

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



AUGUST 2023

ANNUAL SJLSSC PICNIC "LUAU SUMMER BLOWOUT"

- ~ Friday, August 25th
- ~ Doors open at 10:30 am
- ~ Enjoy games until 11:30 am
- ~ Lunch will be served at noon
- ~ \$10.00 per person, no refunds
- ~ Meal selection required at time of sign up
- ~ Deadline to sign up Thursday, August 17th



"August is like the Sunday of summer." Please join us for our Annual Picnic and help us to celebrate summer. Lunch will consist of chicken or veggie kabobs, fruit skewers, pasta salad, a roll and dessert. It's a great time to get together with people you may not have seen in awhile, play some fun games, and enjoy delicious food. We look forward to seeing all of you there. **Please remember our Center will be closed the day of the picnic and the only transportation offered this day will be to the picnic.**

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**

HANES FAMILY WILD FLOWER TRAIL RIBBON CUTTING CEREMONY

Friday, September 8th, 10:00 am

Please sign up by September 1st

Please plan to join us as we celebrate our newest addition to our outdoor facilities. Jerry Hanes graciously donated funds to purchase the property adjacent to the Center and then additional funds for us to develop it. This area is now a breathtaking space filled with beautiful wild flowers and nature at its best! The Ribbon Cutting Ceremony, weather permitting, will take place outside, with a presentation by the Southwest Michigan Regional Chamber of Commerce and other speakers being held in our Activity Room, where light refreshments will be served.



PAULINE'S POST

We are entering the Dog Days of Summer. Two favorite activities for August are picnics and taking trips.



Our summer picnic is scheduled on August 25th, which is held inside in case of bad weather. There will be games, lunch and a raffle for wonderful summer treats.



THEREFORE, WE ARE LOOKING FOR ADDITIONAL BAKERS TO FURNISH TREATS FOR THIS EVENT. It will be slightly

different from our Christmas treat raffle. Instead of a variety of treats, the bakers will plate their baked goods. For example, two people have already decided to bake a pie. So you could win an entire pie! You will see plates of cookies, brownies and cupcakes.

If you would like to bake for this fundraiser, please contact Jean Oatman or Celina Bevelhmyer. You can call the Center and leave a message for them and you will be contacted. Also, if you are in the Center and I am available, I will provide the information to Jean or Celina. We will want to know what you will be providing so there is a variety.

TRIPS



The Center arranges several trips each year, 3 overnight trips and 10-12 day trips. Now is the time to provide your suggestions for the 2024 schedule. There is a box near the greeter's desk to deposit your suggestions. Keep in

mind the Center's rules for overnight trips: they consist of two Diamond Tour trips and one to Mackinac Island. See the map above the suggestion box for the list of available Diamond Tour trips. We only travel in the USA! The rule for a day trip is a bus ride that should be 3 hours or less one way.

Each trip has a degree of activity.

MODERATE: On/off bus once (walkers, canes and assisted walking permitted)

ACTIVE: On/off bus 2 or more times, some walking, may need a companion for walking assistance.

VERY ACTIVE: On/off bus numerous times, LOTS of walking - **NO WALKERS OR CANES PERMITTED.**

This is very important for the overnight trips since many consist of walking tours with a guide. If you question your ability or want more information regarding a scheduled trip, please talk to our Program Coordinator, Jennifer Malone.

Over the last 8-9 years, I have gone on several of our day and overnight trips. It is exciting to go to new places and experience the history of our great nation. My favorite was the Washington DC trip.

There are numerous advantages for going on a Center's trip. You get to know your fellow passengers and many people have made lasting friendships. The biggest advantage is leaving the driving to a professional!

Next month an interest list will be posted. Make sure you vote for your favorite. The 2024 trips will be determined in the fall.

I had hoped to write about a few of this years trips, but I would need an entire column!

Enjoy the rest of your summer. Hope to see several of our members at the Center's picnic.

*Pauline Fox
SJLSSC Board
of Directors
President*



CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only

Friday, August 11th

Friday, August 18th

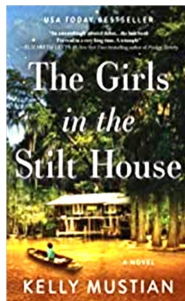
A signed permission form by your doctor is required to receive this service. Permission forms are available at the Center or can be emailed to you. Once you have this form from your doctor, please call the Center and we will make you an appointment. Your first visit is \$30, which includes a reusable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



BOOK CLUB

Wednesday, August 9th, 10:00 am

The book to be read for the month of August is "The Girls in the Stilt House" by author Kelly Mustian. Leading the discussion will be Melba Little. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



COOKIES & CANVAS

Friday, August 18th, 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 August is called "Relaxation." This painting is on a 9" x 12" canvas and all materials needed for this class are provided.

Remember to sign up soon.

ALZHEIMER SUPPORT GROUP

In the past we have had an Alzheimer Support Group that would meet here on Mondays at 10:00 am. If you would be interested in meeting here at the Center, stop at the front desk so we can add your name to the list. If enough people are interested, we will put this on our schedule.

BINGO

NO BINGO AUGUST 24TH

Thursday, August 10th, 1:00 pm - \$1

Thursday, August 31st, 1:00 pm

Please do not enter gym until set up is complete.



SENIOR SOFTBALL



Senior Softball is still going strong. It's not too late to join this fun group of people for a little ball. 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.

MOVIES AT THE CENTER!

Thursday, August 17th, 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!



ART CO-OP CLASS - NEW

Mondays, 1:00 pm-3:00 pm



This is a new class that will be replacing Exploring Art. Please join us to learn, enjoy and experience art in its many forms. Bring your interests and your talents to share with our group and two pieces of art to work on each week. We look forward to seeing you all there and working on our art together!



PHOTO CONTEST WINNERS



TRIPS

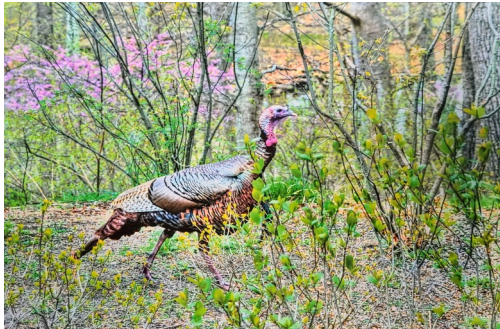
It's travel time!

TWIN CITY CAMERA CLUB

Congratulations to our Twin City Camera Club photo contest winners! Thank you so much Twin City Camera Club for sponsoring this contest. We have some very talented people and look forward to seeing your works of art next year!



Sandy Daignault
Nature



Richard Thomas
Animal



Mike Doroh
Architecture



Chris Loose-Randall
People

TRIPS FOR 2024

We have already released all of our trips for this year, so soon we will begin to plan for 2024. **This month is your last 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.

LET'S GO!



WAITING LIST

Covered Bridge Tour - September 12th
Mackinac Island Experience - Oct.17-20th
Shedd Aquarium in Chicago - November 7th
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
-The Dancing Horses Dinner- August 23rd

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, 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.

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!



**We would "bee"
nothing without our
Volunteers!
Thank you all so
much!**

CORNHOLE AND MURBLES - AVAILABLE HERE



We have Cornhole and Murbles games available if you would like to play. Get a group of your friends together and play one or both! And don't forget, 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.**

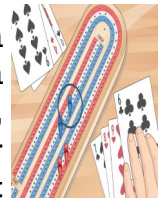
50/50 WINNER

Congratulations to Scott Vince on winning our 50/50 raffle. We would like to thank everyone who participates in our raffles.



CRIBBAGE ANYONE?

If you would be interested in playing Cribbage at the Center on Thursdays from 10:00 am-12:00 pm, please let us know. We will add your name to an interest list at the front desk. Stay tuned!



THANK YOU ST. JOE HIGH SCHOOL FOOTBALL!



We would like to extend a BIG thank you to the St. Joe High School Football Team for coming out on such a hot day and working so hard on the Hanes Family Wild Flower Trail. It was greatly appreciated!



WILD FLOWER GOLF CART RIDES



Would you like to have a volunteer give you a ride on our golf cart so you can see the Hanes Family Wild Flower Trail? If so, please let Sharyl know and she will arrange for a volunteer to give you a short ride so you can see the beautiful natural environment that has been created.

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.

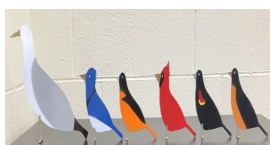
HONORARY DONATIONS - Made in honor of someone who has enriched your life.

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.

HANDMADE METAL ARTWORK

We not only have the metal birds you may have seen or purchased, but now you can also purchase a flamingo (\$25), tulips (\$15), in 5 different colors to choose from, a black squirrel (\$15), an owl (\$20), and a coho salmon (\$25). 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 in the back entrance outside Sharyl's office. Please feel free to stop by the Center to see them on display!



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 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.

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!!

MONITOR CHECK IN



It's so important to check in on the monitor for the activities that you like to do here at the Center, as this helps to provide accurate counts for us of our members and the different activities that we provide. We often get asked as to why we need each member's picture. These pictures are for us only; we do not release anything to the public. Having your picture in our database allows us to be able to easily locate you when you are in the Center in case of emergency. Your safety is our greatest priority! We thank you in advance.

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
 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 ***SEE BELOW***
 1:00 pm - Art Co-Op **NEW CLASS**
 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 **NO CLASS AUGUST 30TH**
 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 & 5th 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 AUGUST 18TH**
 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



****No Beginning Line Dancing the whole month of September & first 2 Mondays in October.**

WHAT WE HAVE TO OFFER



- ♦ Arts/Crafts
- ♦ Betty Kohn Outdoor Fitness Zone
- ♦ Cards/Games
- ♦ Circuit Training Room - **OPEN 9:00 AM-3:00 PM**
- ♦ 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 - **OPEN 9:00 AM-3:00 PM**



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
- ⇒ Golf Cart Tours of Hanes Family Wild Flower Trail
- ⇒ 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.
- ◇ **We are now accepting greeting cards and our real need is for Halloween and Thanksgiving cards.** Also, we are in need of light pink, beige, blue, and lavender envelopes. We do not need any Christmas cards at this time, thank you. We cannot accept torn or yellowed cards. Thank you so much for your donations.
- ◇ 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!

**OUR
VOLUNTEERS
ARE**



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, which are Wednesdays only**, 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.

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.**



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 lost souls. **Please sign up to attend.**



CARDIAC AWARENESS

Thursday, August 10th, 10:00 am

Felesha Bell with Fox Rehabilitates Lives - Physical, Occupational, and Speech Therapy, will be here to teach you the importance of keeping your heart healthy from a Physical Therapist standpoint. **Please sign up if you would like to attend.**



OUTDOOR CONCERT

Tuesday, August 15th, 1:00 pm-3:00 pm

Mike Struwin will be here performing a myriad of genres, including Americana/Blues & Bluegrass/Roots/Folk/Soul and even reggae. Sammy Arepas Food Truck will be here for food/refreshments. **Remember to bring your lawn chair. If the weather is questionable we will move the concert inside.** Hope to see you!

AARP FRAUD WATCH BASICS

Wednesday, August 16th, 10:00 am

Have you ever been approached with a fraudulent offer or been a victim of identify theft? The AARP Fraud Watch Network is working to empower you in the fight with proven resources and tools to help you spot and avoid identify theft and fraud. Jo Ann Flowers, AARP Volunteer, will be here to show how taking a few practical steps will give you the power you need to fight back against fraud. This session will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family. **Please remember to sign up to attend this program.**



WOOD SHOP PEN CLASS

**Thursdays, August 17th, 31st, & Sep. 7th
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.**

BEST HEARING STORE - "HEARING AID CLINIC"

Monday, August 21st, 9:00 am-12:00 pm & 12:30 pm-3:00 pm



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. **Please call for an appointment.**

WOOD SHOP JEWELRY BOX CLASS

Wednesday, August 23rd, 12:00 pm-3:00 pm

\$21 per person, payable at sign up - NO REFUNDS



Lots of great things are happening in our Wood Shop. If you would like to make your own jewelry box you can do it here. Jim Neuman will be teaching this class and space is limited, so **please sign up soon!**



THE ART OF COLORFUL COLLAGE

Thursday, August 24th, 10:00 am

\$25 per person, payable at sign up

Make checks payable to Robin Youngquist-Gardner



Please join us for a new and fun workshop learning collage skills that go beyond your high school crafts projects. We will make a mixed media art piece from start to finish. Canvas panels, 5 x 7 inches, neat and or rough cut images, decorative paper and all the tools needed to finish your customized artwork will be provided. Feel free to bring any images you fancy, torn or ripped from magazines or books, etc., to decorate your art collage. **Space will be limited to 20 people, so sign up soon!**

MAINTAINING A POSITIVE MINDSET

Tuesday, August 29th, 10:00 am

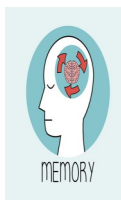
Gayla Konanz, Licensed Clinical Social Worker, will be here for a presentation on Maintaining a Positive Mindset. She will be openly talking about the changes and struggles that come with aging and will discuss practical ways of taking small actions to stay positive, hopeful, and mentally happy. **Please sign up if you'd like to attend this program.**



MEMORY RESCUE - HOW TO HAVE A BRIGHT MIND

Thursday, August 31st, 10:00 am - Thursday, October 5th, 10:00 am

Jane Oelke, ND, PhD, who is a board certified health and wellness coach, will be here to instruct this 6-week progressive class that is designed to help you on the path to a healthier brain, better memory, and a happier life. **Sign up only if you can attend all 6 classes please.**



DEMENTIA FRIENDS MICHIGAN

Friday, September 1st, 10:00 am

Amy Nichols, Campus Coordinator with Region IV Area Agency on Aging, will be here to give a presentation on Dementia Friends Michigan (DFMI). This is a one hour informational session that will help you understand how to better communicate and support those with dementia. **Please sign up to attend this program.**



HEALING WITH GEMSTONES

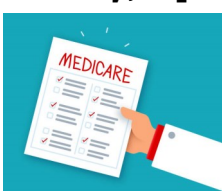
Wednesday, September 6th, 1:30 pm

Jenny Erkfritz Sansom, author of Healing with Gemstones, will be here to share her love of gemstones and the holistic benefits that you can receive from them. Jenny has been interested in gemstones since a young child and has over 20 years of knowledge. **Please remember to sign up to attend this program.**

MEDICARE SUPPLEMENT

Monday, September 11th, 10:00 am

Local Health Plan Agent, Michael Ashbrook, will be here for a presentation on Medicare Supplement plans. Bring any questions you may have regarding plans and coverage and he will answer them. **Please remember to sign up to attend.**



ANNE'S REAL ESTATE ROUND TABLE

Monday, September 11th, 1:30 pm

Twenty-three participants shared their experience and concerns regarding downsizing. It can be overwhelming, but there are steps you can take to make the process more manageable, such as determining what objects are emotionally significant, and focusing on one room at a time. Estate Organizer, Robin Zollar, returns, and this time the focus will be on the resources and options to manage furniture, collections and other significant objects. **Remember to sign up if you'd like to attend.**



BINGO - SPONSORED BY PROVISION LIVING \$1

Thursday, September 14th, 12:00 pm

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 Executive Director, Erik Hiestra, and Director of Sales, Rachael. They will give a 20-minute overview about their Independent Living, Assisted Living, and Memory Care Community. Bingo will start at 1:00 pm. **Please sign up by September 8 to attend and receive your free lunch.**



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






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



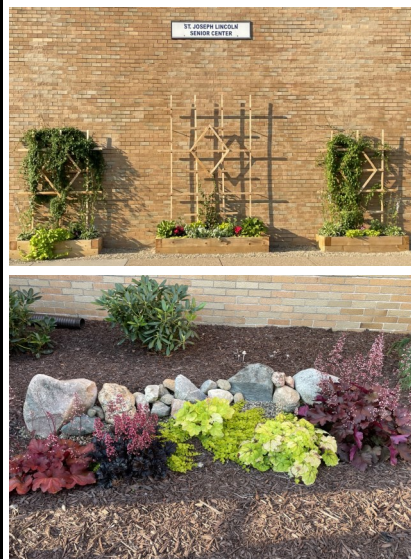
Area Agency on Aging, Inc.
SPECIALISTS IN AGING

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Vegetable lasagna Italian marinated vogs. Texas toast Mixed fruit cup	2 Chicken & broccoli Rice casserole Carrot coins Grapes	3 Shepherd's pie Steamed spinach Dinner roll Yogurt with fruit	4 BBQ roast beef sandwich 3 bean salad, veggies Pears
7 Chicken & dumplings Capri vegetable blend Beets Fruit cocktail	8 Chicken chow mein Steamed rice/vegs. Peach cobbler	9 Egg salad croissant Cucumber/onion salad Fruit juice Diced pears	10 Beef/bean burrito Cilantro lime rice Diced tomatoes Pineapple	11 Breaded fish sandwich Warm potato salad Mixed vegetables Fresh fruit
14 Citrus pork chop Mashed potatoes Oriental blend vegetables Mandarin oranges	15 Spinach egg bake Potatoes O'Brien Rye bread Cinnamon applesauce	16 Creamy potato soup Cheese sandwich on rye Tossed salad w/ranch Fruited jello	17 Spaghetti Steamed broccoli Texas toast Peach cobbler	18 Honey mustard chicken Scalloped potatoes Wax beans Tropical fruit blend
21 Chicken Cordon Bleu Pasta 5 way vegetables Peaches	22 Baked fish over rice Green peas Kyoto veggie blend Fruit cocktail	23 Jambalaya Steamed squash Cornbread Diced mango	24 BBQ pork rib patty Succotash vegetables Tossed salad w/ranch Seasonal fruit	25 Turkey burger Mashed sweet potatoes Pineapple tidbits Birthday cake
28 Beef w/gravy/noodles Prince Charles blend Berry crumble	29 Turkey chili Lima beans Coleslaw Saltine crackers Applesauce	30 Chicken apple walnut salad sandwich Pea & cheese salad Mixed fruit	31 Stuffed cabbage roll Mashed potatoes Green beans Mandarin oranges	
We love our Volunteers! 			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!

SJLSSC GARDENS

We have new gardens that you can't help but notice when you enter our parking lot. This is all due to a few faithful volunteers that give of themselves so endlessly. Some of them are here in the mornings before the Center even opens busy planting, weeding, and watering! Thank you so very much to all of our Volunteers for making our Center a beautiful place!





To everyone who brings goodies or snacks:

Pam Phipps, Sally Matzke, Judy Stelter, Elaine Thomopoulos, Suzie Clifton, David & Genny Ingesson, Barb Lackner, Cheryl Ryno, Margaret O'Neill, Sharon Kabel, Carol Hadley, Renate Steinke, Adolf Pelzer, and Erika Lucius.



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

Sandra Kay's Bakery, Connie Yore, Ed Baginske, Rob McLaughlin, Tom Lenz, Lynn Hardke, Colleen Story, Mark Deckert, Else Elsner, Barb Lackner, Jeanette Jeske, Amy Huebner, Anne Street, Jeff Yircott, Celina Bevelhymmer, Tim Johnson, John & Beth Schueneman, Lee Danaher, Adelle Taylor, Don Wilson, Dennis Meadows, Janet Shipe, Rita Fronczak, Jessica Crockett, Cheryl Ryno, and Jaci Brenneke,



MONETARY CONTRIBUTIONS:

- ◇ **All the anonymous transportation riders and Margret Fife who made Donations to our Transportation Program.**
- ◇ **Virginia Kuball, Priscilla Banghart, Subhas Dhodapkar, Lynne Willadsen, Phay Son, and Ann Stedman, made a Donation to our Building Fund.**
- ◇ **Virginia Kuball, Wendy Nielsen, Kim Schultz, and Richard Prendergast made a Donation to the Brick Fundraiser.**
- ◇ **Janet DeRubbo made a Donation to the Parkinson's Class**
- ◇ **Steve Smith, Tom DeCocker, Ann Schroeder, and Kathy Ament made a Donation to our Wood Shop.**
- ◇ **Jaci Brenneke made a Donation to the Circuit Training Room.**
- ◇ **Anthony Dlouhy and Gary Gaul say Thank You for the Loan Closet.**
- ◇ **Amy Reutlinger made a Donation to the Friendship Garden**
- ◇ **Pauline Fox made a Donation to Programs.**
- ◇ **Theresa & Robert Hall made a Donation in the Name of Bruce Banghart.**
- ◇ **Adolf Pelzer made a Donation of 30 High Backed Chairs.**
- ◇ **Tony & Bonnie Korican made a Donation in Memory of Joan Nozicka.**



A BIG THANK YOU to Culver's for donating yogurt for our Outdoor Concerts and to Sally Goodwin Stine and Ron Robb for performing at our concerts. Sally and Ron were so kind to donate their time to entertain our members.

Thank you Crystal Springs Florist for your donation of hydrangeas for the Hanes Family Wild Flower Trail. They have made a beautiful addition!

Thank you to our Board Members for all of your hard work cooking out for the July 20th concert and making this an affordable meal for all to enjoy!

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

PICNIC WISH LIST: We would appreciate borrowing any luau party decorations or games that you may have for our Annual Picnic. Thank you!



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
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

Non-Profit Org.

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St. Joseph, MI 49085

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This newsletter mailed @ St. Joseph Post Office on 07-26-23



AUGUST ACTIVITIES

1 Little Dresses for Africa 1:30 pm
7 Forensic Genealogy 10:30 am
9 Book Club 10:00 am
10 Cardiac Awareness 10:00 am
10 Bingo 1:00 pm - \$1
11 Board Applications Available
11 Foot Clinic - **BY APPOINTMENT ONLY**
15 Outdoor Concert 1:00 pm-3:00 pm
16 AARP - Fraud Watch Basics 10:00 am
17 Wood Shop Pen Class 9:00 am-12:00 pm
17 Board Meeting 10:00 am
17 Movie 1:00 pm
17 Board Applications Due
18 Commodities - 9:00 am-11:00 am
18 Cookies & Canvas 12:00 pm-3:00 pm
18 Foot Clinic - **BY APPOINTMENT ONLY**
21 Best Hearing Store Hearing Screening 9:00 am
22 Murbles Tournament 11:00 am
23 Jewelry Box Class 12:00 pm-3:00 pm
24 Decoupage Collage Class 10:00 am
25 **Annual Picnic-Center is closed for
all other activities**
29 Maintaining a Positive Mindset 10:00 am
30 Newsletter Mailing 9:00 am
31 Wood Shop Pen Class 9:00 am-12:00 pm
31 Memory Rescue 10:00 am
31 Bingo 1:00 pm

