made a Donation to our Wood Shop.
- ◇ Anthony Dlouhy says Thank You for the Loan Closet.
- ◇ June Rollinger, Serge Schillio, Patricia Forbes, David Jinkins & Elizabeth Angelo and Dennis Lietz made a Donation to our Hanes Family Wild Flower Trail.
- ◇ Gerry Sernau, Connie Yore, and Nancy Barrett made a Donation in Memory of Ray Lietz.
- ◇ Mary Sundblad, Beth Gamble, Imelda Knowles, Richard & Shirley Johnson, Robert Hauch, and Lucy Ann DeVries made a Donation in Memory of Joan Nozicka.
- ◇ Judy Wright made a Donation in Memory of Doris Schultz.
- ◇ Mary Ann Kuehl and Jeffrey McDonald made a Donation in Memory of Betty Mousseau.
- ◇ Dennis & Ellen Rasbach, TJ Passaro, Jeanette Jeske, Patty & Steve Nordberg, Kathleen Andries, Mike & Gail Wells, Mark & Cynthia Herzog, Lynn & Richard Ward, Joyce & Joe Howell, Bob & Carol Starks, Marjorie Frohbieter, Duane & Pat Ostenson, Mary Lulenski, Jim & Claudia Figlia, Gregg & Marilyn Nishmoto, and Tom & Elaine Yeager made a Donation in Memory of John Bannow.
- ◇ Ray Hicks made a Donation in Memory of Mary Ellen Hicks.
- ◇ Gil Mueller made a Donation in Honor of Lloyd Yoder.

We'd like to express a BIG THANK YOU to Papa Vino's and the Sandbar and Grille restaurants for partnering with us in our fundraising efforts. We greatly appreciate it, and we know others do too!

Many thanks to Judy Stelter for once again donating beautiful crocheted towels to our Center that we sold as a fundraiser.

Thank you to Tom Hurst for donating hand made wooden pens. All proceeds will be designated to our Wood Shop.

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



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 06-28-23



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 Bevelhimer, 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
Administrative Assistant	Sandy Draper
Staff Assistant	Lynn Vince
Building Custodian	Tai Huynh
Sr. Nutrition Manager	Bill Schiffbauer



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



JULY ACTIVITIES

- 4 **CENTER CLOSED - Happy 4th of July**
6 Centrica Care Navigators 10:00 am
7 Outdoor Concert 1:00 pm-3:00 pm
10 Six Pillars to Brain Health 10:00 am
12 Book Club 10:00 am
13 Bingo 1:00 pm - \$1
14 Foot Clinic - **BY APPOINTMENT ONLY**
17 Best Hearing Store Hearing Screening 9:00 am
17 Move to Electric Cars Part II 1:00 pm-3:00 pm
18 Wood Shop Segmented Bowl Turning Class
9:00 am-12:00 pm
19 An African Photo Journey 10:00 am
20 Board Meeting 10:00 am
20 Caregiving/Caregiver Self-Care 10:00 am
20 Outdoor Concert 1:00 pm-3:00 pm
21 Foot Clinic - **BY APPOINTMENT ONLY**
21 Commodities - 9:00 am-11:00 am
21 Cookies & Canvas 12:00 pm-3:00 pm
25 Movie 1:00 pm
26 Newsletter Mailing 9:00 am
27 Bingo 1:00 pm
28 Ear Health 10:00 am



**PLEASE SEE PAGE #3 FOR
AN IMPORTANT NOTICE
ABOUT THE WILD FLOWER
TRAIL!**