

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



**YOU DONUT KNOW HOW MUCH WE
APPRECIATE YOU!**

Friday, April 5th, 9:00 am
Sign up by March 27th

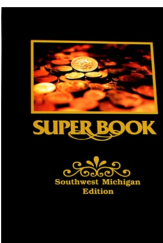
Our Volunteers are the heart and soul of our organization. Our Center could not operate without so many committed volunteers to assist us in a variety of ways. We thank all of you so much for your selflessness and passion. **"You donut know how much we appreciate you!"** We would like to celebrate you at our Volunteer Appreciation Breakfast and try to express our extreme gratitude for all that you do. If you have volunteered in the last year, please join us. **Please remember to sign up by March 27th.** We look forward to seeing all of you!

RAISED PLANTERS AND POTTING BENCHES



Our Wood Shop Volunteers are still busy making raised planters and potting benches. The warm weather will be here before you know it, so wouldn't it be nice to plant your garden in a raised planter? And don't forget the potting bench. You can use this to arrange those beautiful pots of flowers or use it 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. **Time is running out, so get your orders in by April 1st.**

SUPER BOOKS



Super Books are expected to be here by the first of March. 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 \$8.00. We thank you in advance for your support!



**THANK YOU,
VOLUNTEERS**

**The Center will be closed on
Friday, April 5th, for our
Volunteer Appreciation
Breakfast.**

~Notes from the Board~

It's my turn in the barrel this month, so I would like to talk about a small group of Volunteers that maintain the building that go above and beyond what we normally require.

We have a Volunteer, Scott, who works out of the vehicle garage and is the go-to person for anything that is beyond normal maintenance around the building. He is constantly building or maintaining equipment in and around the building in addition to making sure that the garden Volunteers have what they need to maintain our grounds.

Which leads me to a group of mainly women who have volunteered to maintain the Friendship Garden and Priscilla Upton Byrns Walking Trail and the Hanes Family Wild Flower Trail.

The garden areas along the walking trail are numbered and each area has one person who has volunteered to maintain that garden.

In addition, we have two women, Marilyn and Cindy, who maintain the flowers and shrubs around the building and any other areas that don't have a specific person assigned to that area.

These Volunteers spend countless hours weeding, planting and watering the plethora of flowers and plants we have on our property. I have even seen them after hours and on weekends, watering and weeding.

Before the sprinkler system was installed, they had to fill a tank and haul it around in the golf cart to keep everything watered. That was a long hard job. They are the hardest working group of Volunteers we have.

And last, but not least, are the Wood Shop Hosts. In partnership with Scott and led by Rick, the Hosts are constantly being asked to build and repair the building. The hosts have saved the Center thousands of dollars in work they have done around the building.



A recent example was the remodeling of the Library and the replacement of the carpeting in the hallways. The tear out and putting everything back in place was totally completed by Wood Shop Hosts, Art and Scott.

While we have Volunteers completing a myriad of tasks in the Center, I feel that these groups go above and beyond. So, the next time you see a Volunteer working around the Center, make their day by thanking them for their hard work.



~Ted Post
SJLSSC Board of Directors~



An Irish Blessing

**May your troubles be less
And your blessings be more
And nothing but happiness
Come through your door**



CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only
Wednesday, March 13th
Wednesday, March 27th



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 \$40, which includes a reusable foot care kit. Follow up visits are \$30.

BOOK CLUB

Wednesday, March 13th, 10:00 am

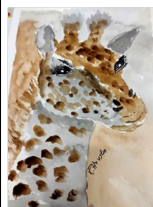


The book to read for the month of March is "The Only Woman in the Room" by Marie Benedict. Leading the discussion will be Sally Huling. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



COOKIES & CANVAS

Friday, March 15th, 12:00 pm-3:00 pm
\$20 per person, payable at sign up-NO REFUNDS
Make checks payable to Roy Hruska



The painting for the month of March is called "Giraffe." 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!

Thursday, March 21st, 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, March 20th

By appointment only



Quinton Smith from the Best Hearing will be here to perform hearing tests, hearing aid repairs, and he will find you the best options for those that want assistance. **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 if so, 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 anywhere else. Thank you!



BINGO

Thursday, March 14th, 1:00 pm \$1
Thursday, March 28th, 1:00 pm
PLEASE DO NOT ENTER THE GYM UNTIL THE ROOM IS SET UP



TRIPS

CHICAGO DINE AROUND

Wednesday, June 5th

\$168 per person - Payable at sign up



This trip includes round trip motor coach transportation, an hour tour through downtown, a progressive dining experience and all taxes and gratuities. Take in the sites as you learn more from the step-on tour guide about the Windy City, its buildings of architectural significance and rich history. You will start off with appetizers at Randolph Tavern, followed by the main course at Grant Park Bistro, and then a delicious dessert at The Drake. Sign up soon so you don't miss out on the fun!

NEW TRIP-MODERATE ACTIVITY

BEAUTIFUL: THE CAROLE KING MUSICAL

Sunday, July 14th

Saugatuck Center for the Arts

\$133 per person - Payable at sign up



This trip includes round trip motor coach transportation and a show ticket to this Tony & Grammy award-winning musical. Celebrate the legendary journey of a teenage songwriter to the Rock & Roll Hall of Fame. This inspiring story set in the vibrant pop industry of the 1960's and 1970's of a young Brooklyn songwriter breaking into the record industry who ultimately became one of the most successful solo acts, features a tapestry of musical hits from creative songwriting teams. You will arrive in Saugatuck late morning and have several hours to get some lunch and do a little shopping before the 2 pm performance. On the way home, you will stop at Crane's Pie Pantry where you can purchase and enjoy their delicious pies. Sign up soon, these tickets will not last long!

NEW TRIP - MODERATE ACTIVITY

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, only a few spots left!

ACTIVE ACTIVITY



****WAITING LIST****

My Way ~ March 23rd

Guys and Dolls ~ April 24th

New York City ~ May 2nd-May 8th

Mackinac Island ~ May 14th-17th

Frankenmuth ~ June 13th

Vermont ~ September 22nd-28th

MOST OF OUR TRIPS FILL UP QUICKLY, BUT REMEMBER, WE ALSO HAVE MANY PEOPLE CANCEL DUE TO PERSONAL CIRCUMSTANCES. 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. **Everyone who signs 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 \$10.00 administrative fee, are given, if a replacement can be found. If all or part of a trip is cancelled due to weather, refunds will only occur if the Center receives a credit from the vendor. **All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.**

CIRCUIT TRAINING ROOM



This is just a friendly reminder that we have a wonderful state of the art Circuit Training Room here at the Center. Our Circuit Training Room is equipped with treadmills, rowing machines, weights, and we have just added a new elliptical machine. We have friendly and knowledgeable 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 are 9:00 am until 3:00 pm. We hope to see you soon!



I'M NOT FEELING WELL!

The first day of spring is March 19th, but some of us still get sick even though winter is over. 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.



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.



SPRING AHEAD - DAYLIGHT SAVINGS TIME

Don't forget to set your clocks ahead one hour on Sunday, March 10th (or Saturday night before you go to bed)! It's also a great time to replace the batteries in your smoke/carbon monoxide detectors as well!



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

PLEASE SLOW DOWN

Please remember to slow down when entering and exiting our parking lot. When classes get out the parking lot can become congested, so keep your eyes open, look both ways, and look behind you when backing up and pulling out of your parking space. Please be safe and be smart!



SJLSSC LIBRARY

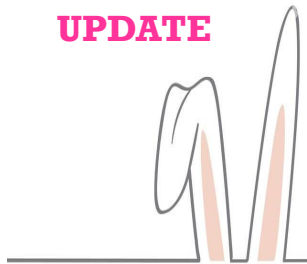


It's still a little too cold to grab a book and read outside, but it won't be long and the warmer temperatures will be here. Anytime is really a good time to read a book. Our library offers a wide selection to choose from; fiction, nonfiction, autobiographies, mystery, suspense, magazines, and DVD movies. You are sure to find what you are looking for here. **Just a reminder, please return magazines within one week after borrowing.** Thank you in advance!



ATTENTION MEMBERS!


TIME TO UPDATE



Once a year we ask 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. Thank you in advance for cooperating!



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.    

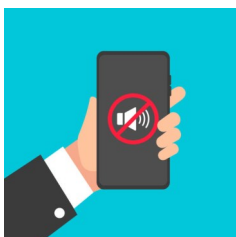
SJLSSC SOFTBALL



Did you know that our Center has a softball team? Softball begins in April, so if you would be interested in playing, stop at the front desk and leave your name and number. Details to follow!

CELL PHONES


We ask that when you enter the Center, please put your cell phone on the silent mode. This will help to avoid any disturbances to classes already in progress. We thank you in advance for your cooperation.








blessed and lucky **The SJLSSC is blessed and very lucky to have all of our amazing Volunteers!**

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. Thank you for your support 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 summer of 2024.** Order forms can be emailed, mailed, or picked up at the front desk.   

WOOD SHOP RAISED PLANTERS/POTTING BENCHES - Time is running out this year for you to order these handcrafted items. See page 1 for more information.  

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

COMPUTER LAB CLOSED

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

Newsletter

Next newsletter mailing will be on Wednesday, March 27th, 9:00 a.m.

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
 12:30 pm - Hand & Foot Cards ****NEW TIME****
 12:30 pm - Art Co-Op **See display case for weekly topic**
 1:15 pm - Beginning Line Dancing
 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
 1:00 pm - Advanced Ukulele

REGISTRATION REQUIRED

2:30 pm - Beginner Ukulele
REGISTRATION REQUIRED

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

12:30 pm - Dominoes ****NEW TIME****

1:00 pm - Computer Lab
 1:00 pm - Mah Jongg
 1:00 pm - Advanced Pickleball
 1:00 pm - Stitch & Chat
 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
 12:30 pm - Hand & Foot Cards ****NEW TIME****
 1:00 pm - BINGO **2nd & 4th week**
 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

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
- ♦ Ukulele Classes **REGISTRATION REQUIRED**
- ♦ 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 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
- ⇒ Friendship Garden Caretakers
- ⇒ Front Door Greeters
- ⇒ Fundraising -Quilt Raffle, Super Books
- ⇒ Handymen or Handywomen
- ⇒ Light Ironing
- ⇒ Newsletter Mailing
- ⇒ Transportation Drivers
- ⇒ Wild Flower Maintenance Help
- ⇒ Wood Shop Hosts

If you are interested, please call the Center and speak to our Volunteer Coordinator, Sharyl.

Class descriptions are posted outside the gym & information is available at the front desk.

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

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

Thursday, 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

COOKING FOR ONE

Thursday, March 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.**



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



To welcome in the first day of spring, 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; class is almost full.**

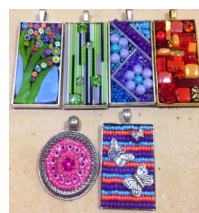


MOSAIC JEWELRY

Thursday, March 21st, 12:00 pm-3:00 pm

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

Make checks payable to Barb Freridge



Barb Freridge returns to teach you the art of making mosaic jewelry. In this class you will be making a pendant necklace using beads and metals. If you have a tiny piece of keepsake jewelry, feel free to bring it. Beads, bezel and cord will be provided. **Space is limited, so be sure to sign up!**



SENIOR SELF DEFENSE

Monday, March 25th, 10:00 am-11:30 am



This specialized class is designed for practical senior self defense. This seminar will teach how to detect threats through situational awareness, and definitively protect yourself, if needed. This class is taught by certified professionals, Jill and Steve Phenegar, both certified in Counter Terrorism Instructor, NRA Basic Instructor, CPR/AED/BLS/BBP American Red Cross, and many more. These seminars are constructed from Counter Terrorism, Police and Military tactics, and then tailored for active senior citizens. Please sign up to attend. **Space is limited, so remember to sign up.**

DIGNITY BIBS

Monday, March 25th, 1:00 pm



If you know someone who requires a bib, whether it's for the simple fact that they are a messy eater or perhaps have a disability that makes them a bit of a messy eater, chances are you'd like to get them a bib that lets them eat with a little dignity. These are called Dignity Bibs, and they're made to look like the person wearing them is just wearing a collared shirt. Karen Morgan will be here to show you how to make a Dignity Bib. Please bring a shirt that buttons or zips in the front and **remember to sign up if you'd like to attend.**

ALZHEIMER'S - 10 WARNING SIGNS

Monday, April 1st, 10:00 am



Nicole Hourani, Program Manager with Alzheimer's Association Michigan Chapter, will be here for a presentation on Alzheimer's and other dementias that cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn 10 common warning signs and what to watch for in yourself and others. **Please remember to sign up to attend.**

WOOD SHOP PEN CLASSES

Thursday, April 4th, 9:00 am-12:00 pm

Thursday, April 18th, 9:00 am-12:00 pm

\$18 per person, payable at sign up - NO REFUNDS
Pen classes are back! Sign up for this class and learn how to turn wood on a lathe and assemble a pen. **You do have to be an active member of the Wood Shop to take this class. Space is limited to 2 people per class, so sign up soon!**



HISTORY OF GILMORE CAR MUSEUM

Monday, April 8th, 10:00 am



Fred Colgren, Director of Education, will be here for a presentation of the History of the Gilmore Car Museum. He will be educating you on Donald Gilmore, the founder, and how he started the museum, their connection to Walt Disney, who was a friend of Donald Gilmore, and would visit the museum, and many other historical facts. Did you know that the Gilmore Museum is North America's largest auto museum? This is sure to be an interesting class, so be sure to sign up to attend! **Remember to sign up for this program.**

ART CO-OP WATERCOLOR WORKSHOP

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

\$30 per person, payable at sign up

Make checks payable to Alexandra Hibshman

Join us for another fun workshop with Alexandra Hibshman. This will be Loose Floral Workshop 2, and attendance at Workshop One is not required. **Please sign up to attend.**



ART CO-OP WORKSHOP FUTURE DATES

Future dates for more Art Co-Op Workshops:

- ◇ March 4th - Cell Phone Photo Tips with John Braun
- ◇ March 11th - Goodbye Winter & St. Patty's Day
- ◇ March 18th - Hello Spring (chicks, bunnies & ducks)
- ◇ March 25th - Eastertime Antique Postcards
- ◇ April 1st - Still Life Sketching
- ◇ April 15th - When It Rains It Pours, medium of your choice

Check for updates in display case at front desk.



THE MOVE TO ELECTRIC CARS

Tuesday, April 9th, 1:00 pm

Senior Center member, Don White, will be here to share his experience and information on owning, driving and charging an electric vehicle. Bring your enthusiasm, doubts and questions about the growing electronic vehicle market and he will do his best to answer and address your interest to learn about this subject. **Please sign up to attend.**





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








MARCH

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
		We are so lucky to have Volunteers like you! 		1 Vegetarian chili Italian vegetables Cornbread Mandarin oranges
4 Chicken cordon bleu Broccoli Peas and carrots Applesauce	5 Hamburger Cheezy mashed pots. Sweet corn Mandarin oranges	6 Chef salad Rye bread Peaches	7 Citrus Herb pork chop & mashed pots. Oriental blend vegs. Mandarin oranges	8 Cheese ravioli Green beans Tossed salad Diced pears
11 Sweet potato breakfast casserole Wheat bread Mixed fruit	12 BBQ chicken Whipped potatoes Cooked spinach Orange wedges	13 Jambalaya Steamed squash Cornbread Diced mango	14 Corn beef & cabbage, red potatoes, carrots Fruit fluff	15 Tuna noodle cass. Peas and carrots Beets Berry applesauce
18 Pasta with meat sauce Normandy blend vegs., peas/onions Peaches	19 Shepherd's pie Peas and carrots Baked cinnamon apples	20 Philly cheesesteak Red skin potatoes Prince Charles vegs. Tropical fruit blend	21 Sloppy joe Seasoned potatoes Italian vegetables Pears	22 Meatless chili mac. Green beans Texas toast Birthday cake
25 Chicken noodle bake Broccoli Green peas Grapes	26 Stuffed peppers Carrot coins Dinner roll Diced pears	27 Chicken Caesar salad Diced mango	28 Spiral ham Baked sweet potato Green beans Wheat roll/fruit cocktail/sugar cookie	29 CENTER CLOSED
			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!

VOLUNTEERS NEEDED!

Are you looking for opportunities to volunteer? If so, we need you! We are looking for wonderful people to help with greeting people as they enter the Senior Center, and newsletter mailing, which is once a month. Starting in March through all of April, we need help with maintaining the Wild Flower Trail, which would entail trimming bushes and trees. Do you like to garden? If so, we also need help in our Friendship Garden. If any of the above opportunities sound like something you would like to participate in, please see Sharyl, Volunteer Coordinator, and she will fill you in on all of the details. Thank you in advance!

VOLUNTEER

Thank You



To everyone who brings goodies or snacks: Celina Bevelhymmer, Alyse Bluver, Barb Kunde, Ralph Rumpf, Jill Post, Brett Smith, Gretchen Gabler, Adolf Pelzer, Millie Carney, Dolores Frantz, Woodland Terrace, Mary Jane Hiler, Lynn Hardke, Suzie Clifton, Sally Matzke, and Pauline Fox.

To everyone who donates other items that benefit the Center and Members: Sandra Kay's Bakery, Celina Bevelhymmer, Vicki Fuller, St. Joe Public Schools, Denny Meadows, Connie Yore, Cindy Herzog, Roger Rosenthal, Gerda Siegel, Cindy Gardner, Liz Glendening, Doug & Annette Christy, Richonda Radom, Karen Diehl, Pauline Fox, Jan Kalinas, Pat Coons, Ed Baginske, Tom Embrey, Mike Doroh, Bruce Banghart, Anonymous, Tim Kragt, Dorothy Thar, Kurt Schneider, Charles Bevelhymmer, Kathleen Neuenschwander, Tony Serafin, Dennis Richel, and the Family of Randy Reimer.

MONETARY CONTRIBUTIONS:

- * Erlinda Huntington, Helmut & Elfrieda Krebs, Judy Stelter, Carolyn & Stan Strzyzykowski, and Judy Sailor made a Donation to our Transportation Program.
- * Charles & Lorraine Jespersen, John Porritt, Richard & Toni Rabbers, Linda Stone, Hong Son, Janice Hubble, Gloria Hopkins, Ellen Rasbach, Tim Johnson, Lee Sadler and Anonymous made a Donation to our Building Fund.
- * Ted Anderson, Elsie Harke, and Nadine LaBounty made a Donation to our Building Fund Program.
- * Bob Mann and Johannes Willer made a Donation to the Wood Shop.
- * Eugene Weil made a Donation to the Circuit Training Room.
- * Judy Felland, Doug Wilson, Jeff & Paula Boes, and Rick Freridge made a Donation to our Outdoor Fitness Zone.
- * Imelda Knowles made a Donation to our Outdoor Fitness Zone in Memory of Ron Rowe.
- * Terry & Barb Hosbein made a Donation for a New Ab Machine in the Circuit Training Room.
- * Mina Halsey made a Donation to our Exercise Programs.
- * Gloria Reeves says Thank You for the Loan Closet.
- * Anonymous made a Donation to our Pickleball Program.
- * Mary Sundblad made a Donation In Honor of Jo Ann Scates for 20 years of Service of Card Making.
- * Ken & Barb Orlich made a Donation in Memory of Dick Ford.
- * Ruth Betker made a Donation to Resistive Exercise in Memory of Richard Betker.

WISH LIST: Muffins, individually wrapped candy, 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. Get your clubs ready!

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 02-28-24



MARCH ACTIVITIES

5 Berrien Community Foundation 10:00 am
7 Peace of Mind 10:00 am
13 Foot Clinic - **BY APPOINTMENT ONLY**
13 Book Club 10:00 am
14 Cooking For One 10:00 am
14 Bingo 1:00 pm - \$1
15 Cookies & Canvas 12:00 pm-3:00 pm
15 Healing With Gemstones 11:00 am
19 Spring Flower Burlap Wreath 9:00 am-12:00 pm
20 Best Hearing Store - Hearing Screening
BY APPOINTMENT ONLY
21 Board Meeting 10:00 am
21 Mosaic Jewelry 12:00 pm-3:00 pm
21 Movie 1:00 pm
22 Commodities - 9:00 am-11:00 am
25 Senior Self Defense 10:00 am-11:30 am
25 Dignity Bibs 1:00 pm
27 Foot Clinic - **BY APPOINTMENT ONLY**
27 Newsletter Mailing 9:00 am
28 Bingo 1:00 pm
29 **Good Friday - Center Closed**



Our Center will be closed to the general public on Friday, April 26th for an In Service Day. There will be no transportation offered on this day as well.