

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



BAKELESS BAKE SALE



Many thanks to all of you who have already made a donation, it is greatly appreciated. If you have not made a donation yet, there is still plenty of time to do so. You can make a donation of any size to support your Senior Center. We will be raising funds until the end of the year for our Building Fund. We are all aware how the cost of just about everything has gone up, so a little extra in this fund will assist us in running your Center. You can mail in your donation or feel free to drop it off at the Center. Thank you for assisting our Center with this fundraiser!

**OUR SENIOR CENTER WILL BE CLOSED
ON NOVEMBER 23RD & 24TH.
HAVE A BLESSED THANKSGIVING!**

WHITE CHRISTMAS PARTY

Friday, December 1st

Doors open at 11:00 am

Christmas Dessert Raffle 11:00 am-12:00 pm

Lunch will be served at 12:00 pm

\$10 per person, no refunds

DEADLINE TO SIGN UP IS NOVEMBER 21ST



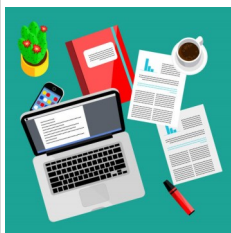
Please join us for a White Christmas! This is the most wonderful time of the year, so come and celebrate it with us and get in the holiday spirit. Lunch will consist of beef pot roast with carrots and gravy, mashed potatoes, green beans and dessert. A vegetarian meal will be offered as well. We will have a **Christmas Dessert Raffle** again, as it was such a success last year! You will be able to purchase raffle tickets in hopes of winning a yummy dessert. There will be an assortment of cookies, fudge, and holiday treats. You can get some of your holiday baking done and not have to do any baking! For more details about the Christmas Dessert Raffle, see page 2. We hope to see you there. **Sign up soon, space is limited.**

ELECTION RESULTS



Newly elected Board members, Mark Johnson, Rocco Pavese, Jerry Radenbaugh and Cheryl Ryno have begun their 3-year terms. We are very fortunate to have a Board of Directors who commit their time and share their knowledge to continue the mission of our growing Senior Center, while also leading us towards a sustainable future. Please remember to thank all the members of our Board when you see them at the Center for their direction in keeping this such a great place to be!

~Notes from the Board~



Did you notice a change in the title of this article? Starting with next month's newsletter, different members of the Board of Directors will be writing this column. There are two reasons for the change. As President, I need to free up some time to work on other projects and other members of the Board are involved with volunteer work at the Center that I have very little knowledge of. For example, if I wanted to write an article about the Wood Shop, I would have to interview Board Member, Ted Post!



This month, I want to report changes for our Christmas Dessert Raffle held during our annual Christmas program on Friday, December 1, 2023. The non-attendees of the party can purchase a raffle ticket to win a plate of Christmas goodies. Tickets can be purchased **only on Thursday, November 30th from noon until 4:00 pm.** When you purchase a ticket, you will **print** your name and telephone number on your ticket. You will be contacted immediately after the drawing if you are a winner. Your plate of goodies **MUST** be picked up on Friday, December 1st before 3:00 pm to ensure the freshness of your treats.

VOLUNTEERS NEEDED!

ATTENTION: AWESOME BAKERS! Just like last year, your baking skills are needed. We are looking for 15-20 bakers to provide at least 2 dozen of your **homemade** cookies, bars or candy treats. Jean Oatman and myself are organizing this event. Please contact me or Jean Oatman if you wish to contribute. We will need to know what sweet treat you plan to provide. This way we can have an assortment of treats.



The treats must be brought to the Center on Wednesday, November 29th **or no later than** Thursday, November 30th **before** 10:00 am. You can usually find me at the Center on Monday, Wednesday and Friday from 9:00 am-12:30 pm. If I am not available, please leave a message with the receptionist or Sharyl with your name and preferred telephone number. Either Jean or myself will contact you.

NOT A BAKER BUT WANT TO HELP? We are looking for volunteers to: 1) Help assemble the treats on Thursday, November 30th from 10:00 am-12:00 pm; 2) Sell tickets for non-attendees of the Christmas program from 12:00 pm-2:00 pm and 2:00 pm-4:00 pm on the 30th; and 3) I am making at least 4 dozen Christmas sugar cookies and I could use 3-5 people on Wednesday, November 29th, to assist in the decorating. If you have attended one of the decorating classes I conducted, you may have discovered that it is not difficult. Please contact me if you would like to assist or have questions. Putting on the Christmas party takes many hands! The Center is grateful for your assistance.

Thank you Veterans! I would like to take this opportunity to personally thank all of our Veterans for the many sacrifices you have made. Thanks to all of you, we are able to sleep soundly at night. If you know a Veteran, take the time to thank them, take them to breakfast, lunch or dinner, reach out to them. Talk to a Veteran, you'll get a great story! We can never thank you enough for all you've done!



I hope everyone has a wonderful Thanksgiving. With our many Volunteers, Instructors, Staff and Board Members, we are gratefully blessed.

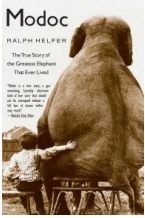
In closing, I hope you will learn more about each of our wonderful Board Members. I know you will enjoy reading their column.

Pauline Fox
SJLSSC Board of Directors
President

CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, November 8th, 10:00 am



The book to be read for the month of October is "Modoc" by Ralph Helfer. Leading the discussion will be Gail Blazo. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

FOOT CLINICS

By Appointment Only
Friday, November 10th
Friday, November 17th



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.

MOVIES AT THE CENTER!

Thursday, November 16th, 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.

COOKIES & CANVAS

Friday, November 17th, 12:00 pm-3:00 pm

\$20 per person, payable at sign up-NO REFUNDS

Make checks payable to Roy Hruska

NO COOKIES & CANVAS IN DECEMBER



The painting for the month of November is called "Lake in the Fall." This painting is on a 9" x 12" canvas and all materials needed for this class are provided. **Remember to sign up soon.**

Grateful Thankful Blessed

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!

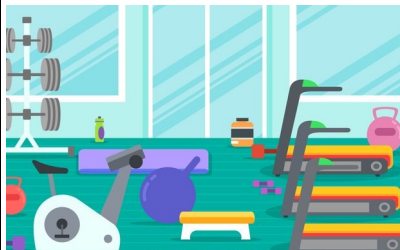


WOOD SHOP MENTORS

If you have a specific project that you would like to make but don't feel confident in taking it on by yourself, a few of our Wood Shop members who have experience and knowledge are willing to assist you. **If you have taken the Wood Shop Equipment and Safety Orientation and have an active paid membership** you can contact one of these volunteers to work with you in the Wood Shop. Information is available at the Center, so please stop by the front desk or at the Wood Shop sign in area and pick up mentor information. You can contact your choice of a Wood Shop Mentor and make arrangements for them to assist you in the Wood Shop. Thank you to these Volunteer Mentors who are willing to share their passion for woodworking with others!



CIRCUIT TRAINING ROOM



For those of you who may not be aware, we have a wonderful state of the art Circuit Training Room here at the Center. All of our equipment in the Circuit Training Room is commercial grade. We have treadmills, rowing machines, elliptical machines, weights, and so much more. If you have not been to the Circuit Training Room yet, you are missing out! If you are interested, there is always a trained Monitor on hand that will walk you through each machine and direct you on how to use it during your first visit. Our Circuit Training Room opens at 9:00 am and closes at 3:00 pm. Stop in if you'd like an informative tour.

TRIPS

MY WAY -

A MUSICAL TRIBUTE TO FRANK SINATRA

Saturday, March 23rd

Turkeyville

\$94 per person

Payable in full at sign up

This trip includes roundtrip motor coach transportation, the famous Turkeyville lunch, all gratuities, and your show ticket. Go back in

time to celebrate the unforgettable music that made Frank Sinatra famous as you enjoy one of the most popular musical reviews in musical theater history! My Way has played to sold out houses in all 50 states. Audiences and critics alike have hailed its powerful music, superb arrangements, classy style, and easygoing comedy. Sign up soon, this trip will fill up fast!

NEW TRIP - MODERATE ACTIVITY

NEW YORK CITY

May 2nd-May 8th

\$1,304 single occupancy

\$990 double occupancy

\$970 triple occupancy

\$75 per person payable at sign up

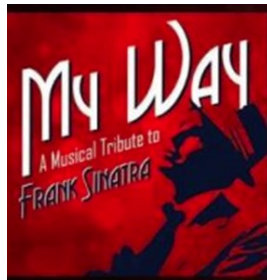
Balance is due February 20, 2024

MANDATORY TRIP MEETING IS APRIL 22ND AT 10:00 AM

This trip includes transportation on a top-quality motor coach, 6 nights lodging, including 4 consecutive nights in the New York City area, 10 meals including 6 continental breakfasts and 4 dinners, great experiences and beautiful sights! Also included is 2 guided tours of New York City. You will see Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial, and much more! This trip also includes a visit to Ellis Island and Liberty Island - home of the Statue of Liberty!

Trip insurance is available and highly recommended!

NEW TRIP-VERY ACTIVE ACTIVITY



THANKFUL

~grateful~

SJLSSC 2023 SOFTBALL LEAGUE



The 2023 SJLSSC Softball season has come to an end. This year these gentlemen played 42 games (with no rain, it held off until the day after the season was over!) and they played 22 games in the high temperatures. If you are interested in becoming part of this team, watch for sign-ups next year. This year's team included (front row) Jerry Radenbaugh, Don Kempf, Don Ashley, and Mike Gregory, and (back row) Tim Theisen, Doug Wilson, Jack Hewitt, Bruce Bentsen, Lee Van Ginhoven, and Glen Hastings. There were many more who played this year not pictured above and unfortunately Larry Smead had to sit this season out due to an injury. Thank you gentleman for a great year!

HAPPY THANKSGIVING!



The Board Members and Staff of St. Joseph-Lincoln Senior Service Center wish all of you a blessed and Happy Thanksgiving. We hope you have a day filled with laughter, love, and lots of yummy food! Thank you for being a part of our family here at the Senior Center.

TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, unless otherwise noted. **All people signing up for our trips must be a member.** If you are signing up for someone else, please make sure you know their phone number. We only accept cash or checks. 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.

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!



COMMODITIES

Do you have 2 hours on the 3rd Friday of each month during the months of November through March? If so, how would you like to help us with commodities? We have folks who come to the Center to pick up their commodities and we need you to make sure they can get them! If this is something you'd like to do, let us know.

SJLSSC 2023 CO-ED GOLF LEAGUE



The SJLSSC Co-Ed Golf League has wrapped up their 2023 season for the year. The Top Points Winners and Most Improved Golfers were recognized at the annual golf banquet,

which was hosted by the St. Joseph-Lincoln Senior Service Center on September 12th. All golfers who were able to attend loved the banquet, and their first year in the league. The 2023 winners were Laurie Peapples as the league's Top Woman for the year, winning 89 points, and Bob Hauch as the league's Top Man for the year, winning 100.5 points! Eileen Chapman's handicap improved by 1 stroke, our Most Improved Woman, and Carl Sartwell's handicap improved by 6 strokes for the year, our Most Improved Man. It was wonderful getting out on the course with a lot of new friends this year. 2023 saw 24 regular golfers and 7 substitute golfers. We've got room for more in 2024! Hope to see you next year! **Bob Hopkins ~ League Secretary**

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

VETERAN'S DAY BREAKFAST

Friday, November 10th, 9:00 am

Deadline to sign up is November 3rd



Starks and Menchinger Funeral Home will once again sponsor our Veteran's Day Breakfast. This breakfast is for Veteran's and their spouses. Mark Casey from Starks Family Funeral Homes and special guest, Steve Herendeen, will be presenting, "Old Glory, The History of the Flag." Come join us for a great meal and learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. After breakfast, we'll learn more about pre-arrangements, Veteran benefits, cremation, burials, and the overall planning necessary for your final arrangements. **Sign up by November 3rd!**

SNOWBIRD REMINDER

With the colder months fast approaching, many of you will be heading to warmer temperatures. If you receive our newsletter in the mail, please kindly remember to let us know that you will be out of town and we will temporarily stop the mailing of your newsletter. Upon your return, just let us know that you are back and we will begin mailing the newsletter to you again. Thank you in advance as this will assist in lowering our mailing costs.



CRIBBAGE ANYONE?

If you are interested in playing a game of Cribbage feel free to join in here at the Center on Thursdays from 10:00 am-12:00 pm. Bring your friends and have a great time!



We are grateful, thankful, and blessed to have so many Volunteers who give so much of themselves. You make SJLSSC a better place!

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.

HAND CRAFTED WOOD SHOP GIFTS



Christmas is right around the corner and it's never too early to start your Christmas shopping. What better place than here at the Senior Center? Handmade gifts are always so special and unique. Stay tuned. Soon you will see some beautiful treasures that will be available for you to purchase.

HAPPY VETERANS DAY!

★★★★★

Happy
Veterans Day

★★★★★

The Board of Directors and Staff at SJLSSC would like to wish all of you a Happy Veterans Day and we thank you all so much for your service and dedication.



CURRENT FUNDRAISERS

BAKELESS BAKE SALE - This year we will be raising funds until the end of the year for the Building Fund. With the cost of everything going up, a little extra in this fund will assist us in running your Center. We thank you in advance for your donations.

CIRCUIT TRAINING ROOM - The Circuit Training Room is asking for donations for an ab machine. We cannot do this without you. Every little bit will help, so if you'd like to make a donation, you can do this at the front desk by specifying that your donation should go to the Circuit Training Room wish list for the ab machine. We thank you in advance!

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 spring of 2024.** 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!!

WEATHER REMINDERS



Please keep in mind that in inclement weather: **If the St. Joseph schools are closed, the Center is closed. If you reach the Center's answering machine during our normal operating hours, the Center is closed.**

When in doubt, always call the Center before venturing out. If the Benton Harbor schools are closed, Senior Nutrition closes and no lunches are served, even if the Center is open. Check local television and radio stations for closings. If you are using our transportation, please be patient as everyone's safety is first. Remember to keep your driveway clear of snow and ice. If we are unable to get into your driveway, we unfortunately will not be able to pick you up.

RECURRING SCHEDULE

MONDAYS

9:00 am - Resistive Exercise
 9:30 am - Quilting Group
 10:00 am - Calisthenics
 10:00 am - Jokers and Marbles
 11:00 am - Balance Class
 12:00 pm - Tai Chi
 1:15 pm - Hand & Foot Cards
 1:15 pm - Beginning Line Dancing
 1:00 pm - Art Co-Op **Nov. 6th class is Gouache only!**
 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 **No lab Nov. 17th-Nov. 30th**
 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 week**
 1:15 pm - Hand & Foot Cards
 2:00 pm - Intermediate Pickleball



FRIDAYS

9:00 am - Chair Yoga **No class Nov. 10th**
 10:30 am - Beginner Pickleball **Nov. 10th starts at 11 am**
 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
LAST FRIDAY OF EACH MONTH



WHAT WE HAVE TO OFFER

- ♦ Arts/Crafts
- ♦ Betty Kohn Outdoor Fitness Zone
- ♦ Book Club
- ♦ Cards/Games
- ♦ Circuit Training Room **Open 9 am-3 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
- ♦ 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 Monday-Friday 9 am-3 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
- ⇒ District Wide Tech Coordinator for Tax Aide Program
- ⇒ Front Door Greeters
- ⇒ Fundraising Committee Members
- ⇒ Fundraising - 50/50, Quilt Raffle
- ⇒ Handymen or Handywomen
- ⇒ Light Ironing
- ⇒ Newsletter Mailing
- ⇒ Pick up Commodities
- ⇒ 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 not currently accepting donations at this time, with the exception of magazines less than 3 months old. Also, we do not accept VCR tapes. We thank you for all the donations you have made.
- ◇ **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!

WOOD SHOP CUTTING BOARDS FOR SALE



Because the cutting boards were so popular last year, our wonderful Wood Shop volunteers have made more this year. If you missed your opportunity before, here's your chance. Just don't wait too long because there is a limited amount. These cutting boards would make a beautiful Christmas gift for someone special in your life, or maybe buy one for yourself! Prices are \$45 for a 12" and \$50 for a 16"

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

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 on Wednesdays only.** 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 an 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.

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

FALL PREVENTION

Monday, November 6th, 10:00 am

If you want to know everything you need to know about fall prevention, you will want to attend this program. Rocco Pavese, Physical Therapist Assistant and Senior Fitness Specialist, will give a comprehensive overview of all issues known to cause falls in the senior population. This open discussion will focus on what signs to be aware of related to fall risk, primary causes of falls in senior adults and how to fight back using fall reduction methods that work. Rocco has worked in the Physical Therapy field for over 20 years, and he has focused his professional time on senior adults. He also teaches our Resistive Exercise class here at our Center. **Please remember to sign up if you would like to attend.**



GOUACHE WORKSHOP

Monday, November 6th, 1:00 pm-3:00 pm

\$30 per person, payable at sign up - NO REFUNDS

Make checks payable to Alexandra Hibshman



Get excited for a 2-hour long gouache workshop with instructor Alexandra Hibshman. Gouache is a versatile medium between watercolor and acrylics, allowing you to explore the best of both worlds. Throughout this class you'll learn the essential techniques for working with gouache, from color mixing to layering and blending. You'll progress step by step and finish the course with a beautiful painting. **Space is limited to 20 people, so sign up soon!**



VETERAN'S SERVICES

Wednesday, November 15th, 10:00 am



Maureen Adams from Veteran Services will be here to go over the "15 Important Things Every Veteran Should Know." She will cover things such as how to establish your NOI, how to obtain a certified copy of a DD-214, which VHA location you should enroll with to receive your VA care, how to keep good records, and much more. She is here to assist you in obtaining your earned VA benefits, answer questions and provide support at every stage of life. **Please sign up to attend.**

COMPUTER BASICS

Tuesday, November 28th, 1:00 pm

LIMITED TO 12 PARTICIPANTS



Brian Johnston, Adult Services Librarian, from Lincoln Township Library, will be here to teach this class on learning the basics of using a Windows-based computer. This will include opening and closing applications and managing files. **If you would like to attend, please remember to sign up.**



WOOD SHOP FISH TRIVET CLASS

Thursday, November 30th, 9:00 am-12:00 pm

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



Here is a great opportunity to get ahead on your Christmas shopping and make someone a gift! Fay Pressnitz will instruct this class and take you through the steps on how to make a trivet. Is there someone in your life who loves to fish? This would make a perfect addition to their kitchen! **Space is**

limited, so sign up soon!



SCAMS THAT TARGET SENIORS

Monday, December 4th, 10:00 am



Theresa Hall who has worked in Social Services and in the business world for many years will be here to educate you on scams, some of them legal but unethical and many of them illegal. She will share some of the techniques of the predators out in the population that make a living out of bilking hard-earned money from our targeted group of citizens. The key here is to be aware of the various schemes, avoid them, and then to report these scams to the police, so they can alert the Federal Authorities within the area or region. Being too embarrassed to report the scam will not recover the stolen money. **Please remember to sign up.**



ART CO-OP WATERCOLOR WORKSHOP

Monday, December 4th, 1:00 pm-3:00 pm

\$25 per person, payable at sign up - NO REFUNDS

Make checks payable to Karen Garavalia



This class is sponsored by our Art Co-Op class, so please join us for this month's workshop to paint a 9" x 12" holiday-themed artwork.

Karen will instruct beginner and intermediate students to explore new techniques and to expand their skills. All materials will be provided. **Class size is limited to 15; so sign up soon!**

COOKING FOR ONE - MEALS IN MINUTES

Tuesday, December 5th, 10:00 am



Cooking for one can be difficult, especially if you have no idea what to cook and you are bored with cooking. If you need help with selecting options, please join us as

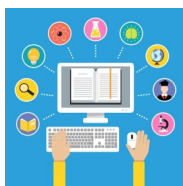
Melissa Powell, a Registered Dietitian from Area Agency on Aging, will be here to teach you how to prepare healthy items that don't require a culinary degree or a day spent in the kitchen. You will leave this program with recipes that are simple, delicious, and that you can make in minutes! **Space is limited to 30 people, so we ask if you took this class on October 12th, please don't sign up this time so that we can make room for the people who were not able to attend.**

INTERNET BASICS

Tuesday, December 5th, 1:00 pm

LIMITED TO 12 PARTICIPANTS

Join us for this class on learning Internet Basics. Brian Johnston, Adult Services Librarian, from Lincoln Township Library, returns for a presentation on using the internet, including browsing websites and conducting searches. **Remember if you'd like to attend, please sign up.**



BINGO

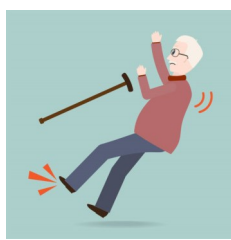
Thursday, November 9th, 1:00 pm \$1

Please do not enter gym until set up is complete.



FALL PREVENTATION SAFETY TIPS

Thursday, December 7th, 10:00 am



Maggie MacKenzie, BNS, RN, from Corewell Health Hospice and Palliative Care will be here to present a program on fall prevention. Discussions will include information on how to make your home a safe place to prevent falls and ways to keep yourself safe from falls. **Please sign up if you'd like to attend this program.**

EMAIL BASICS

Tuesday, December 12th, 1:00 pm

LIMITED TO 12 PARTICIPANTS



If you would like to learn the basics of using email, including opening an account and sending/receiving messages, you'll want to attend this informative class. Brian Johnston, Adult Services Librarian, from Lincoln Township Library, will be here to instruct you on how to perform these email functions. **Remember to sign up soon as space is limited.**

DO YOU SHOP AT HARDING'S?



If so, we need you to register. This is an easy way to generate some revenue for our Center.

Signing up is easy:

- ⇒ Visit Hardings.com and click the "Savings & Rewards" tab.
- ⇒ Click "Digital Coupons."
- ⇒ Click the green "Register Now" button and enter your information. Your eWallet is now created.
- ⇒ Click "My Rewards" and choose St. Joseph Lincoln Senior Center to receive your donations.
- ⇒ You will need to enter your phone number at check out each time you shop.

If you need help signing up, please let us know and a Staff Member will assist you. A percentage of your purchases comes back to the Center. Thank you for supporting us!



**Menu Is Subject To Change
Without Notice**

Lunch is served at 11:15 a.m.

NOVEMBER

**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

Happy Thanksgiving

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 White bean chili Collard greens Cornbread Berry applesauce	2 Liver and onions Mashed potatoes Peas and carrots Mandarin oranges	3 SW chicken cass. Tossed salad Stewed tomatoes Pears
6 Swedish meatballs Green beans Carrot coins Diced mango	7 Baked whitefish Confetti rice Broccoli crowns Pineapple tidbits	8 Cream of chicken noodle soup Veggies/tossed salad Yogurt with fruit	9 Oven fried chick. Mashed sweet pots. Mixed vegetables Orange fluff	10 NO SENIOR NUTRITION CENTER IS OPEN
13 Ham steak Macaroni & cheese Green peas Pineapple	14 Turkey meatloaf Mashed potatoes Beets Fruited jello	15 Cobb salad Dinner roll Applesauce	16 Chicken cobbler Roll Tossed salad Tropical fruit cup	17 Sloppy joe Coleslaw Banana Birthday cake
20 Sweet potato breakfast cass. Stewed tomatoes Wheat bread Applesauce	21 Turkey with gravy Mashed potatoes Stuffing Green bean casserole	22 Broccoli cheese soup Spinach salad Fruit cobbler	23 CENTER CLOSED	24 CENTER CLOSED
27 Baked ziti pasta Italian vegetables Tossed salad Mixed fruit cup	28 Polish sausage Sauerkraut Mixed vegetables Mandarin oranges	29 Beef tacos Corn/tomato blend Tropical fruit mix	30 Tuna noodle cass. Beets Yogurt with fruit	
	We are so very thankful for all of our wonderful Volunteers! You make such a difference here at SJLSSC!		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!

SILENT AUCTION

October 25th-November 15th

Gertrude Weaver has graciously donated a beautiful Granny Square crocheted bedspread to our Senior Center. This bedspread is 92" x 96", so it will fit a queen or king size bed. You can find this hanging by the front desk. This work of art would be a great addition to any home or a Christmas gift for someone special in your life. Auction ends at noon on November 15th. **STARTING BID IS \$45.**



DISTRICT WIDE TECH COORDINATOR FOR TAX AIDE PROGRAM

The AARP program that prepares tax returns free of charge is in need of a Tech Coordinator (TC) for SW Michigan. The TC does not need to prepare taxes, but is responsible for setting up computers, printers and internet routers for several sites. The TC must have a working knowledge of hardware and firmware and is willing to help the sites get set up for the tax season. If you have this knowledge and would like to volunteer, please contact Bob Rechner, Local Coordinator for the Tax Aide site at St. Joseph Senior Service Center, at 217-741-3478.



To everyone who brings goodies or snacks:

Celina Bevelhymmer, Ada Greene, Shirley Miller, Carol Hadley, Margaret O'Neill, Jerry Geiger, Charlotte Atwell, Linda Bentley, Judy Schauer, Barb Brunke, Kim Blanchard, Adolf Pelzer, Anonymous, Gloria Hopkins, Sharon Vande Merkt, Sherie Jeffrey, Sally Matzke, Jerry Geiger, and Cheryl Ryno.

To everyone who donates other items that benefit the Center and Members: Sandra Kay's Bakery, Celina Bevelhymmer, Lisa Hilton, Gay Harrison, Sue Plummer, Charlie Bevelhymmer, Bob May, Dennis Conklin, Brenda Kuhn, Sherry Foster, Peri Hansen, Chris Bennett, Subhas Dhodapkar, Linda Bentley, Edward Baginske, Patty Nordberg, Andy Zuber, Deb Johnson, Margaret O'Neill, Patty Nordberg, Jeannette Jeske, Lee Foster, Kathy Neuenschwander, Sue & Al Lutz, Mike Doroh, Rolene Strangler, Sue Plummer, Scott Vince, and Whirlpool volunteers.

MONETARY CONTRIBUTIONS:

- ◇ Patty Overton and Sharon Richter made Donations to our Transportation Program.
- ◇ Celina Bevelhymmer and Judy Moncrief made a Donation to our Building Fund.
- ◇ Manhar Menta, Charles Shafer, and Paul Westmaas made a Donation to the Wood Shop.
- ◇ Valerie Ruttenberg made a Donation to the Wild Flower Trail.
- ◇ Anonymous members made Donations to our Pickleball Program.
- ◇ Fran Carpenter, Joyce Wood, and Diane Thrish made a Donation to our Loan Closet.
- ◇ Sharon Gathright made a Donation to our Scrabble Program.
- ◇ Barbara Bannow made a Donation to the Walking Trail in Memory of John Bannow.



Hue Le, Hong Son, Don & Fredonna Kempf, Gene & Peggy Stemm, Gertrude Krajecki, Mary Ann Forsythe, Sue Szynczak, Carol Ann Roden, Lynn DeCocker, Mary Sundblad, Janet Hahn, Patricia Coons, Joyce Wood, Phyllis Keehn, John Braun, Lillian Hasse, Joanne Sutton, Lucy Ann DeVries, Judy Paruch, Charlotte Wilkens, Carol Baker, Katherine Fisher, Jill Post, William & Kathy Hanley, Virginia Kuball, Irene Hudson, Dennis McCarthy, Madelyn Huelsberg, Helen Lacelle, Janice Fischer, Cynthia Lyon, Harriett Reed, S. Ferguson, Gretchen Gabler, Trudy Enders, Lanny Julian, Janet DeRubbo, Carolyn Ott, Barbara Radewald, Patricia Breyen, Judith Thompson, Susan Meadows, Carol Dlouhy, Merrily Smith, Suzie Clifton, David & Claire Rutlin, Lynn Hardke, Shirley Barrick, Shirley Zick, Irmgard Kimmerly, Jeannine Marks, Barbara Mach, and Anonymous made a Donation to our Bakeless Bake Sale.

Thank you to our members who have joined Hardings Community Rewards, which gives our Center a percentage of their purchases; Onalee Hartman, Cindi McLaughlin, Shirley Miller, Sarah Rodgers, Wanda Scates, Carolyn Strzykowski, Lori Tucker, and Karen Wagner. If you would like to join this group, please ask a Staff member how you can join, or see page 12 of this newsletter.

Special thanks to Chan's Garden for partnering with our Center for a fundraiser in October and also to our many members who supported us!

Thank you to Charlotte Atwell for donating handmade beaded bracelets and Debbie Davis for donating allium flowers for the Center to sell.

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

HAPPY THANKSGIVING



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, Rocco Pavese, Ted Post, Jerry Radenbaugh and Cheryl Ryno

Staff

Executive Director Cindi McLaughlin
Support Associate Sharyl Freehling
Receptionist Onalee Hartman
Administrative Assistant Sandy Draper
Staff Assistant Lynn Vince
Building Custodian Tai Huynh
Sr. Nutrition Manager Bill Schiffbauer



AND ALL OUR WONDERFUL VOLUNTEERS!

Helpful Service Numbers

Area Agency on Aging	(800) 654-2810
Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Lakeshore Legal Aid	(888) 783-8190
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	(269) 983-7111

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RETURN SERVICE REQUESTED**

This newsletter mailed @ St. Joseph Post Office on 10-25-23



NOVEMBER ACTIVITIES

6 Fall Prevention 10:00 am
6 Gouache Workshop 1:00 pm-3:00 pm
8 Book Club 10:00 am
9 Bingo - \$1 - 1:00 pm



10 Foot Clinic - **BY APPOINTMENT ONLY**

10 Veteran's Breakfast 9:00 am

15 Veteran's Services 10:00 am

16 Board Meeting 10:00 am

16 Movie 1:00 pm

17 Foot Clinic - **BY APPOINTMENT ONLY**

17 Commodities - 9:00 am-11:00 am

17 Cookies & Canvas 12:00 pm-3:00 pm

23 **CENTER CLOSED**

24 **CENTER CLOSED**



28 Computer Basics 1:00 pm

29 Newsletter Mailing 9:00 am

30 Wood Shop Fish Trivet Class 9:00 am-12:00 pm

30 Dessert Raffle 12:00 pm-4:00 pm

DAYLIGHT SAVINGS TIME ENDS



Daylight savings time ends on Sunday, November 5th, so don't forget that before you turn in on Saturday evening, to set your clocks back one hour. This would also be a great time to replace your batteries in your smoke and carbon monoxide detectors!