

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



BETTY KOHN OUTDOOR FITNESS ZONE FUNDRAISER



We know that many of you enjoy our Outdoor Fitness Zone, along with many people in our community who are not seniors. Unfortunately, the surface of this area is in need of repair. The price tag to install the proper foundation and remove and replace the surface is over \$30,000. We do not want to discontinue the community's use of this facility, so we are hoping that we can receive some assistance with the cost of this project. If you can donate to this fundraiser, please mail or bring a check to our Center. Remember to designate the funds to the Outdoor Fitness Zone. Any amount that you can donate will be greatly appreciated in keeping this Outdoor Fitness available to all who enjoy it. Thank you in advance.



RAISED PLANTERS AND POTTING BENCHES ♥



Our Wood Shop volunteers are busy making raised planters and potting benches. You can save your back and your knees and plant your flowers, herbs, and vegetables 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. **Orders need to be placed by April 1st.**



TAX TIME AGAIN!



We still have tax appointments available, but they are sure to be filled up quickly. Please round up all of your paperwork before scheduling an appointment. A list of all the documents you will need will be provided to you when you make an appointment. 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.



~Notes from the Board~
GIVE YOUR LOVE TO THE CENTER

February is upon us and so there will be red hearts and cupids greeting us at the Center. Now that Board Members are taking a turn writing for the Anchor each month, it didn't take long to be thinking of love as a theme for February. The Center gives so much **love** to us. We have Staff who are always doing their best to help. Classes, trips, and programs provide so many opportunities. Just keep reading this newsletter to read about all the choices. So how can we give **love** back to the Center? Many of you already are volunteering in several ways. If you want to get involved, check out the Volunteer Board or ask someone for suggestions. Your **TIME** is certainly a way of giving **love** to the Center.



I had not been a SJLSSC member for very long when I was asked to consider running for the Board and taking on the responsibility of Board Secretary. I have served as secretary for churches, school, and community organizations, so how could I say no! While we all have different types of **TALENT**, when it comes to creating items in the Wood Shop or Craft Room (making cards, quilts, hats, etc.) results are in the display cases and hallways and demonstrate giving **love** to the Center when the proceeds return to the Center. This month starts tax season, so that is a seasonal opportunity to share a specific **TALENT**. It won't be long before **TIME** and **TALENT** head outside to the gardens.

There are many opportunities to make new friends, become healthier through exercise, and learn new skills with no monthly fees. That leads me to a final way to give **love** to the Center. The Anchor recognizes those who provide goodies and snacks, donate items, and give **MONETARY** contributions. Members have recently supported new equipment for the Circuit Training Room, a camera for the gym, and expansion for the Wild Flower Trail. The list goes on. This week I learned that the Library needs a new computer and programs to make the library more efficient.



In March Berrien Community Foundation President, Lisa Cripps-Downey, will present on the work of the Berrien Community Foundation, focusing on information about the IRA Charitable Rollover and Legacy Giving. How can you help the nonprofit organizations you **love** (including the St. Joseph-Lincoln Senior Service Center) and get a tax benefit? How can you leave a lasting charitable legacy? Come and learn about how you can design your own charitable legacy through the Berrien Community Foundation and support the causes and organizations that you have cared for throughout your life. And guess what? You don't have to be a millionaire to do it! Also, learn about the IRA Charitable Rollover and how that can help you to save money on taxes while giving to the organizations you love. Our Wood Shop received a donation through the Berrien Community Foundation to get started.

Give **love** to the Center? Smile. Let people know you appreciate them. Help a neighbor in class. Be a friend. Invite someone to join. **Love** is best when it is shared.

~Patty Nordberg
SJLSSC Board of Directors~



ATTENTION MEMBERS!



It's that time of the year again! We'd like all members to update their personal information with us. **If your phone number, email address, home address or emergency contact information has changed, please take a moment and let us know.** Every month we receive newsletters back due to a change in address, and we do get charged for each newsletter that is returned to us. Also, if you have changed your mind about receiving the newsletter in the mail and would rather just pick it up here at the Center or receive notification through your email when it is available to view online, please let us know so we can make that change for you. We thank you in advance for your cooperation.



CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only

Wednesday, February 14th

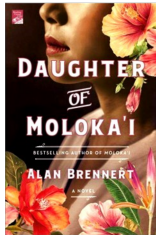
Wednesday, February 21st

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.



BOOK CLUB

Wednesday, February 14th, 10:00 am



The book to read for the month of February is "Daughter of Moloka'i" by Alan Brennert. Leading the discussion will be Sally Matzke. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

COOKIES & CANVAS

Friday, February 16th, 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 February is called "Jaguar." This painting is on a 9" x 12" canvas and all materials needed for this class are provided.

Remember to sign up soon.



BINGO

Thursday, February 8th, 1:00 pm \$1

Thursday, February 22nd, 1:00 pm

Thursday, February 29th, 1:00 pm \$1

PLEASE DO NOT ENTER THE GYM UNTIL ROOM IS SET UP



MOVIES AT THE CENTER!

Tuesday, February 20th, 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.**



BEST HEARING STORE - "HEARING AID CLINIC"

Wednesday, February 21st

9:00 am-12:00 pm and 12:pm-3:00 pm



Quinton Smith from the Best Hearing Store returns once again to perform hearing tests, hearing aid repairs, and he will find you the best options for those that want help. **Please remember to call to reserve your appointment time.**

REFRESHER COURSE FOR EXPERIENCED BRIDGE PLAYERS

Mary Moore, a Certified Star Level Bridge teacher for over 30 years, has offered her expertise to teach intermediate level bridge players. If you have not played bridge in a while and/or would like to hone your skills, Mary will be happy to assist you. **We will be taking an interest list for the next couple of months** to see if our members would like to learn more about bridge and classes would start in April.



LOAN EQUIPMENT



We have an abundance of loan equipment and will be selling many items. You can't beat our prices, so please check with us before you purchase equipment



HAPPY
Valentine's
DAY

TRIPS

SALUTE TO THE KING

Saturday, July 20th

Blue Gate Theatre-Shipshewana

\$111 per person - Payable at sign up



This trip includes round trip motor coach transportation, buffet dinner at the Blue Gate Restaurant and a show ticket to see 3 decades of hits performed by 3 talented entertainers who are paying homage to Elvis. This trip will be a 12 hour journey

which in addition to the dinner and show will give you about 4 hours to enjoy Shipshewana. Carriage and buggy tours will be available at an additional cost. You can get some of this area's famous eats and enjoy shopping and the downtown area. Make sure to sign up soon!

NEW TRIP-ACTIVE 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 1950's 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



HAPPY
VALENTINE'S DAY

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, only a few spots left.

ACTIVE ACTIVITY

****WAITING LIST****

My Way- March 23rd

New York City ~ May 2nd-May 8th

Mackinac Island ~ May 14th-17th

Vermont ~ September 22nd-28th

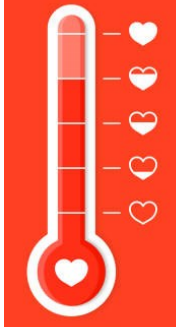
MOST OF OUR TRIPS FILL UP QUICKLY, BUT REMEMBER WE ALSO HAVE MANY PEOPLE CANCEL DUE TO PERSONAL CIRCUMSTANCES. SO IF YOU SEE A TRIP THAT INTERESTS YOU, GET ON THE WAITING LIST BECAUSE YOU MIGHT GET A CALL THAT WE HAVE A SPOT FOR YOU!

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.



CIRCUIT TRAINING ROOM

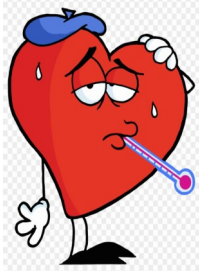


Still working on that New Year's resolution to improve your physical health? We have a wonderful state of the art Circuit Training Room here at

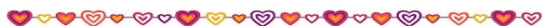
the Center for you to fulfill that resolution. Our Circuit Training Room is equipped with treadmills, rowing machines, weights, and we have just added a new elliptical machine. Come on in and meet with one of our trained Monitors and they will walk you through each machine and direct you on how to use it during your first visit. There is always a Monitor on hand to answer any questions you might have. The hours of operation for the Circuit Training Room is 9:00 am until 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.



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

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.



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. 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!



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.

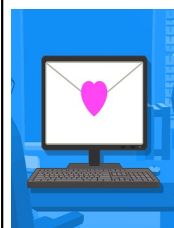
PROGRAM DONATIONS - Designate a donation for a particular program we offer at the Senior Center; exercise classes, Circuit Training Room, Wood Shop or to one of our outside areas; the Walking Trail, Friendship Garden, or the Wild Flower Trail.

SJLSSC LIBRARY



During these cold wintry months it's a great time to grab a book and your favorite chair. Our library offers a wide selection to choose from; fiction, nonfiction, autobiographies, mystery, suspense, magazines, and DVD movies. You are sure to find what you are looking for here.

COMPUTER LAB CLOSED



Our Computer Lab will only be open on Wednesdays from 1-4 pm starting in February until April 17th so that the AARP tax preparers can use this space to prepare your taxes.

"The heart of a Volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others."

~Deann Hollis~



CURRENT FUNDRAISERS

BETTY KOHN OUTDOOR FITNESS ZONE FUNDRAISER

- The surface area of the Outdoor Fitness Zone is in need of repair. This will cost \$30,000. We are asking for donations to help in the overall cost of this. We thank you in advance!

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!!



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
 11:00 am - Balance Class
 11:45 am - Cardio Drumming
 12:00 pm - Parkinson's Exercise

REGISTRATION REQUIRED

1:00 pm - Computer Lab
 1:00 pm - Mah 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 **1st & 3rd week**

FRIDAYS

9:00 am - Chair Yoga
 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



Class Descriptions are posted outside the gym and information is available at the front desk.

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 On Our Website
- ♦ 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 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 some greeting cards and our real need is for Halloween and Thanksgiving cards.** 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 Volunteering 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

ART CO-OP WATERCOLOR WORKSHOP

Monday, February 5th, 12:30 pm-3:00 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!**

PROPERTY ALERT

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.**

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.**

ART CO-OP WORKSHOP

Monday, February 12th, 1:00 pm-3:00 pm



Come and create with us beautiful antique post cards and Valentines. All materials are provided, but if you have any sketch books and any media, please bring it to class, or we have plenty to share. This is open to all skill levels. No need to sign up.

ART CO-OP WORKSHOP FUTURE DATES

Future dates for more Art Co-Op Workshops:

- ♦ February 19th - President's Day Silhouettes
- ♦ February 26th - Cartoon Caricature

There's no fee and you do not need to sign up.

COOKING FOR ONE - MEALS IN MINUTES

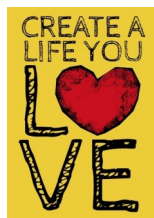
Wednesday, February 14th, 10:00 am



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

THREE KEYS TO CREATING A LIFE YOU LOVE

Monday, February 19th, 10:00 am



Mary Beth Mullenholz, MA, who is a Certified Practitioner/Life Coach will be presenting information from the Brave Thinking Institute. During Mary Beth's presentation, you will be exploring the "Language of Success."

This is a language for creating the results you want. And, once you consciously understand this language, you can apply it to any area of your life that you want to improve. Mary Beth will cover three keys to creating and living a life you love. This focuses on four domains of your life and ways to grow while staying out of your own way. She refers to it as "Retire and Rewire." **Please sign up to attend.**

BERRIEN COUNTY GENEALOGICAL SOCIETY

Tuesday, February 27th, 10:00 am

Family Search is a free genealogy website with many different record types from all over the world. Join us as Patsy Miller from Berrien County Genealogical Society will teach us more about searching for records, adding your family tree, and other unique resources on this website. **Remember to sign up if you'd like to attend.**

STAMP CAMP

Tuesday, February 27th, 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 St. Patrick's Day 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 St. Patrick's Day 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. **Sign up soon; this class size is limited.**

BERRIEN COMMUNITY FOUNDATION

Tuesday, March 5th, 10:00 am

How can you help the nonprofit organizations you love (including the St. Joseph-Lincoln Senior Center) and get a tax benefit? How can you leave a lasting charitable legacy? Come and learn about how you can design your own charitable legacy through the Berrien Community Foundation and support the causes and organizations that you have cared for throughout your life. Also, learn about the IRA Charitable Rollover and how that can help you to save money on taxes while giving to the organizations you love. Berrien Community Foundation President, Lisa Cripps-Downey, will present on the work of the Berrien Community Foundation, focusing on information about the IRA Charitable Rollover and Legacy Giving. **Please sign up to attend.**

PEACE OF MIND

Wednesday, March 7th, 10:00 am

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, veteran's benefits, cremation, burials, and more. Mark Casey of the Starks Funeral Homes will be hosting this event. **Remember to sign up to attend this program.**



Starks
Family Funeral Homes
& Cremation Services

HEALING WITH GEMSTONES

Friday, March 15th, 11:00 am

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



SPRING FLOWER BURLAP WREATH CLASS

Tuesday, March 19th, 9:00 am-12:00 pm

\$12 per person, payable at sign up - NO REFUNDS

Make checks payable to Cathy Eppard

Spring will be here soon! To welcome in the season, Cathy Eppard is going to share her creative talents with you so that you can make a beautiful burlap wreath. Materials supplied will be styrofoam, zip ties, felt and metal ring for centerpiece. At sign up, a list of additional supplies you will need to purchase will be provided. You will need to purchase the burlap material and rope for the centerpiece design, which would be estimated at \$25. You will also need to bring wire cutters, cord to use as a hanger, and sharp scissors. Samples of wreaths are at our Center. **Sign up as soon as possible; space is limited for this class.**






















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

FEBRUARY
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 Goulash Texas toast Green beans Diced pears 	2 Liver and onions Mashed potatoes Peas Mandarin oranges
5 Sweet & sour chick. Broccoli Diced bell peppers Mixed fruit cup	6 Beef lasagna Texas toast Mixed vegetables Pineapple tidbits	7 Chicken and mushroom casserole Green beans Fruit crisp with oats	8 BBQ pork rib patty Baked beans Peas and carrots Cinn. applesauce	9 Turkey burger Seasoned pot. wedges Steamed veggie blend Grapes
12 Chicken mashed potato bowl Kernel corn Diced mango 	13 Red beans and rice/cooked greens Mandarin oranges Cream puff	14 Greek salad Pita bread Peaches 	15 Stuffed cabbage roll/mashed pots. Green beans Pears 	16 Red pepper and parmesan tilapia/rice Steamed mixed vegs. Mixed fruit
19 Baked oatmeal & blueberries Warm fruit salad Cottage cheese	20 Cheesy chicken & broccoli casserole Tossed salad Fruit crisp 	21 Meatball sub with marinara & cheese Steamed spinach Peaches	22 Turkey medallions Whipped potatoes Creamed corn Mandarin oranges	23 Macaroni & cheese Stewed tomatoes Broccoli Birthday cake 
26 Turkey meatloaf Potato wedges Italian blend veggies Mandarin oranges	27 Shepherd's pie Peas and carrots Baked cinnamon apples 	28 Barley & chickpea risotto Sugar snap peas Fruit cobbler 	29 Chicken fajitas Black beans Applesauce 	 
	We are so very thankful for all of our wonderful Volunteers! You make such a difference here at SJLSSC!	<i>Our Volunteers have the biggest hearts!!</i> 	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!

VALENTINE'S DAY

Valentine's Day is a great opportunity to spread love and kindness to those around you. Below are a few ideas of how to do exactly that!

- ~Send a note of thanks to someone who may not often get thanked. 
- ~Bake some cookies or brownies and wrap them up as sweet treats for someone special.
- ~Clear the walkway or driveway of snow for a neighbor. 
- ~Leave a bigger tip than usual for the server at a restaurant. 
- ~Take some dog food or cat food to an animal shelter. Pets need our loving kindness as well.
- ~Donate blood. You may be giving a gift that will save a life! 
- ~Leave a positive comment on a blog or review website. This will make someone's day.
- ~Make up small care packages and take them to a facility that works with the homeless.
- ~Pay for coffee of the person in line behind you. 
- ~Clear off the car next to yours when it snows.   

Remember, even small acts of kindness can make a BIG difference in someone's day!

thank you
for all you do

To everyone who brings goodies or snacks:

Adolf Pelzer, Jerry Radenbaugh, Ed Simmons, Doug Wilson, Pam Grear, Sharyl Freehling, Virginia Ferguson, Margaret O'Neill, Mary Sunblad, Jan Taylor, Suzie Clifton, Dolores Frantz, Debbie Johnson, Sally Matzke, Don & Fredonna Kempf, and Fran LeCount.

To everyone who donates other items that benefit the Center and Members: Sandra Kay's Bakery, Vicky Lerke, Priscilla Banghart, Margaret O'Neill, Woodland Terrace, Pam Grear, Bob & Gloria Hopkins, Debbie Kroening, Dennis McCarthy, Dennis Rennhack, Jeannette Jeske, Denny Meadows, Deb & Tim Johnson, Kathy Neuenschwander, Betty Vande Merkt, Lynn Hardke, Roger Rosenthal, Bruce Banghart, Lucy Ann DeVries, and Diane Petlick.

MONETARY CONTRIBUTIONS:

- * All of our anonymous donors and Helmut Krebs & Margret Fife made a Donation to our Transportation Program.
- * Alice Hansen, William & Kathy Hanley made Donations for a new Camera in the Gym.
- * John Hewitt, Serge Schillio, Carol Syles, Sherry Conybeare, Dorothy Zuber, David Rudi, and Jeff & Robyn Neumann made a Donation to our Building Fund.
- * Matt & Lise Williams made a Donation to our Building Fund in Honor of Tim & Linda Kragt.
- * Steve Balgoyen, Julie Castady, Serge Schillio, Sharyl Freehling, and Alan Golichowski made a Donation to the Wood Shop.
- * Brian Weackler and Bob & Gloria Hopkins made a Donation to the Circuit Training Room.
- * Bill & Barbara Klein made a Donation to our Programs.
- * Norma Nitz, Debra Panozzo, and Leane Sadler says Thank You for the Loan Closet.
- * Sue Plummer made a Donation in Honor of Lucy Ann DeVries for her Birthday.
- * Emily Oates made a Donation in Memory of Agathe Krueger.
- * The Bridgman Quilting Bees made a Donation in Memory of Nick Weingart.
- * Elizabeth Griesbaum made a Donation to the Wood Shop in Memory of Nick Weingart.
- * Pam Pappas made a Donation in Memory of Nick Weingart.
- * Mary Sundblad made a Donation to Bingo in Memory of Wilmarie Jensen.
- * Mary Sundblad made a Donation in Memory of Ron Rowe.

Linda Stone, Jeanne Hardt and Cindy Herzog made a Donation to our Bakeless Bake Sale.

Thank you to Bruce Banghart for making postage stamp holders and donating them to the Center.

Thank you to all of the Wood Shop Volunteers who made beautiful hand crafted items for our members to enjoy and our Center to receive the profits!

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.

SJLSSC CO-ED GOLF LEAGUE

The Saint Joseph-Lincoln Senior Service Center has a Co-Ed Golf League! You must be a member of the Center to join this league. We play at Pebblewood Golf Course in Bridgman. League fees this year are \$235.00, unless you're a Pebblewood member. We tee off on Tuesdays between 12:30 pm and 4:00 pm. In our twenty-week season, golfers will be scheduled to play against 20 different league members, men or women. Women play from the red tees, and men who are 75 and older also play from the red tees. Younger men play from the gold tees. Each match is played over 9 holes of golf as individuals with 100% handicap. That handicap enables any golfer to score points against any other golfer. Bob Hopkins will be **accepting new league members up until April 20th.** After that date, you can join our Subs list. Subs won't have to pay to join, and will get lots of opportunities to play. For more information, contact Bob Hopkins at hopkins6314@gmail.com. Your golf clubs want to see some daylight!



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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FEBRUARY ACTIVITIES

5 Watercolor Workshop 12:30 pm-3:00 pm
7 Property Alerts 10:00 am
7 Mobile Devices Basics 10:00 am
8 Bingo 1:00 pm - \$1
14 Foot Clinic - **BY APPOINTMENT ONLY**
14 Book Club 10:00 am
14 Cooking for One 10:00 am
15 Board Meeting 10:00 am
16 Commodities - 9:00 am-11:00 am
16 Cookies & Canvas 12:00 pm-3:00 pm
19 Three Keys to Creating a Life You Love 10:00 am
20 Movie 1:00 pm
21 Foot Clinic - **BY APPOINTMENT ONLY**
21 Best Hearing Store -Hearing Screening
BY APPOINTMENT ONLY
22 Bingo 1:00 pm
27 Berrien County Genealogical Society 10:00 am
27 Stamp Camp 12:00 pm-3:00 pm
28 Newsletter mailing 9:00 am
29 Bingo 1:00 pm - \$1

SUPER BOOKS



Super Books should be arriving soon, 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!

