

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



TAX TIME IS UPON US



Beginning Monday, January 15th, you can call to make an appointment to get your taxes done. Appointments will start in February. Please round up all of your paperwork before scheduling an appointment. **Please use the checklist on page 2 of this newsletter when gathering your documentation.** The AARP tax volunteers are able to help you file simple Federal and State income tax returns, including Homestead Property Credit and Home Heating Credit. FYI, **COMPLEX TAXES MUST BE COMPLETED BY A TAX SERVICE!** This includes any business pursuits. **Appointments fill quickly, so call as soon as possible.**

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. 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 and can be delivered at no cost within 10 miles of our Center.



SUPER BOOKS



Super Books should be arriving within the next couple of months, so please call the Center to have your name put on a list and we will call you when they have arrived. Remember, with every Super Book sold the Center receives a percentage of that sale. We thank you in advance for your support!



~Notes from the Board~

We pulled up to the home at 8 AM. Placed the vehicle in park, and waited for the morning's first passenger to get in. And off we go!

So begins a new day on the roads for the driver and passengers in one of St. Joseph-Lincoln Senior Service Center's transportation vehicles. This is a longstanding service offered to our members. Although not many members may need that service, the ones that do are assisted greatly.

They may need a ride to the Center for an exercise class, or maybe to attend a talk on personal finance. It might be a Bingo day.

Some may require a ride to their doctor's office or the dentist. And of course, a ride home when the appointment is finished.

You may have seen our white vehicles driving by somewhere recently. We drive several hundred miles each week, from Monday through Friday. The service is offered mornings Monday, Wednesday, and Friday until 12:30 PM. On Tuesdays and Thursdays drive times are extended until 2:30 PM.

On most days, two vehicles and drivers are on the roads. Most weeks see an average of 60 or so riders.

If you are interested in this service, or know someone else who may be, contact Sharyl here at the Center.

Riding along with these passengers when I drive is great. I love getting to know them. It's rewarding to help them get to the destination they need to achieve. We all like to be mobile!

One of the reasons I started volunteering as a driver 8 years ago is I love doing it. This actually goes back a long way - I was driving vans full of Explorer Scouts along with canoe trailers across northern Wisconsin during my college summers. I also worked at a few places delivering pizzas during college terms, too.

All those hundreds of young Scouts back then, all the hundreds of aspiring teen drivers I have driven within recent years as a veteran driver ed instructor, and of course the many passengers. I and many other volunteer drivers travel with now in our Center's vehicles.

Different passengers, different locales, different routes, all with a similar purpose and mission - get you there on time and get you there safely.

**~Mark Johnson
SJLSSC Board of Directors~**

**TAX CHECKLIST - WHAT TO BRING TO YOUR
APPOINTMENT**

If filing married/jointly, both need to be present. You both must have photo ID and Social Security Card.

Bring any/all of the following:

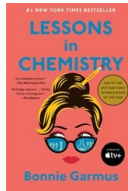
1. 2022 Tax Return, both Federal and State, no matter where done. If no 2022 return, bring 2021 return.
2. 2023 Social Security Benefit Statement (SSA-1099).
3. 2023 Interest Income Statements (1099-INT).
4. 2023 Dividend Statements (1099 DIV); Capital Gains Distributions or Stock Sale (1099 B).
5. 2023 Income Statements from pensions, annuities, IRAs, etc. (1099 R).
6. 2023 Statements of earned income (W-2).
7. 2023 Health Insurance Premiums **Paid by You.** If you paid automobile PIP (personal injury protection), bring your auto insurance declaration page.
8. 2023 Summer and Winter property tax bills. Summer bill due September 2023, and Winter bill due February 2024.
9. 2023 heating bills from Nov. 1, 2022 to Oct. 31, 2023. Available from utility company.
10. Any Federal or State income tax forms you received in the mail.
11. To directly deposit your refund, bring a blank check or savings account information that shows **your account number and routing number.**
12. If you rent, know your monthly amount and the name and address of your landlord.

CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, January 10th, 10:00 am

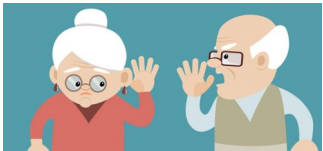
The book to read for the month of January is "Lessons in Chemistry" by Bonnie Garmus. Leading the discussion will be Barb Clark. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



BEST HEARING STORE - "HEARING AID CLINIC"

Monday, 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!

COOKIES & CANVAS

Friday, January 19th, 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 January is called "Red Barn on the Shore." This painting is on a 9" x 12" canvas and all materials needed for this class are provided.

Remember to sign up soon.

MOVIES AT THE CENTER!

Tuesday, January 23rd, 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.**



BINGO

Thursday, January 11th, 1:00 pm \$1

Thursday, January 25th, 1:00 pm

**PLEASE DO NOT ENTER THE GYM
UNTIL ROOM IS SET UP**

FOOT CLINICS

By Appointment Only

Wednesday, January 24th

Friday, January 26th



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. Due to the increase in costs/supplies, your first visit is \$40, which includes a reusable foot care kit. Follow up visits are \$30.



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!



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. You will celebrate the unforgettable music that made Frank Sinatra famous. 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.** This is an enduring tale of a 1950s improbable love story. This production takes you into the golden age of Broadway with wit, charm, and plenty of heart with vibrant characters and unforgettable songs.

MODERATE ACTIVITY

FRANKENMUTH

Thursday, June 13th

\$92 per person - Payable in full at sign up

This trip includes roundtrip motor coach transportation and a one hour cruise on the Bavarian Belle Riverboat in Frankenmuth. This trip will be approximately 13 hours, but there will be so much you can take in during the 6 hours you will be in Frankenmuth. Once you arrive in Frankenmuth, you will spend 2 hours at Bronners CHRISTmas Wonderland before you will be transported to the downtown area where there will be endless shopping and eating opportunities. Frankenmuth will be holding their Annual Food Truck Festival at the River Place Shops. Get your lunch before boarding the Riverboat at the Festival or at one of the many close restaurants. Sign up soon, this trip was a popular trip choice by our members. **NEW TRIP - ACTIVE ACTIVITY**

VERMONT

September 22nd-28th

FIRST DAY TO SIGN UP IS JANUARY 2ND

\$1,205 per person, double occupancy

\$1,710 per person, single occupancy

\$1,185 per person, triple occupancy

\$75 deposit due per person at sign up

Balance is due July 8th

**MANDATORY TRIP MEETING IS
SEPTEMBER 9TH, 10:00 AM**

How exciting to see Vermont in the fall! This trip includes transportation on a top-quality motor coach, 6 nights lodging, including 4 consecutive nights in Vermont, 10 meals that includes 6 breakfasts and 4 dinners. You will go on a tour of an authentic Vermont Maple Farm, a tour of Ben and Jerry's ice cream factory, which will include free samples along with admission to Shelburne Museum, visit to Cold Hollow Cider Mill, a tour of Rock of Ages Granite Quarry, of which the scenery is stunning during this tour, and a visit to Stowe Village. And, last but not least, this trip includes a dinner cruise along beautiful Lake Champlain with beautiful views, a nice dinner buffet, and a DJ and dance floor. More information is available on our trip board at the Center. **Trip insurance is available and recommended.** This trip will fill up fast, so sign up soon.

NEW TRIP - VERY ACTIVE ACTIVITY

****WAITING LIST****

New York City ~ May 2nd-May 8th

Mackinac Island ~ May 14th-17th

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.

WINTER BUILDING TEMPERATURE



Winter is here 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.



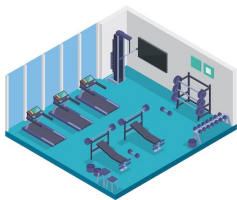
SNOWBIRD REMINDER



If you are heading south for the winter and receive our newsletter by mail, please let us know and we will cease mailing your newsletter. Upon your return, let us know and we will begin mailing it to you once again. This will help us to keep our mailing costs down. Thank you!



CIRCUIT TRAINING ROOM



Is your New Year's resolution to improve your physical health? If so, we have a wonderful state of the art Circuit Training Room here at the Center. We have treadmills, rowing machines, weights, and have just added a new elliptical machine. 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. Please feel free to stop in if you'd like an informative tour.



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 to recover.

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.



PLEASE SLOW DOWN



Please remember to slow down when you enter our parking lot. We have a lot of people departing at one time from our classes and we need everyone to look both ways and move slowly when entering and exiting our lot. With the winter months here, this will be even more important because we are usually physically moving a little slower in the colder months. Also, remember we have a lot more parking in the back of our building and a back door for you to enter. Please be safe and be smart!

USED TOOL SALE - WOOD SHOP FUNDRAISER



Do you have tools at home that you aren't using and would like to donate? The Wood Shop would be more than happy to take these tools off your hands. The Wood Shop will be collecting any used tools in working order until April and then will have a sale in May to raise money for the Wood Shop. Anything you would like to donate would be very gratefully appreciated! We thank you in advance.



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

DONATION OPPORTUNITIES

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

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

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

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

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

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

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



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 book. We have a wide variety to choose

from and have added some new ones, so you are sure to find a good read!

COMPUTER LAB CLOSED



Our Computer Lab will only be open on Wednesdays starting in February until April 17th so that the AARP tax preparers can use this space to prepare your taxes.



CURRENT FUNDRAISERS

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!

USED TOOL SALE - The Wood Shop will be collecting any used tools in working order until April and then will have a sale in May to raise money for the Wood Shop. Anything you would like to donate would be very gratefully appreciated! 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!



LOST AND FOUND



Are you still looking for your eyeglasses, keys perhaps, or your mittens, scarf or hat? Have you tried looking in our Lost and Found? We have accumulated quite a bit of belongings in our Lost and Found and will be clearing it out by **February 1st**. So, if you have not found what you lost, please take a look before we dispose of these lost items. 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 **No class until March**
 11:00 am - Chair Drumming **No class until March**
 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 **Resumes January 10th**
 11:00 am - Balance Class **Resumes January 10th**
 11:45 am - Cardio Drumming **Resumes January 10th**
 12:00 pm - Parkinson's Exercise

REGISTRATION REQUIRED

1:00 pm - Computer Lab
 1:00 pm - Mah Jongg
 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 & 4th week**
 1:15 pm - Hand & Foot Cards
 2:00 pm - Intermediate Pickleball

FRIDAYS

9:00 am - Chair Yoga **Resumes January 5th**
 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

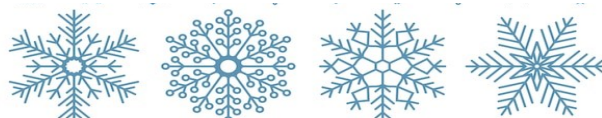
- ♦ Arts/Crafts
- ♦ Betty Kohn Outdoor Fitness Zone
- ♦ Book Club
- ♦ Cards/Games
- ♦ Circuit Training Room **Open 9 am-3 pm**
- ♦ Commodity Distribution
- ♦ Community Resource Center
- ♦ Computer Lab/Computer Classes
- ♦ Educational Programs
- ♦ Fitness Classes
- ♦ Foot Clinic
- ♦ Friendship Garden (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 Tuesday-Friday 9 am-3 pm in January and February**

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, Super Books
- ⇒ 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 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

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 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.

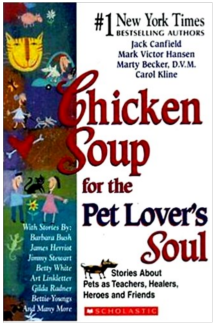
NO REFUNDS AFTER PAYMENT IS RECEIVED.

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

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.

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!**

ART CO-OP WATERCOLOR WORKSHOP FUTURE DATES

Please see below for future dates for more Art Co-Op Watercolor Workshops:

- ◇ January 15th - Cell Phone Photography Tips
- ◇ January 22nd - Winter Still Life Sketch
- ◇ January 29th - Draw An Animal



ORGANIZED BY DESIGN

Tuesday, January 9th, 10:00 am



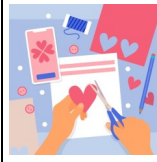
Have you ever yearned for a perfectly organized, clutter-free home, but felt overwhelmed by the prospect? If you missed this program in October, please join us for another illuminating workshop led by professional organizer, Becky Martin, and discover the art of home organization. In this comprehensive 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.**



STAMP CAMP

Tuesday, January 16th, 12:00 pm-3:00 pm

\$15 per person, payable at sign up - **NO REFUNDS**
Make checks payable to Caryn McFall



Would you like to personally make some Valentine cards for the special people in your life? Caryn McFall will be here to assist you in making some beautiful hand stamped cards that will show others just how much you care. We all know how special it is when someone makes something with their own hands for us. No experience is needed to participate in this class. All materials will be provided for you to make 8 Valentine cards, with envelopes, 2 of each design. **You will need to bring small scissors and double stick tape for this class.** Samples of these cards are at the Center, stop in to check them out, **but don't wait too long to sign up; this class size is limited.**



COMPUTER BASICS

Wednesday, January 17th, 10:00 am

DEADLINE TO SIGN UP IS JANUARY 15TH

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; space is limited.**

PACE - PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY

Thursday, January 18th, 10:00 am



Program of
All-Inclusive
Care for the Elderly

Please join us as Jacob Holmes from PACE and Gaby, Intake Coordinator

RN, will be here to discuss what PACE has to offer you. PACE (Program of All-Inclusive Care for the Elderly) of Southwest Michigan is part of a national network of organizations designed to keep older adults with long term healthcare and memory needs living safely in the home they love. This unique long term care alternative to a nursing home serves adults 55 years of age and older who are residents of Berrien, Van Buren and Cass Counties. **If you'd like to attend, please remember to sign up.**



INTERNET BASICS

Wednesday, January 24th, 10:00 am

DEADLINE TO SIGN UP IS JANUARY 22ND

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.**

BITTER BATTLE ELECTION

Tuesday, January 30th, 10:00 am

In the spring of 1894, Berrien County residents were locked in one of the most vicious election cycles ever experienced. Berrien Springs, St. Joseph, and Niles were in a 3-way battle for the County seat. Area newspapers alternated from singing the praises of their hometown while slinging mud at their competitors. Berrien County Historical Executive Director, Rhiannon Cizon, will use newspaper accounts and more to tell the story of this exciting moment in the County's history. **Please sign up to attend.**

EMAIL BASICS

Wednesday, January 31st, 10:00 am

DEADLINE TO SIGN UP IS JANUARY 29TH

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.**

DOWNSIZING

Thursday, February 1st, 10:00 am

Kim Webb with Realty Executives Pro Brokers will answer all your questions regarding downsizing.

- ⇒ Should I sell my home or buy a new home first?
- ⇒ What services are available to help with garage or estate sales?
- ⇒ Should I be concerned with capital gains tax?
- ⇒ The timeline needed to make it all happen?
- ⇒ How do I get started?

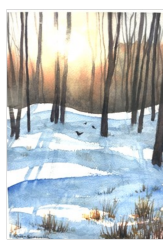
Please join us for answers to your questions, and more. **Please sign up to attend.**

ART CO-OP WATERCOLOR WORKSHOP

Monday, February 5th, 12:30 pm-3:30 pm

\$30 per person, payable at sign up

Make checks payable to Karen Garavalia



Join us for another fun workshop with watercolorist Karen Garavalia. We will be painting "Sunset Ravine." Karen will share her knowledge in watercolor technique with step-by-step instruction. Beginners to intermediate are all welcome. All materials needed will be provided. **Please plan to check in for this class at 12:30 pm and plan to stay to help clean up your work area. This class fills up fast, so sign up soon!**

MOBILE DEVICES BASICS

Wednesday, February 7th, 10:00 am

DEADLINE TO SIGN UP IS JANUARY 25TH

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.**

PROPERTY ALERTS

Wednesday, February 7th, 10:00 am

Register of Deeds is now offering Property Alert! Lora L. Freehling, Berrien County Register of Deeds, will be here to discuss Property Alert; a new service available to the residents of Berrien County. Property Alert performs a daily review of documents recorded in Berrien County and sends an email notification if data matches provided criteria. Property Alert could help combat potential fraud. Lora will give a brief demonstration, answer questions, and help prepare residents to sign up for Property Alert. **Please sign up if you would like to attend.**



Life's most persistent and urgent question is, what are you doing for others?" ~ Martin Luther King Jr.

To our Volunteers, we thank you so much for everything you do for others - helping so many in so many ways!







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

JANUARY
CALL 269-921-0136 TO SIGN UP
PLEASE CALL BY 10:30 AM 2 DAYS IN ADVANCE TO MAKE OR CHANGE LUNCH RESERVATIONS

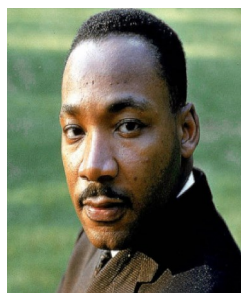
Meals are Funded in part by



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 CLOSED	2 Chicken cobbler Roll Harvest beets Cherry crisp	3 Chicken Caesar salad Diced mango	4 Salisbury steak Potatoes and gravy Green beans/corn Berry applesauce	5 Baked whitefish Confetti rice Broccoli crowns Pineapple tidbits
8 Sloppy Joe Potato wedges Italian veg. Blend Apricots	9 Chicken taco Fiesta corn Pudding with fruit	10 Stuffed pepper soup and roll Carrot coins Fruit cobbler	11 Tuna noddle cass. Beets Yogurt with fruit	12 Liver and onions Potatoes and gravy Green beans Mandarin oranges
15 MLK JR. DAY NO SENIOR NUTRITION CENTER IS OPEN	16 Spaghetti Steamed broccoli Fruited Jell-O	17 Polish sausage Sauerkraut Mixed vegetables Mandarin oranges	18 BBQ chicken Acorn squash Wax beans Diced peaches	19 French toast bake Sausage patty Steamed spinach Banana
22 Chicken noodle bake Broccoli Green peas Grapes	23 Cheeseburger Mac and cheese Coleslaw Mandarin oranges	24 White bean chicken chili Collard greens Berry applesauce	25 French onion pasta bake Peas and carrots Pineapple tidbits	26 Baked ziti pasta Italian veg. blend Tossed salad Fruit cup/bday cake
29 Honey garlic chick. Brown rice Oriental blend vegs. Pears	30 Sweet potato breakfast casserole Sausage Stewed tomatoes Applesauce	31 Beef stew Dinner roll Steamed spinach Fruit cocktail		
	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!

MARTIN LUTHER KING JR., DAY - JANUARY 15th



Martin Luther King Jr. was an American Baptist minister, activist, and political philosopher who was one of the most prominent leaders in the civil rights movement from 1955 until his assassination in 1968. He was a Black church leader and a son of early civil rights activist and minister Martin Luther King Sr. He advanced civil rights for people of color in the United States through nonviolence and civil disobedience. He was inspired by his Christian beliefs and nonviolent activism of Mahatma Gandhi. Martin Luther King Jr. is regarded as one of the most important figures in US history.

**"I have a dream that one day this nation
 Will rise up and live out the true meaning
 Of its creed: We hold these truths to be
 Self-evident, that all men are created equal."
 ~Martin Luther King Jr.~**



To everyone who brings goodies or snacks: Margaret O'Neill, Kathy Steinke, Celina Bevelhymmer, Dolores Frantz, Adolf Pelzer, Dave Hilbink, Hue Le, Suzie Clifton, Michelle Wloch, Erika Lucius, Elaine Thomopoulos, Mike Desmet, Gloria Winn, Jim Milius, Linda Salverson, Jan Ferguson, Virginia Ferguson, Doug Patrick, and Ann McDonald.

To everyone who donates other items that benefit the Center and Members: Sandra Kay's Bakery, Lynn Hardke, Celina Bevelhymmer, Kim Blanchard, Betty Vande Merkt, John Terry, Cathy Hughes, Margaret O'Neill, Don & Fredonna Kempf, Carol Conklin, Michelle Wloch, John Wolf, Alan Golichowski, Tony & Bonnie Korican, Gloria Muth, Gabriele Radies, Laura MacKimmie, and Jim Fowler.

MONETARY CONTRIBUTIONS:

- * All of our anonymous donors and Helmut Krebs, Erlinda Huntington, and Barb Findley made a Donation to our Transportation Program.
- * Philip & Loni Maki, Patty Nordberg, Don Janke, Serge Schillio, and Annette Schrag made Donations for a new Camera in the Gym.
- * Marjorie Frohbieter, Johannes Willer, Karen Schiltz, Erlinda Huntington, Acela Pangilinan, Celina Bevelhymmer, Dolores Shearer, Robert & Mary Kynast, Sandra Thurlow, Sherree Lane, and Glen & Jacquelyn Hastings made a Donation to our Building Fund.
- * Ronald & Roseann Schramm, Rita Fronczak, and Barbara Durflinger made a Donation to the Wood Shop.
- * Onalee Hartman, Friends of the Circuit Training Room, Anonymous donors and Gretchen Gabler made a Donation to the Circuit Training Room for a new Ab Machine.
- * Connie Letke made a Donation to our Programs.
- * Cynthia Doroh made Donations to our Pickleball Program.
- * Jerry Hanes made a Donation to the Wild Flower Trail.
- * The National Christian Foundation made a Donation to Several of our Programs Due to a Recommendation by Steven & Karyn Fricke.
- * Dorothy Thar made a Donation to the Bakeless Bake Sale in Loving Memory of Jan Polstin.
- * Shirley Miller made a Donation to the Bakeless Bake Sale in Loving Memory of her Beloved Husband, Matt Miller.
- * Gayl Parr, Robert Eisenman, Kara Sloniker, Anita Oelke, Anita Trujillo, Tanya Mertin and Ingrid DeLong made a Donation in Loving Memory of Agathe Krueger.
- * Camilla Williams, Jack & Deniece Fisher, and Scott & Christina Schneider made a Donation in Loving Memory of Carolyn Corteville.



Diane Cronk, Joyce Krzemen, Linda Zick, Patty Nordberg, Fred Summerfelt, Ray Bacolor, Tom & Jean Oatman, and Christine Heyn made a Donation to our Bakeless Bake Sale.

Many thanks to Dolores Frantz, Vicki Marschke, Mary Jane Hiler and Vail Rubber Works, Inc. for their donation of door prizes to our Christmas Party!

Thank you to Onalee Hartman for making the delicious vegetarian entrée for our Christmas Party.

Thank you to Fay Pressnitz for making some beautiful log cabin homes and donating them to the Center.

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!

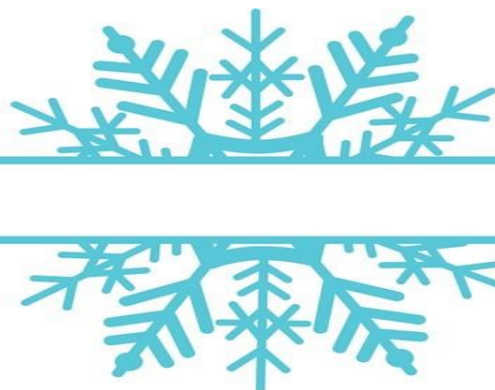
Helpful Service Numbers

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

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This newsletter mailed @ St. Joseph Post Office on 12-27-23



JANUARY ACTIVITIES

- 1 **CENTER IS CLOSED**
4 Adult Story Time 10:00 am
8 Floral Watercolor Workshop 1:00 pm-3:00 pm
9 Organized by Design 10:00 am
10 Book Club 10:00 am
11 Bingo 1:00 pm - \$1
15 Best Hearing Store Hearing Screening
BY APPOINTMENT ONLY
16 Stamp Camp 12:00 pm-3:00 pm
17 Computer Basics 10:00 am
18 Pace Program 10:00 am
18 Board Meeting 10:00 am
19 Cookies & Canvas 12:00 pm-3:00 pm
19 Commodities - 9:00 am-11:00 am
23 Movie 1:00 pm
24 Foot Clinic - **BY APPOINTMENT ONLY**
24 Internet Basics 10:00 am
25 Bingo 1:00 pm
26 Foot Clinic - **BY APPOINTMENT ONLY**
30 Bitter Battle Election 10:00 am
31 Email Basics 10:00 am
31 Newsletter mailing 9:00 am

HAPPY NEW YEAR!

Ring in the New Year is a cause for celebration, spending time with family and friends, and for making New Year resolutions. The Board of Directors and Staff at St. Joseph-Lincoln Senior Service Center wish you a Happy New Year with many blessings in the year to come. We are counting our blessings and wishing you more!

