

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

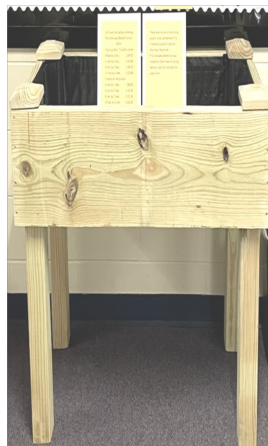


CHRISTMAS SHOPPING AT THE CENTER!



We have many items that you can buy here at our Center that would make great Christmas gifts! Our Wood Shop has made some lovely cutting boards, our Stitch and Chat group has made a variety of beautiful items that you can find in the display case that you can purchase as well. Are you looking for unique holiday cards? This is the place to buy those as well. You'll not find holiday cards like ours anywhere else but here, as our card group puts their talents to work on creating beautiful designs. Our Art Co-Op class has also made a wide variety of bookmarks that are sure to put a smile on the face of the book lover in your life and some members have donated some beautiful hand crafted items. Most of all, these wonderful gifts and cards all come at a reasonable price, and you do not have to be a member of the Senior Center to take advantage of the items for sale.

RAISED PLANTERS AND POTTING BENCHES



Once again our Wood Shop crafters are bringing back the raised planters and potting benches. These have been a hit in the past. Save your back and your knees and plant your flowers, herbs, vegetables, etc. in a raised planter and use the potting bench for planting your beautiful flower pots or also as a beverage center on your deck or patio. These would make really great Christmas gifts! For a 4' raised planter the price is \$210 and for 6' it is \$250. Potting benches/beverage centers are \$210. These items are available with casters for an extra \$75 per item. These are delivered at no cost within 10 miles of our Center.

BAKELESS BAKE SALE



We would like to express many thanks to all of you who have contributed to our Bakeless Bake Sale, the funds will go to our Building Fund to assist us in operating our Center. This is the last month for this fundraiser, so it's not too late to make a donation. You can mail your donation or drop it off at the Center. Thank you for assisting our Center with this fundraiser!



~Notes from the Board~

Well, it's that time again. A season of trees in the house, mantles and stairs decorated with favorites we've gathered through the years, neighborhoods awash with bright twinkling and colored lights, a crèche, parties with friends and family, the scent of pine, a silent night, the anticipation of children (and adults) and so much more.



Yes, it's the Christmas season again. A season that, for most of us, is a period of great joy and thanksgiving. A period of good feelings toward all fellow travelers on this life path with us. A season we look forward to throughout the year.

For some of us, however, it can be a very difficult time. The holidays tend to heighten emotions both good and not so good. It can dramatically increase the feelings of anxiety, loneliness and loss.



If you are blessed with being in a good place emotionally at this point, take a look at your friends and family and see if someone you're close to might need a little extra Christmas touch. If so, you may want to consider

- * Sending a card,
- * Making a phone call,
- * An invitation to lunch,
- * An invitation to the Center to meet your friends there,
- * An invitation to a Christmas Eve service.



Any expression of thoughtfulness, concern, friendship or warmth can possibly mean more to that person than you may ever know, and can't we all use a little boost from time to time? For those of you looking for the perfect gift, a random act of kindness never disappoints.

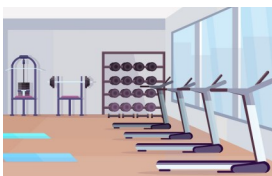
The Board of Directors and Staff of the Center are so grateful for you all and wish you and your loved ones all the blessings and joy this season can bring. **MERRY CHRISTMAS!** May God bless you real good.

~Tim Kragt

SJLSSC Board of Directors
Vice President~



CIRCUIT TRAINING ROOM



As the winter months are approaching, it will be harder to get outside and get that walk or run in. Maybe your New Year's resolution will be to get fit for the New Year? We have the solution! We have a wonderful state of the art Circuit Training Room here at the Center. 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.



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.



By Volunteering, you give the most expensive and priceless gifts anyone could give ~ kindness, your valuable time, and unconditional love. We thank you so much!



CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only
Friday, December 8th
Friday, December 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. **Please note due to the increase in costs/supplies, as of January 2024, the cost for first time patients will be \$40.00 and returning patients will be \$30.00.**

MOVIES AT THE CENTER!

Monday, December 11th, 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.

BOOK CLUB

Wednesday, December 13th, 10:00 am



Instead of reading a book for the month of December, we will be having a party to celebrate Christmas. Members please plan to attend and share in the joy of the Christmas season!

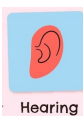


BEST HEARING STORE - "HEARING AID CLINIC"

Mondays, December 18th & January 15th
9:00 am-12:00 pm and 12:30 pm-3:00 pm

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

Remember to call for an appointment!



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!



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!



HOLIDAY BINGO

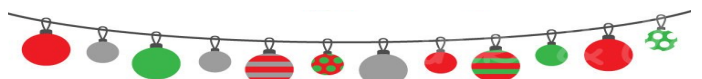
Thursday, December 14th, 1:00 pm

Please join us for our annual Holiday Bingo. To play please bring a **\$1 NEW WRAPPED GIFT.**



HOLIDAY BINGO

Thursday, December 14th, 1:00 pm
PLEASE BRING A \$1 WRAPPED GIFT
PLEASE DO NOT ENTER THE GYM
UNTIL ROOM IS SET UP





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, trip is almost full!

MODERATE ACTIVITY



GUYS AND DOLLS

Wednesday, April 24th

Drury Lane - Chicago

\$137 per person

Payable in full at sign up

This trip includes round trip motor coach transportation, lunch, show ticket and all gratuities. **You will need to make an entrée choice at sign up.** Step into the dazzling lights of the 1950s in New York City. This enduring tale of romance, risk, and unforgettable rhythm follows the improbable love story of high-rolling gambler Sky Masterson and mission doll Sarah Brown, along with the comedic relationship of the ever-patient Miss Adelaide and craps game organizer Nathan Detroit. This production takes you into the golden age of Broadway with wit, charm, and plenty of heart with vibrant characters and unforgettable songs.

NEW TRIP - MODERATE ACTIVITY



****WAITING LIST****

New York City ~ May 2nd-May 8th

MACKINAC ISLAND GRAND EXPERIENCE

May 14th-17th - **First day to sign up for this trip is December 4th!**

\$990 per person, double occupancy

\$916 per person, triple occupancy

\$1,210 per person, single occupancy

50% deposit due at sign up

Trip balance due: March 19th

Mandatory trip meeting May 6th, 10:00 am

How exciting that you can now go to Mackinac Island in the spring and enjoy the blooming flowers, play golf and enjoy everything the Island has to offer! The trip includes round trip motor coach and ferry transportation, 3-night stay at The Grand Hotel with all taxes, fees and gratuities included. Enjoy the Grand Luncheon Buffet upon arrival, full breakfast each morning, tea and cookies each afternoon, a 5-course dinner each evening, special champagne reception, nightly demitasse, and dancing to the Grand Hotel Orchestra. You can also enjoy a Grand Hotel history lecture, a horse drawn carriage tour of the island, bocce ball, golf putting and chipping tournaments, bingo, writing contests, movies, daily activities, and evening entertainment. You can walk through the butterfly houses, tour historic forts, and so much more! There will be discounts on bicycle rental, golf, photos, and of course fudge! **Trip insurance is available and recommended.** **Everyone must attend the trip meeting on May 6th at 10:00 am, so mark it on your calendar now!** This trip will fill up fast, sign up now. **NEW TRIP - ACTIVE ACTIVITY**



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.

50/50 WINNER



Congratulations Jill McConnell-Wirth on winning the 50/50 raffle at October's Bingo. Jill donated some of her winnings back to the Center and we thank you for that, Jill. We would also like to thank each and everyone of you who participates in our raffles.



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!

PUMPKIN CONTEST



Congratulations to Jene Wenzlaff for guessing closest to the weight of the great pumpkin this year. Jene guessed its weight to be 31.5 lbs. and the weight of the pumpkin this year was 31.4 lbs.! Thank you to everyone who participated.



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

WINTER BUILDING TEMPERATURE



Winter will be upon us before we know it, and with it comes cold temperatures. We all have different body temperatures, so we ask that you please dress accordingly for yours so that you will be comfortable. We do keep the temperatures down a little in the Gym and the Circuit Training Room because of exercise classes, but all of the other rooms here at the Center will be set at a comfortable temperature for most.



SNOWBIRD REMINDER



With winter approaching, many of you will be heading to warmer temperatures. For those of you who receive our newsletter by mail, please let us know that you will be gone and we will cease mailing of your newsletter. Upon your return, just let us know and we will begin mailing it to you once again. Thank you in advance for helping us to keep our mailing costs down.



MERRY CHRISTMAS & HAPPY NEW YEAR



The Board of Directors and Staff at SJLSSC wish all of you a very Merry Christmas and a Happy New Year! Thank you for making our Senior Center a great place to be!



DONATION OPPORTUNITIES

Contributions to our non-profit 501(c)3 corporation are tax deductible. There are many ways to donate and assist us in continuing to provide many services to our members.

BERRIEN COMMUNITY FOUNDATION ENDOWMENT FUND - Made to ensure long term sustainability of our organization.

BUILDING FUND DONATIONS - Made to contribute to our direct building expense.

FORGET-ME-NOT SOCIETY - Honoring those who choose to make a legacy gift to the SJLSSC Endowment Fund, which is administered by the Berrien Community Foundation. This endowment will provide essential stability for our Center.

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

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

PROGRAM DONATIONS - Designate a donation for a particular program we offer at the Senior Center; exercise classes, Circuit Training Room, Wood Shop or to one of our outside areas; the Walking Trail, Friendship Garden, or Hanes Family Wild Flower Trail.



SJLSSC LIBRARY

With the cold weather rearing it's head, it's a great time to curl up with a good book. Visit our display in the library and check out a cozy Christmas book. You are sure to find a page turner!



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.

WOOD SHOP RAISED PLANTERS/POTTING BENCHES - Back by popular demand are the Wood Shop raised planters and potting benches. See page 1 for more information.

PLEASE REMEMBER TO STATE WHAT SPECIFIC FUNDRAISER YOU WOULD LIKE YOUR DONATION TO BE DESIGNATED FOR. THANK YOU!!



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 **See display case for weekly topic**
 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 January 3rd**
 11:00 am - Balance Class **No Class January 3rd**
 11:45 am - Cardio Drumming **No Class January 3rd**
 12:00 pm - Parkinson's Exercise



REGISTRATION REQUIRED

1:00 pm - Computer Lab
 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
 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 December 22nd**
 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



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
- ⇒ Front Door Greeters
- ⇒ Fundraising Committee Members
- ⇒ Fundraising - 50/50, Quilt Raffle
- ⇒ Handymen or Handywomen
- ⇒ Light Ironing
- ⇒ Newsletter Mailing
- ⇒ Pick up Commodities
- ⇒ **Tax Facilitators**
- ⇒ 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!
- ◇ Please remember to check the Recurring Schedule (page 8) every month because if we know that a class is cancelled when the newsletter goes to print, we will note it and you will not receive a robo call.
- ◇ **VOLUNTEERS** - Please remember to sign in on the monitor as Socializing/Just Visiting and then to also record your volunteer hours. We need you to do both of these tasks so you are accounted for on our daily number of people in our building.

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



SCAMS THAT TARGET SENIORS

Monday, December 4th, 10:00 am



SCAMS

TARGET YOU

PROTECT YOURSELF

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 as pictured. 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, 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! **WAITING LIST ONLY.**



INTERNET BASICS

Tuesday, December 5th, 1:00 pm



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



FALL PREVENTATION SAFETY TIPS

Thursday, December 7th, 10:00 am

SENIOR SAFETY ADVICE

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

DEADLINE TO SIGN UP IS DEC. 8TH

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.**



MOBILE DEVICES BASICS (iOS)

Tuesday, December 19th, 1:00 pm

DEADLINE TO SIGN UP IS DEC. 15TH

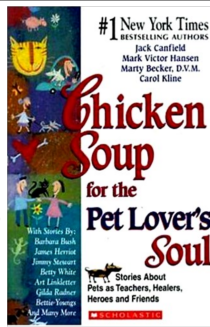
Are you new to using a cell phone and need a little direction on the basics of this? If so, please join us as Brian Johnston, Adult Services Librarian, from Lincoln Township Library, will be here and he will instruct you on the basics of using an iOS-based mobile device, including navigating apps and connecting to wifi. **Please sign up if you'd like to attend this program, as space is limited.**



ADULT STORY TIME

Thursday, January 4th, 10:00 am

Story time isn't just for kids; adults can join in on the fun, too! Join Lincoln Township Public Library's Adult Services Librarian, Brian Johnston, as he presents *Chicken Soup for the Pet Lover's Soul*. This will be an interactive story time for adults! **Remember to sign up if you would like to attend.**



I'M NOT FEELING WELL!



Please remember during the winter months it is important to stay home if you don't feel well. Please be considerate of others if you just aren't feeling your normal self. Help us to keep our Center a healthy place to be this winter. Get plenty of rest, stay hydrated and give your body the time it may need to recover.

ART CO-OP FLORAL WATERCOLOR WORKSHOP

Monday, January 8th, 1:00 pm-3:00 pm

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

Make checks payable to Alexandra Hibshman



Join us to learn the components to design and paint loose floral art as pictured. All materials are provided. This is open to all skill levels. **Space is limited, so sign up soon!**

ORGANIZED BY DESIGN

Tuesday, January 9th, 10:00 am



Have you ever yearned for a perfectly organized, clutter-free home, but felt overwhelmed by the prospect? If you missed this program in October, please join us for another illuminating workshop led by professional organizer, Becky Martin, and discover the art of home organization. In this comprehensive workshop, you will gain invaluable insights into the world of decluttering and organizing. Becky will lead you through each process step, offering guidance on donations, techniques for grouping and labeling items. **Remember to sign up to attend.**



TRANSPORTATION DRIVERS NEEDED



Do you have spare time? How would you like to be a Volunteer Driver for our Transportation here at the Senior Center? We could sure use you! With the winter months approaching some of our drivers head south to warmer temperatures and with that we are short-handed. If this sounds like something you might be interested in, please stop by the Center and see Sharyl, or call with any questions you might have.

SHOPPING SAFETY TIPS FOR THE HOLIDAYS



It's that time of the year again when you'll be out and about searching for those perfect gifts for your loved ones. Beware and be safe. Below are some tips to keep you safe while shopping.

- * **Try not to carry a lot of cash. Stealing someone's debit or credit card takes extra work. That's why cash is so attractive to thieves. If cash is all you have, keep it in a wallet in your front pocket.**
- * **Dress down. Dress comfortably and leave the jewelry at home. This will take a thief's focus off of you.**
- * **Avoid using ATMs. Try to use one or the other - cards or cash. Using ATMs can put you in a vulnerable position, not to mention the risk of card skimmers.**
- * **Walk with your head high. This will help you have better awareness of your surroundings and keep you safer.**
- * **Keep your purse close. Keep it in front of you instead of behind. If you're keeping it in a car, make sure the purse is closest to you, zipped or buttoned closed, and attach it to the cart if possible.**
- * **If you are missing a credit card, notify your bank immediately.**
- * **Put your purchases in the trunk. Out of sight, out of mind. Leaving your purchases visible only increases your risk of theft.**
- * **Find your car keys before walking to your vehicle.**
- * **Lock your car doors the moment you get inside. Yes, even before you buckle up!**



**Menu Is Subject To Change
Without Notice**
Lunch is served at 11:15 a.m.
Vegetarian meal also available
DECEMBER

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 CENTER IS CLOSED FOR CHRISTMAS PARTY
4 Salmon patty sand. Confetti rice Broccoli crowns Mandarin oranges	5 Creamy gnocchi Peas and carrots Cherry cobbler	6 Harvest cobb salad Dinner roll Applesauce	7 Country fried steak Whipped sweet pots. 5-way veg. blend Pineapple tidbits	8 Chicken a la king Biscuit Carrots Diced pears
11 French onion pasta Italian blend veggies Yogurt with fruit	12 Oven fried chicken Mashed potatoes Mixed vegetables Orange wedges	13 Broccoli cheese Soup Peas and pearl onions Fruit cobbler	14 Swedish Meatballs/noodles Green beans/carrots Diced mango	15 Hamburger Potato wedges Mixed vegetables Fruited jello
18 Southwest chicken Quinoa casserole Tossed salad Stewed tomatoes Diced pears	19 Biscuit and gravy Diced bell peppers and potatoes Banana	20 White bean chili Collard greens Cornbread Berry applesauce	21 Spiral ham Mashed potatoes Kernel corn Cranberry fluff salad	22 Beef tacos Tropical fruit mix Birthday cake
25 CENTER CLOSED	26 CENTER CLOSED	27 CENTER CLOSED	28 CENTER CLOSED	29 CENTER CLOSED
 Our Volunteers are the best gifts!	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!



On November 10th, we were able to honor our Veterans. Starks and Menchinger Funeral Homes sponsored the program and breakfast for our amazing Veterans. It always means so very much to the Board of Directors and SJLSSC Staff to be able to show our appreciation to our

Veterans. Thank you will never be enough, but it's a start! Thank you again to the Starks Family for taking such good care of our Veterans.

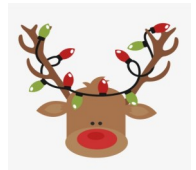


To everyone who brings goodies or snacks: Linda Salverson, Sharon Kabel, Celina Bevelhymer, Sharon Kabel, Martha Baker, Jill Spriggs, Margaret O'Neill, David & Genny Ingesson, Jill Post, Millie Carney, Tim & Linda Kragt, Suzie Clifton, Jackie Hastings, Lynne Willadsen, Irma Vanderboegh, Adolf Pelzer, Liz Ball, Lani Agens, Barb Paxson, Karen Vandermeer, Dolores Frantz, Doris Medo, Peggy Myers, Sarah Bolinger, Shirley Taylor, Millie Carney, Sally Matzke, Cindy Langer, Howard Wenzlaff, Mary Donald, Maro Semerciyan, Mary Donald, Ann Stedman, Lynn Hardke, and Carol Conklin.

To everyone who donates other items that benefit the Center and Members: Sandra Kay's Bakery, Jill Post, Celina Bevelhymer, Peggy Miller, Autumn Schmaltz, Tim Johnson, Loretta Henley, Rose Shuck, Jackie Brenneke, Don & Fredonna Kempf, Charles Griffin, Dennis McCarthy, Elsa Elsner, Tom Embry, Madelyn Huelsberg, Ed Baginske, Gordon Dill, Jeff Yircott, Karen Richardville, Barbara Orlich, Janet Shipe, Ellen Murphy, Nadine LaBounty, Sharon Parsons, Rocco Pavese, and Dennis McCarthy.

MONETARY CONTRIBUTIONS:

- * All of our anonymous donors and Margret Fife made Donations to our Transportation Program.
- * Dennis McCarthy, Gail Blazo, John Thielmann, Patrick Duncan Marion Gathright, Cynthia Caruso, Phyllis Herod, Kathy Neuenschwander, Manhar Mehta, Joe & Connie Ferrier, Carolyn Strzyzkowski, Gloria Winn, Helen Schlaman, Tom Andert, Marvin Stoub, and Anonymous made Donations for new Camera in Gym.
- * Virginia Kelm, Tom Andert, Jill McConnell-Wirth, Evelyn Hasse, Diana Siekman, Joan Peden, Joy McCoy-Stemm, Hanover Insurance Group, Amy Reutlinger, Maro Semerciyan, Linda Wilson, Fifth Third Bank, and Lynn Hardke made a Donation to our Building Fund.
- * Diana Flora, Alan Golichowski, and Lynette Bassett and made a Donation to the Wood Shop.
- * Pauline Fox, Diana Siekman, Diana Flora, Jaci Brenneke, and Anonymous made a Donation to the Circuit Training Room.
- * Gail Chapman made a Donation to the Circuit Training Room as a Thank you for Jim Cox.
- * Caroline Duncan made a Donation to the Brick Fundraiser.
- * Diana Flora and Anonymous made Donations to our Pickleball Program.
- * James & Nancy Anderson made a Donation to our Loan Closet.
- * Dolores Frantz made a Donation in Loving Memory of William L. Frantz, Sr.



Cathy Clem, Mary Donald, Bonita Poschke, H. Milbrandt, Sharon Baker, Joyce Vance, Rebecca DeVitt, Martha Blazejewski, Lydia Groth, Lori Enders, Barbara Enders, Gayle Coon, Marcia Koehler, Jane Jeffery, May Sisson, Kerry Konesny, Kathy Neuenschwander, David Jenkins, Gloria Winn, Gloria Muth, Karen Kuechenmeister, Sue Plummer, Beverly So, Jan Baumgras, Janet Shipe, Carol Ackerman, Phyllis Kenke, Nancy Barrett, Marcia Hess, Richard Prendergast, Elaine Roberts, Bonnie Korican, Linda Zitta, Sharon Richter, Hilda Doyle, Anna Garlanger, Barbara Dorow, Dorothy Hora, Anonymous, Mark & Sally Matzke, Janice Hicks, Elizabeth Ball, Lenn Murdock, Arlene Sisson, and Patricia Forbes made a Donation to our Bakeless Bake Sale.

Many thanks to the Art Co-Op class for making book marks for us to sell here at the Center!

Special thanks to Cathy Eppard for making beautiful wreaths for us to decorate our Center!

Special thanks to Mary Jane Hiler for the snowmen she made and donated to the Center with all proceeds coming to the Center!

Many thanks to all of our Volunteers who assisted us for the Christmas party; before, during, and after, those who made baked treats for the Dessert Raffle, to all of our sponsors; The Olive Cart, Ace Hardware, St. Joseph Today, United Federal Credit Union, Matt's Auto Care, and Celina Bevelhymer. Don't forget these wonderful places when doing some of your Christmas shopping. We could not do this event without all of these helping hands! Thank you so much!

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.



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

MERRY CHRISTMAS & HAPPY NEW YEAR!

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This newsletter mailed @ St. Joseph Post Office on 11-29-23



DECEMBER ACTIVITIES

1 SJLSSC Christmas Party 11:00 am - **CENTER IS CLOSED FOR ALL OTHER ACTIVITIES.**

4 Scams That Target Seniors 10:00 am

4 Watercolor Workshop 1:00 pm-3:00 pm

5 Cooking For One 10:00 am

5 Internet Basics 1:00 pm

7 Fall Prevention Safety Tips 10:00 am

8 Foot Clinic - **BY APPOINTMENT ONLY**

11 Movie 1:00 pm

12 Email Basics 1:00 pm

13 Book Club 10:00 am

14 Holiday Bingo - **\$1 WRAPPED GIFT** - 1:00 PM

15 Commodities - 9:00 am-11:00 am

15 Foot Clinic - **BY APPOINTMENT ONLY**

18 Best Hearing Store Hearing Screening
BY APPOINTMENT ONLY

19 Mobile Devices Basics 1:00 pm

21 Board Meeting 10:00 am



**The Center will be closed
December 25th-December 29th
and January 1st.**

