

THE ANCHOR NEWS



**St. Joseph-Lincoln
Senior Service Center**
3271 Lincoln Avenue
St. Joseph, MI 49085
(269) 429-7768

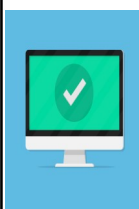
DIRECTOR@SJLSC.ORG

WWW.SJLSC.ORG

HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM



MONITOR CHECK IN



It's so important to check in on the monitor for all of the activities that you participate in at our Center. This assists us in having accurate counts of our members and the different activities you enjoy. We also use this data for a variety of reasons, for example when we write grants, insurance purposes and to supply this information to the County each year so they can see how your tax dollars are being used. We often get asked as to why we need each member's picture. These pictures are for the Staff only. Having your picture in our database is important because it could assist us in locating you in case of emergency. **We appreciate you taking the time to stop at the monitor every time you enter our building.**

CHAN'S GARDEN FUNDRAISER



We are having another restaurant fundraiser and we hope that you will support us once again. Please go to Chan's Garden during this 4-day event and enjoy a meal without cooking it! The proceeds will be designated to the Senior Center Building Fund. All you need to do is come to our Center and **get a voucher for this event, or clip it from page 14**, and take it to **Chan's Garden, located at 310 State Street on October 3rd-6th, 11:30 am-7:30 pm**. You can use this voucher to **dine in or takeout** for lunch or dinner and we will receive 15% less tax and gratuity. You can also call (269) 983-2609 to place a takeout order. **It is mandatory that you have this voucher, no photos will be accepted.** These vouchers are for anyone to use, so please feel free to distribute them to everyone you know. We hope that you will take advantage of this opportunity to support the Senior Center, and we thank you in advance for doing so!

ELECTION FOR BOARD OF DIRECTORS



Below are the dates for the remainder of nominating/election process:

Sept. 21st	Nominee presentation to Board
Sept. 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



PAULINE'S POST



Summer days will soon be ending. The arrival of fall is right around the corner. September has several significant days for celebration.

• September 4 - **LABOR DAY**



This holiday celebrates the women and men who campaigned for workers' rights in the labor movement of the late 19th century (40 hour work week, paid time off, sick leave, and safe work conditions). No matter how you decide to celebrate Labor Day 2023, take some time to pay tribute to all laborers, past and present, who helped build America.

• September 6 - **READ A BOOK DAY**



Take time to visit the Center's library to select a book. There is so much to choose from.

• September 10 - **GRANDPARENT'S DAY**



It is a well known fact that our grandchildren have very busy lives. Take the initiative and invite **them** out for lunch!

• September 13 - **POSITIVE THINKING DAY**



We all need to be reminded to have positive thoughts. It is a joy to be around people with a sunny and positive attitude.

• September 19 - **INTERNATIONAL DANCE DAY**

Come join the Center's line dancing group. There is a beginners and intermediate class on Monday afternoons.



• September 23 - **FALL BEGINS**

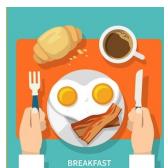


• September 28 - **GOOD NEIGHBOR DAY**



September is National Sewing Month. The Center offers a Quilting and a Stitch and Chat class. Check out the beautiful projects for sale made by members of these groups.

September is National Senior Center Month. The theme this year is "Discover Yours" which invites exploration, self discovery and individuality. I hope you discover something about yourself this month!



September is Better Breakfast Month. Therefore, I will end this month's column by providing information about senior nutrition.

Our eating habits change as we age. Choose foods and drinks that will help you maintain a healthy body weight and reduce the risk of chronic disease. Below are suggestions by nutritionists.

- Enjoy a variety of foods from each food group.
- Choose foods with little or no sugar, saturated fats, and sodium.
- Get enough daily protein to maintain muscle mass.
- Focus on the nutrients you need, including potassium, calcium, vitamin D, dietary fiber, and vitamin B12. The body's ability to absorb B12 can decrease with age. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs.
- Drink water often to stay hydrated. With age, you may lose some of your sense of thirst.

The attendance in the exercise classes at the Center is a strong indication of our member's commitment to their physical needs.

For all the fall lovers, enjoy this month!

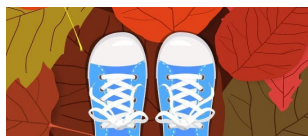
Pauline Fox
SJLSSC Board of Directors
President



CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

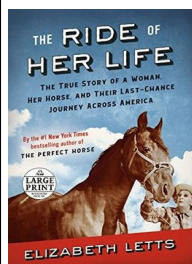
By Appointment Only
Friday, September 8th
Friday, September 15th



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

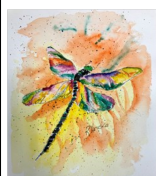
Wednesday, September 13th, 10:00 am



The book to be read for the month of September is "The Ride of Her Life" by Elizabeth Letts. Leading the discussion will be Barb Clark. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

COOKIES & CANVAS

Friday, September 15th, 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 September is called "Dragonfly." This painting is on a 9" x 12" canvas and all materials needed for this class are provided. **Remember to**

sign up soon.

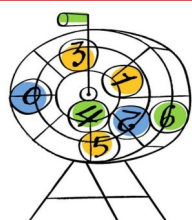
ALZHEIMER SUPPORT GROUP

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

Thursday, September 14th,
1:00 pm - \$1
Thursday, September 28th,
1:00 pm

Please do not enter gym until set up is complete.



MOVIES AT THE CENTER!

Monday, September 18th, 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!



FLU SHOT CLINIC

Friday, October 13th, 8:30 am-11:30 am
Sign up by Friday, October 6th



We will be hosting a flu shot clinic on October 13th. **Please bring your Medicare card with you.** The shots will be Fluzone high-dose Quadrivalent and a regular Quadrivalent. The criteria for high dose is still 65 years and older. The shot is given in the upper arm, so please dress with that in mind.





TRIP IDEAS FOR 2024



It's time to vote where we will go next year! Stop by the trip board at the Center to indicate your preferences. Remember, this is only an interest list; you are not signing up to go on the trip. We will take your input for 2 months and then we will begin booking your adventures next year. Please only vote once per person.

DAY TRIPS

- ◇ Air Zoo - Kalamazoo, MI
- ◇ Auto Baron Mansion tour - Grosse Pointe, MI
- ◇ Barn Theatre - Augusta, MI
- ◇ Binder Park Zoo - Grand Rapids, MI
- ◇ Blue Gate Theatre - Shipshewana, IN
- ◇ Broadway - Grand Rapids, MI
- ◇ Chicago Architectural Tour
- ◇ Chicago Art Institute
- ◇ Chicago Botanic Garden
- ◇ Chicago Dine Around
- ◇ Chicago Field Museum
- ◇ Chicago Science and Industry Museum
- ◇ Chicago Shedd Aquarium
- ◇ Detroit Institute for the Arts
- ◇ Drury Lane - IL
- ◇ Elkhart River Queen Boat Tour
- ◇ Fernwood Gardens - Niles, MI
- ◇ Frank Lloyd Wright Home Tours - MI
- ◇ Frankenmuth Wine & Chocolate River Cruise, Bavarian Belle - MI
- ◇ Frederik Meijer Gardens - Grand Rapids, MI
- ◇ Henderson Castle - Kalamazoo, MI
- ◇ Henry Ford Museum - Detroit, MI
- ◇ Holland Tulip Festival
- ◇ Leader Dogs for the Blind Facility Tour - Rochester, MI
- ◇ Lincoln Park Zoo - Chicago, IL
- ◇ Lyric Opera House - Chicago, IL
- ◇ Milwaukee German Fest Pioneer Village
- ◇ Randolph Street Holiday Market-Chicago, IL
- ◇ Quilt Gardens - Elkhart, IN
- ◇ Saugatuck River Cruise
- ◇ Studebaker Mansion - IN
- ◇ Turkeyville
- ◇ Wellfield Garden - Elkhart, IN



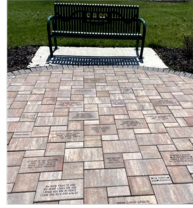
OVERNIGHT TRIPS

- ◇ Albuquerque & Santa Fe - NM
- ◇ Amelia Island, St. Augustine & Jacksonville - FL
- ◇ Ark Encounter & Creation Museum - KY
- ◇ Atlantic City - NJ, Cape May - NJ & Philadelphia - PA
- ◇ Atlantic City - NJ, New York - NY, & Philadelphia, PA
- ◇ Boston - MA, Salem - MA, & Cape Ann - MA
- ◇ Branson - MO
- ◇ Charleston - SC
- ◇ Garden of the Gods - CO, Royal Gorge - CO & Colorado Springs - CO
- ◇ Grand Canyon, Las Vegas- NV & Hoover Dam
- ◇ Lancaster - PA
- ◇ Mackinac Island
- ◇ Maine
- ◇ Memphis, TN
- ◇ Miami, Fort Lauderdale & Key West, FL
- ◇ Myrtle Beach, SC
- ◇ New Orleans, LA
- ◇ New York City & Statue of Liberty
- ◇ Niagara Falls, USA
- ◇ Pigeon Forge, Gatlinburg & Smoky Mountains - TN
- ◇ San Antonio, TX
- ◇ Savannah, Jekyll Island & Beaufort, SC
- ◇ Vermont
- ◇ Virginia Beach, Colonial Williamsburg & Historic Norfolk, VA
- ◇ Washington, DC



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!



CORNHOLE AND MURBLES - AVAILABLE HERE



We would be more than happy to have one of these games, or both, ready for you if you'd like to get a group of friends together! Just let us know ahead of time. Play a game, or two, while the weather still permits you to!



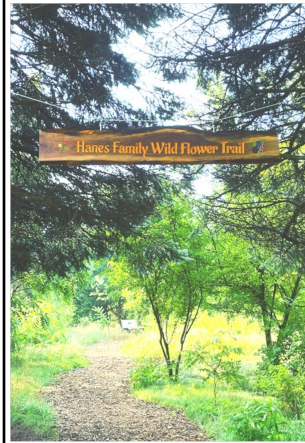
CRIBBAGE ANYONE?

You can now play Cribbage here at the Center on Thursdays from 10:00 am-12:00 pm. Get your friends together and have a great time!



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

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.



RAKE A DIFFERENCE

Thursday, November 9th



Volunteer teams will rake yards for eligible seniors. This will be one day only (rain, snow or shine!). You do not need to be home to have work done. This will be on a first-come first-serve basis. Spots fill up quickly and you may be put on a waitlist. Registration closes September 30th, but callers will be put on a waitlist as soon as spots fill (this usually happens within the first few days). Eligible seniors are ages 60 and older, live in Berrien, Cass, or Van Buren County, physically unable to perform yard work, and are unable to pay for yard services. **Seniors can register starting September 1st. Please call (269) 932-3554 Monday through Thursday, 9:00 am-4:00 pm, and Fridays 9:00 am-12:00 pm. Closed Monday September 4th for Labor Day.**



**Those who can, do.
Those who can do
more, volunteer.
We are thankful for
our Volunteers!**

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.

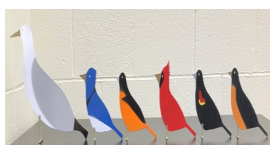
MEMORIAL DONATIONS - Made in memory of a friend or loved one who has passed away.

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

CHAN'S GARDEN FUNDRAISER - We are partnering with Chan's Garden for a fundraising event October 3rd-6th. **Pick up your voucher from the Center (no photos will be accepted) and make a purchase at Chan's Garden.** We will receive 15% less tax and gratuity. As always, we thank you for your support!

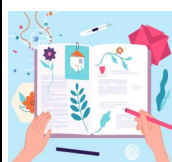
HANDMADE METAL ARTWORK - We have handmade metal artwork that are double-sided and painted for sale. The proceeds of the sale of this artwork will be designated for the Hanes Family Wild Flower Trail. If you'd like to place an order, please pick up an order form outside of Sharyl's office.

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!!



SJLSSC HISTORIAN



As many of you may be aware, for many years Mary Bartels was the Center Historian, taking care of the Center's scrapbooks. With Mary's passing, we have a member, who wishes to remain anonymous, who has graciously taken on this task and we cannot thank her enough for stepping up and volunteering to do this. If anyone would be interested in looking at these scrapbooks, just let us know. We would be more than happy to let you browse through them while you are here at the Center. Again, thank you for picking up where Mary left off. It is greatly appreciated!



RECURRING SCHEDULE

MONDAYS

9:00 am - Resistive Exercise
 9:30 am - Quilting Group
 10:00 am - Calisthenics **No class Sept. 11th/25th**
 10:00 am - Jokers and Marbles
 11:00 am - Balance Class **No class Sept. 11th/25th**
 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 Sept. 13th**
 11:00 am - Balance Class **No class Sept. 13th**
 11:45 am - Cardio Drumming **No class Sept. 13th**
 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
 10:00 am - Cribbage **NEW**
 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 Sept. 8th/15th/22nd**
 10:30 am - Beginner Pickleball
 12:00 pm - Parkinson's Exercise **No Class Sept. 1st/8th**
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
- ♦ Book Club
- ♦ 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 Tues.-Fri. 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.** 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!



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

WOOD SHOP INFORMATION

Below is some general information about how our Wood Shop operates. For more details please call or stop at the front desk.

CURRENT HOURS/DAYS OF OPERATION

Tuesday 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.



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.**

WOOD SHOP PEN CLASS

Thursday, September 7th, 9:00 am-12:00 pm

Thursday, October 5th, 9:00 am-12:00 pm

\$15 per person, payable at sign up - NO REFUNDS



This has turned out to be a very popular class, so don't miss your chance! Spots fill up soon, so if you are interested sign up as soon as possible. **You do not have to be a member of the Wood Shop to**

take a class.

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



If you are interested in downsizing, you will want to attend this program. During this program, you will learn how twenty-three participants dealt with their concerns and

experiences 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, will return, 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.**



THE MELODIOUS FAITHFUL: MUSIC AT THE HOUSE OF DAVID

Monday, September 18th, 10:00 am

During the first half of the 20th century the musicians of Michigan's Israelite House of David entertained the public and helped make their religious commune famous. In addition to a mode of individual, communal and religious expression, music at the House of David was a serious commercial enterprise. For over 50 years their professional touring bands - orchestras, marching bands, choral groups, string bands, jazz ensembles and eventually swing bands - entertained visitors to the House of David's amusement park in Benton Harbor and played to packed audiences in concert halls and vaudeville theaters across America. Brian Carroll, Historian and Archivist, returns for what is sure to be another great program! **Please remember to sign up to attend!**



VETERANS Q & A

Tuesday, September 19th, 9:00 am-10:30 am

Maureen Adams from Veteran Services will be here to answer questions and provide the latest information for all of our Veterans. There is no need to sign up to attend this program, you can just show up.

STOCKING UP ON YOUR JOY JUICE

Tuesday, September 19th, 10:00 am

Winter's challenges are just around the corner, so come prepare by Stocking Up on Your Joy Juice. Join Raelene Stickney for a lively discussion on the topic of joy in our lives and the positive energy it brings. Mark your calendar and **sign up as soon as possible as there are only 12 seats available.**

SENIOR DEFENSE TACTICS

Wednesday, September 20th, 10:00 am-11:30 am

This specialized class is designed for practical senior self defense. This seminar will teach how to detect threats through situational awareness, and definitively protect yourself, if needed. This class is taught by certified professionals, Jill and Steve Phenegar. Space is limited to 25 students, so if you have taken this course before, please allow others to sign up. **Remember to sign up.**



OUTDOOR CONCERT

Thursday, September 21st, 1:00-3:00 pm



Sally Goodwin-Stine returns to the Center to grace us with her beautiful voice. Sally covers a wide range of music that you will be sure to enjoy. Ben's Pretzels Food Truck will be here with food and refreshments, **and don't forget your chair!** This is a great way to welcome in the beginning of the fall season!

ESTATE PLANNING BASICS

Tuesday, September 26th, 1:30 pm



Do you have questions regarding your estate and what will happen to your assets if you become incapacitated or pass away? Have you designated someone to handle your affairs? Attorney Bill Westerbeke will be here to share his knowledge and experience to provide you with a unique and practical perspective. He will show you how to avoid probate, protect your assets, make informed decisions, and much more. **Remember to sign up to attend!**

ADVANCE CARE PLANNING

Wednesday, October 4th, 10:00 am



Name your advocate: If you're over 18, it's important to name someone you trust to speak for you in a medical emergency if you can't speak for yourself. Get that plan in writing and share it with your family and healthcare providers. Doing so ahead of a crisis is a gift to the people who love you, giving them peace of mind that they can be your voice and honor your wishes. Join Julie Griffin, Advance Care Planning Coordinator for Southwest Michigan, for a free workshop that will answer questions and assist with developing and completing your Healthcare Power of Attorney/Advance Directive. **Please sign up to attend.**

LAST OUTDOOR CONCERT FOR THE SEASON

Thursday, October 5th, 1:00 pm-3:00 pm



Ron's Acoustic Buffet will be here to perform once again. Please join us as we end this concert season. We look forward to next year! **Don't forget to bring your chair!**

WATERCOLOR WORKSHOP

Monday, October 9th, 1:00 pm-3:00 pm

\$25 per person, payable at sign up

Make checks payable to Karen Garavalia

Sign up by October 4th, limited to 10 people



Please join us for a new and fun watercolor workshop as together we paint "Almost Fall." Karen will instruct step by step, bringing her knowledge and expertise to beginners and intermediate painters alike. All materials needed will be provided to complete this pretty little 9"x 12" watercolor painting.

SCHWARZKOPF QUILT

Tuesday, October 10th, 10:00 am



Please join us as Eileen and Tom Chapman will give a presentation on how Eileen and members of the national organization, Online Quilters II, presented a Patriotic Quilt to General H. Norman Schwarzkopf at the Mendel Center in 1992. Tom will discuss meeting the General and the messages he left for all of us in his autobiography, "It Doesn't Take a Hero." General Schwarzkopf signed Eileen's Patriotic Quilt and also autographed their copy of his autobiography as "Tom & Eileen - Best Wishes, Retired General Schwarzkopf." There will be a Quilt of Valor presentation at the end of this program. **Please remember to sign up if you'd like to attend this program.**

COOKING FOR ONE - MEALS IN MINUTES

Thursday, October 12th, 10:00 am



Are you tired of cooking for one, have no idea what to cook, bored with cooking? If you answered yes to any of the above questions then please join us as Melissa Powell, a Registered Dietitian from Area Agency on Aging, will be here to teach you how to prepare healthy items that don't require a culinary degree or a day spent in the kitchen. You will leave this program with recipes that are simple, delicious, and that you can make in minutes! **Please sign up to attend.**



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

SEPTEMBER
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
				1 BBQ chicken quarter Mac and cheese Kernel corn Seasonal fruit
4 LABOR DAY CENTER IS CLOSED	5 Hamburger Seasonal veggies Pudding Mixed fruit	6 Potato chicken cass. Green beans Steamed peas Fruited jello	7 Chicken/broccoli cass. Carrot coins Grapes	8 Cheesy chili mac cass. Diced tomatoes Pineapple
11 Citrus herb pork chop Mashed potatoes Oriental blend Mandarin oranges	12 Vegetable lasagna Italian marinated vegs. Texas toast Peaches	13 Breaded fish sandwich Coleslaw Mixed vegetables Pears	14 Jambalaya Steamed squash Cornbread Diced mango	15 Chicken and dumplings Capri vegetable blend Beets Fruit cocktail
18 Shepherd's pie Brussels sprouts Dinner roll w/margarine Peaches	19 BBQ pork rib patty Succotash vegetables Tossed salad w/ranch Seasonal fruit	20 Chili Lima beans Coleslaw Applesauce	21 Biscuits and sausage Steamed spinach Baked cinnamon apples	22 NO SENIOR NUTRITION CENTER IS OPEN
25 Honey mustard chick. Scalloped potatoes Wax beans Tropical fruit blend	26 BBQ roast beef sand. 3 bean salad Kyoto blend veggies Pears	27 Spinach ravioli bake Steamed broccoli Texas toast Fruited yogurt	28 Chicken chow mein Steamed rice Stir fried vegetables Spiced fruit crisp	29 Stuffed cabbage roll Mashed potatoes Green beans Mandarin oranges Birthday cake
			Meals provide Carbs: 75 grams Calories: 800 avg. Sodium: 800 mg Protein: 19 grams Total fat: 30% 2% Milk	Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can. We thank you!

You are invited to a Benefit Event for the
St. Joseph-Lincoln Senior Service Center.

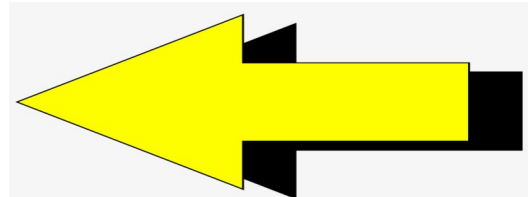
Chan's Garden
310 State Street, St. Joseph
October 3-6, 2023
Hours: 11:30 am-7:30 pm
Phone: 269-983-2609
Dine In or Take Out



Offer only valid on dates and location above.

Tax and gratuity are not included. SJLSSC will
receive 15% of your purchase less tax and
gratuity.

**If you are unable to make it into the
Center to pick up a voucher, just snip
this one from our newsletter and
present it upon purchase of your meal!**
**Need more than 1 voucher, feel free to
make a copy of this one. We thank you
in advance for supporting the St.
Joseph-Lincoln Senior Service Center!**





**THANK
YOU!**

To everyone who brings goodies or snacks:

Florence Lilly, Margaret O'Neill, Suzie Clifton, Henry Mora, Linda Bentley, Adolf Pelzer, Fredonna Kempf, Suzie Clifton, Teretha Bowens, Jeanette Jeske, Linda Salverson, Jeanne Johnson, Dolores Frantz, Tom Oatman, Lani Agens, and Sharon Kabel.

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

Sandra Kay's Bakery, Celina Bevelhymer, Gloria Senecal, Lisa Hilton, Marti Arney, Denise Foust, Elaine Thomopoulos, Judy Stelter, Denny Meadows, Donna Lippert, Peter Palis, Pat Coons, Barb Klein, Fredonna Kempf, Phyllis Herod, Sharon Kabel, Margaret O'Neill, Amy Reutlinger, Else Elsner, Linda Bentley, Linda Burke, Bob Mann, Dolores Frantz, Fred Cooper, Chris Heyn, Karen Fricke, Rick Freridge,

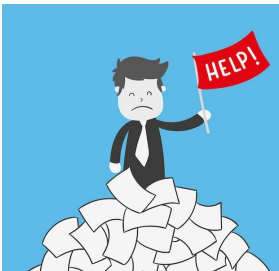
Carole Wier, Monica Oclon, Pat Fords, Mark Matzke, Becky Beach, Tim Enix, Ginna Vansaco, Anonymous, Bob May, Joan Skipple, Debbie Johnson, Debbie Aroening, Edward Baginske, Jeanette Jeske, and Jeff Welch.

MONETARY CONTRIBUTIONS:

- ◇ Elli Maas, Helmet Krebs, Allen Barry, and Karen Schiltz made a **Donation to our Transportation Program.**
- ◇ Kitty Mat, John Kolb, Jan Fisher, and Celina Bevelhymer made a **Donation to our Building Fund.**
- ◇ Cindi McLaughlin, Barbara Harteand Linda Csepregi made a **Donation to the Wood Shop.**
- ◇ Anonymous members made **Donations to our Pickleball Program.**
- ◇ Joe Ferrier and Highcliffe Terrace Garden Club made a **Donation to the Brick Fundraiser.**
- ◇ Mike Petrossis and Nancy Moore made a **Donation to our Wild Flower Trail.**
- ◇ Lynette Wright and Adolf Pelzer made a **Donation to the Library.**
- ◇ Amy Reutlinger made a **Donation for Copies**
- ◇ Ali Hansen and Dolores Fester made a **Donation to the Sandbar Grille Fundraiser.**
- ◇ Pauline Fox made a **Donation to our Stitch & Chat.**
- ◇ Sharon Malone made a **Donation to our Exercise Classes.**

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

ELIMINATE YOUR JUNK MAIL



Are you tired of receiving junk mail? If so, bring your junk mail to the Center and Ken Schneider will pick it up for you. He will contact the organization that is sending you these publications. If you would like to take care of this yourself, we have information here at the Center on how to do it. Please remember that it can take several months before you may see a reduction in your junk mail.

Please deposit your mail in the box in the front entrance if you want to start this process.



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.
U.S. Postage Paid
St. Joseph, MI 49085
Permit 416

**DATED MATERIAL DO NOT DELAY
RETURN SERVICE REQUESTED**

This newsletter mailed @ St. Joseph Post Office on 08-30-23



SEPTEMBER ACTIVITIES

- 1 Dementia Friends Michigan 10:00 am
- 4 **Labor Day - Center Closed**
- 6 Healing with Gemstones 1:30 pm
- 7 Wood Shop Pen Class 9:00 am-12:00 pm
- 8 Foot Clinic - **BY APPOINTMENT ONLY**
- 8 Hanes Family Wild Flower Trail Ribbon Cutting Ceremony 10:00 am
- 11 Medicare Supplement 10:00 am
- 11 Anne's Real Estate Round Table 1:30 pm
- 13 Book Club 10:00 am
- 14 Bingo - \$1- Provision Living Sponsored
- 15 Commodities - 9:00 am-11:00 am
- 15 Cookies & Canvas 12:00 pm-3:00 pm
- 15 Foot Clinic - **BY APPOINTMENT ONLY**
- 18 The Melodius Faithful - Music at the House of David 10:00 am
- 18 Movie 1:00 pm
- 19 Veteran's Q & A 9:00 am-10:30 am
- 19 Stocking up on Your Joy Juice 10:00 am
- 20 Senior Defense Tactics 10:00 am-11:30 am
- 21 Board Meeting 10:00 am
- 21 Outdoor Concert 1:00 pm-3:00 pm
- 22 **No Senior Nutrition - Center Is Open**
- 26 Estate Planning Basics 1:30 pm
- 27 Newsletter Mailing 9:00 am
- 28 Bingo 1:00 pm





Please slow down in the parking lot upon entering and leaving, and always look for pedestrians. Safety first! Thank you!