

THE ANCHOR NEWS



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**St. Joseph-Lincoln
Senior Service Center**
3271 Lincoln Avenue
St. Joseph, MI 49085
(269) 429-7768

DIRECTOR@SJLSC.ORG
WWW.SJLSC.ORG

HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM



Heartfelt
THANKS
TO OUR VOLUNTEERS!

April is National Volunteer Month which is dedicated to honoring all of the volunteers in our communities as well as encouraging volunteerism.

We would like to express how grateful we are to have so many wonderful volunteers assist us every day. Every non-profit organization has volunteers who assist them in fulfilling their mission. We are blessed to have volunteers who do this and so much more. Our Senior Center could not operate without their collaboration. We average 137 volunteers every month. In the last year we had 252 volunteers, who volunteered 17,532 hours! Our volunteers could share their talents and time at a large variety of organizations. We are so grateful they have chosen to spend their time with us. **The next time you see one of our awesome volunteers, please thank them for helping us operate your Senior Center!**

CHAN'S GARDEN FUNDRAISER



We are having a restaurant fundraiser and we hope that you will support us once again. Please go to Chan's Garden during this 4-day event. The proceeds from this fundraiser will be used to support our programs. All you need to do is come to our Center and **get a voucher for this event, or clip it from page 14**, and take it to **Chan's Garden, located at 310 State Street on April 16th-19th, 11:30 am-7:30 pm**. You can use this voucher to **dine in or takeout** for lunch or dinner and we will receive 15% less tax and gratuity. You can also call (269) 983-2609 to place a takeout order. **It is mandatory that you have this voucher, no photos will be accepted.** These vouchers are for anyone to use, so please feel free to distribute them to everyone you know.

QUILT RAFFLE



The St. Joseph-Lincoln Senior Service Center Quilters have created another work of art. This quilt is called "Woven Dreams" and the size is 82" x 96". The raffle will end at our picnic on August 2nd. Buyers, remember tickets are \$1 each or 6 for \$5, with a weekly winner drawn to receive 5 free tickets. If you would be interested in helping to sell raffle tickets, please see Sharyl. Many thanks to the quilting ladies for all of your hard work and creativity.

**CENTER WILL BE CLOSED APRIL 5TH
FOR THE VOLUNTEER APPRECIATION
BREAKFAST & APRIL 26TH FOR AN
INSERVICE DAY. THANK YOU!**

~Notes from the Board~

"No one is more cherished in this world than someone who lightens the burden of another. Thank you". ~ Joseph Addison

I am one of the newest Board of Directors of the St. Joseph-Lincoln Senior Service Center and want to thank all of you for giving me the opportunity to serve you. I am very excited to work with the compassionate members of this Board and to listen to any new ideas you may have for our wonderful Senior Center. Our Senior Center continues to grow. In January of this year we added 99 new members in just 17 days and in February we added 79 new members. We are averaging around 100 new members per month. Our Senior Center originated in 1975. Since that year, the St Joseph-Lincoln Senior Service Center has grown to 7,865 members---wow---what a blessing!!



Spring is here---yeah---it began March 19 and I have to say we surely did have a mild winter, which I am not complaining about. I am anxious to get back on the Walking Trails, which are so peaceful with all the beautiful flowers that are beginning to bloom.

Thank you to all the Volunteers who maintain all the garden plots---it is quite a commitment and you are appreciated. We will be replacing the Outdoor Fitness Zone surface. We are so blessed as all of the monies were donated to our Senior Center to complete this big job. Thank you for your donations. Also, a big thank you to all the Volunteers who will be removing and replacing all the equipment once it is finished.



There is something for everyone at our Senior Center. I am always amazed at all the people I see at the Center that I have not seen for years. It is a great place to get reacquainted with past friends again, and also a great place to make new friends in many of the exercise classes we have, the Circuit Training Room, playing pickleball or softball, playing Bingo or cards, joining the Book Club, painting at Cookies and Canvas, going to the special movie once a month, joining a class and making a beautiful mosaic necklace for yourself or, hey guys, you could make one for your special lady in your life! If you like working with your hands, our wonderful Wood Shop offers opportunities to craft some beautiful items. Or you could maintain a garden plot on the Walking Trail or join our Quilting Group. But if you just want some quiet time, settle in at our Library to relax and read...when finished there you can grab some lunch that is offered every day at our Center---just remember to sign up.



Thank you to all the Volunteers who maintain and craft our greeting cards. If you have not looked at these cards, you are missing out on some really beautiful cards at a very reasonable price. Have you looked at all the items in the glass case by the front desk from our Quilting Group---they are beautiful. Also, please note in our newsletter the trips that are being offered as some new ones have been added. A great way to travel with friends at a reasonable price. Lastly, I would like to voice my appreciation for the Staff here at the St. Joseph-Lincoln Senior Service Center. As a member of the Board, I can see how much compassion and love they have for this Center and for all of you. Just poking your head in the door of their office and saying thank you to them would be a paycheck of the heart for them that day. Blessings to all!

"We make a living by what we get, but we make a life by what we give". ~ Winston Churchill

Cheryl Ryno
~SJLSSC Board of Directors~

CONSISTENT MONTHLY PROGRAMS

FOOT CLINICS

By Appointment Only

Wednesday, April 10th

Wednesday, April 17th

A signed permission form by your doctor is required to receive this service. Permission forms are available at the Center or can be emailed to you. Once you have this form from your doctor, please call the Center and we will make you an appointment. Your first visit is \$40, which includes a reusable foot care kit. Follow up visits are \$30.



BOOK CLUB

Wednesday, April 10th, 10:00 am

The book to read for the month of April is "My Grandmother Asked Me To Tell You She's Sorry" by Fredrik Backman. Leading the discussion will be Gail Blazo. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



BEST HEARING STORE - "HEARING AID CLINIC"

Wednesday, April 17th

By appointment only



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.**

COOKIES & CANVAS

Friday, April 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 April is called "Abstract Flower." This painting is on a 9" x 12" canvas and all materials needed for this class are provided.

Remember to sign up soon.

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

MOVIES AT THE CENTER!

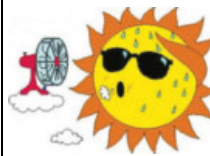
Tuesday, April 23rd, 1:00 pm

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.



BABY IT'S COLD INSIDE



With warmer months around the corner, the temperatures outside will be rising. We all have different body temperatures, so we ask that you dress accordingly for yours, so that you can be comfortable. We do keep the room temperatures down a little in the Gym and Circuit Training Room because of people exercising, but all other rooms will be set at a comfortable temperature for most.

LOAN EQUIPMENT



Do you need a cane, walker, or maybe a wheelchair? You can borrow anything from our Loan Closet for up to 2 months at no charge, if you are 60 years of age or older. We also sell items when we have an overabundance. You can't beat our prices, so check here first if you are in need of anything. Thank you!

A Heartfelt



Thanks

To our volunteers!

Our Senior Center has a Abuse Prevention Policy that prohibits any form of violence, abuse or harassment including verbal, sexual or emotional abuse. Copies of the policy are posted at the Center. Please report any incidents to the Executive Director.



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! **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, only a few spots left! **MODERATE ACTIVITY**



PLEASE SEE PG. 6 OF THIS NEWSLETTER FOR MORE UPCOMING TRIPS. THANK YOU!

SEE PAGE 6 FOR MORE 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, 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. 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. Trip participants are required to stay with the Center group for all planned activities. 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. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.

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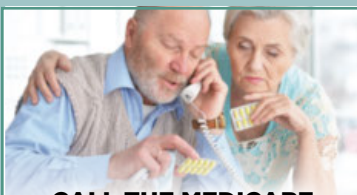
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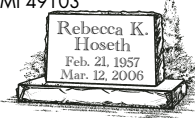
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MORE TRIPS!



ELKHART RIVERBOAT/LINTONS

Tuesday, August 6th, \$111 per person, payable at sign up

This trip includes round trip transportation, lunch, train ride at Linton's and a cruise on the Elkhart River Queen Boat. Your day will begin at Linton's where you will spend about 3 hours. If you have never been here, you are in for a treat. You will take a ride on the Enchanted Express Train, which includes a relaxing narrated tour of their 9-acre Garden Center. You can also visit their Quilting Garden, petting zoo and exotic bird aviary for free. Additional activities include swan paddleboats, gemstone making, shooting gallery and other adventurous attractions, which are all priced individually. They also have one of the largest garden centers in this area. After lunch, you will enjoy a private 2-hour cruise on a summer day aboard this iconic paddle style riverboat. The top deck is 3/4 covered. Beverages are available for purchase, please bring small bills. Sign up soon for this one, tickets will not last long! **NEW TRIP - MODERATE ACTIVITY**

HENDERSON CASTLE-MURDER MYSTERY

Kalamazoo - Wednesday, August 21st, \$134 per person, payable at sign up

This trip includes round trip transportation, lunch and an interactive experience in a Murder Mystery. Prepare for a performance of intrigue, lies, and deception as you try to unravel all the clues and solve a case of murder. During the luncheon you will get to know everyone, share what you know and find out what you can. You will need all this knowledge to establish a motive for murder. This is a trip full of adventure. The mystery is set in the 1920's and 1930's with unique characters and original plots. We encourage you to dress for the "period", as it will only enhance your experience. Business casual or semi-formal dress is also accepted. You will have an hour before lunch to tour this beautiful castle. Before you head home you will have about 1-1/2 hours at the Kalamazoo Valley Museum to take in the exhibits. Sign up soon! **NEW TRIP - MODERATE ACTIVITY.**



HENRY FORD MUSEUM/GREENFIELD VILLAGE

Wednesday, September 11th, \$120 payable at sign up

This trip includes round trip motor coach transportation and admission to the Henry Ford Museum and Greenfield Village. Get ready for a 12-hour day as you step into a world where past innovations fuel the imagination of many generations. At the Henry Ford Museum you can experience the strides of America's greatest minds, play pilot as you explore flight innovations, and explore many exhibits including Railroads, Presidential Vehicles, Heroes of the Sky, Made in America and more! At Greenfield Village, you can experience the sights, sounds and sensations of America's fascinating formation where 80 acres brim with resourcefulness and ingenuity. On the trip back you will stop at Culver's to grab dinner for the ride home. Sign up soon! **NEW TRIP - VERY ACTIVE ACTIVITY**

2024 COMMUNITY RECYCLING EVENTS

April 9th, Tuesday - 2:00 pm-6:00 pm

Lake Michigan College, 2755 E. Napier Ave., Benton Harbor. Enter at the Yore Avenue Entrance

May 11th, Saturday - 8:00 am-12:00 pm

Southeast Berrien County Landfill Recycle Center, 3200 Chamberlain Road, Buchanan

June 5th, Wednesday - 3:00 pm-7:00 pm

Chikaming Township Hall, 13535 Red Arrow Hwy., Harbert

September 14th, Saturday - 9:00 am-1:00 pm

Silver Beach County Park, 101 Broad Street, St. Joseph

October 5th, Saturday - 8:00 am-12:00 pm

Southeast Berrien County Landfill Recycle Center, 3200 Chamberlain Road, Buchanan



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



Spring has sprung and with it warmer temperatures. It's a great time to grab a book, head outside and soak up some sun. 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 opens every day starting April 17th. Until then, assistance is available on Wednesdays from 1:00 pm-4:00 pm.



CURRENT FUNDRAISERS

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.

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

SUPER BOOKS - COMING SOON



Super Books will be arriving soon. Those of you who have your name on the Super Book list, we will be calling you upon their arrival. If you don't have your name on the list, please stop into the Center when you see the signs that the Super Books are here and purchase a book, or two! Remember, with every Super Book sold the Center receives a percentage of that sale. We thank you in advance for your support!

MAHJONGG - CHINESE TILE GAME



Would you like to know more about it? Please join us on Wednesdays from 1:00 pm-3:00 pm. It is a good way keep your mind active!



BINGO

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

Thursday, April 25th, 1:00 pm

PLEASE DO NOT ENTER THE GYM UNTIL ROOM IS SET UP

RECURRING SCHEDULE

MONDAYS

9:00 am - Resistive Exercise
 9:30 am - Quilting Group
 10:00 am - Calisthenics
 10:00 am - Jokers and Marbles
 11:00 am - Balance Class
 12:00 pm - Tai Chi
 12:30 pm - Hand & Foot Cards
 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
 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
 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 **NO CLASS APRIL 11TH**
 10:00 am - Cribbage
 11:00 am - Tai Chi
 12:30 pm - Beginner Pickleball **3rd WEEK ONLY**
 12:30 pm - Scrabble
 12:30 pm - Hand & Foot Cards
 1:00 pm - BINGO **2nd & 4th WEEK**
 2:00 pm - Intermediate Pickleball **3rd WEEK ONLY**

FRIDAYS

9:00 am - Chair Yoga **NO CLASS APRIL 12TH**
 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) **STARTING APRIL 25TH**
- ♦ 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
- ⇒ Front Door Greeters
- ⇒ Fundraising - 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.

No Pickleball on Thursday, April 4th

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



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IMPORTANT REMINDERS

- ◇ **Remember to sign in when entering the building for any reason, even to sign up for a trip, returning a library book or signing up for a program.** 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 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

Monday through Friday 9:00 am-3:00 pm

To use the Wood Shop, you must be a current member of SJLSSC and make an appointment to **sign up for a mandatory Safety Orientation Class, which are on Wednesdays only.** You can make an appointment for orientation at the front desk, which is approximately 3 hours. **You need to sign up 2 business days in advance to attend an orientation. Everyone will pay \$20 to take the orientation. This fee will include a 1-month membership, which will start on the 1st business day after the orientation. Also included for this price is a project, which will include all materials to be completed during your first month.** Safety glasses are mandatory. If you do not have a pair, you can purchase them at the front desk; \$2 for regular safety glasses and \$5 for glasses that fit over a prescription.

To use the Wood Shop after orientation, you need to have an active Wood Shop membership and sign all membership documents. **All fees are to be paid at the front desk before you can use the Wood Shop.**

Wood Shop Member Payment Plans

- * \$5 daily fee
- * \$20 monthly fee or \$10 if paid 16th-end of the month (This pro-rated fee only applies the first time you use the Wood Shop. After initial payment, total monthly fee applies).
- * \$30 monthly fee for couples or \$15 if paid on or after the 16th of the month (This pro-rated fee only applies the first time using the Wood Shop. After initial payment, total monthly fee applies).
- * \$200 yearly fee or \$300 yearly fee for couples.

NO REFUNDS AFTER PAYMENT IS RECEIVED.

Please ask for a copy of the Member Guidelines so you are aware of how our Wood Shop operates.

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

We  Our Volunteers

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 to attend.**



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!**

THE MOVE TO ELECTRIC CARS

Tuesday, April 9th, 1:00 pm

Don White will discuss America's push to electric cars.



By 2030, half of all new vehicles sold in the U.S. should be electric. Topics will include, EV battery repurposing, repair, reselling and ultimately recycling plus rare earth materials sourcing, ethical mining practices and alternate battery compositions will be discussed. **Please sign up to attend.**

COOKING FOR ONE

Thursday, April 11th, 10:00 am

Cooking for one can be challenging, so 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.**



Many Hands Make LIGHT Work

ORGANIZED BY DESIGN

Tuesday, April 16th, 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.**



WILDLIFE WONDERS

Wednesday, April 17th, 10:00 am



Sarett
NATURE CENTER

Kevin Barrera, Naturalist and Volunteer Coordinator, with Sarett Nature Center, will be

here for a presentation on Wildlife. This will include live animals from the Nature Center such as turtles, frogs and snakes as well as fun and interesting facts about wildlife in and around Southwest Michigan. Sarett is a non-profit nature preserve with the goal of providing environmental education for the community. Sarett is always on the look out for volunteers who share their passion for the outdoors and the opportunities are for people of all ages and backgrounds. **Please sign up to attend.**

WE LOVE
OUR VOLUNTEERS

WOOD SHOP PEN CLASSES

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

Thursday, May 2nd, 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!**



STAMP CAMP

Tuesday, April 23rd, 1:00 pm-3:00 pm

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

Make checks payable to Caryn McFall



Caryn McFall returns for another class on hand stamped cards. In this class you will be making 8 cards with envelopes and these will be cards for Mother's Day, Thinking of You and Birthday cards. All materials will be

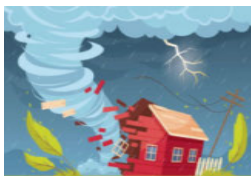
provided for you. **You will need to bring small scissors and double stick tape for this class.**

Sign up soon; this class size is limited.

TORNADOES AND DOWNBURSTS

Thursday, April 25th, 10:00 am

Please join us as Tim Pschigoda, who taught science at St. Joe High School, Lake Michigan College, and at



Western Michigan University

for over 30 years, will be here to give a presentation on the natural processes that cause tornadoes and downbursts. Tim is a trained Skywarn Spotter. **Remember to sign up if you'd like to attend this program.**



SMART DRIVE TEK WORKSHOP

Monday, April 29th, 10:00 am

This is a 2-hour workshop that covers the latest high-tech safety features in one's current or rental car, or what technology to look for when shopping for a new car. The safety benefits of blind spot warning systems, forward collision warnings, and more. **Remember to sign up to attend.**

HOUSE OF DAVID BEARDED BOYS OF BASEBALL

Thursday, May 2nd, 10:00 am

The House of David baseball team of Benton Harbor was known both for its accomplished level of play and for its players' long beards, worn for religious reasons. They barnstormed around the continent in the early 20th century, at times playing with or against Hall of Famers Satchel Paige and Grover Cleveland Alexander. Chris Siriano will be here to present a movie on the Bearded Boys of Baseball. **Note that this is a movie that is almost 2 hours long and space is limited, so sign up soon!**

CREATE WITH CLAY WORKSHOP

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

\$28 per person, payable at sign up

Make checks payable to Create with Clay



This will take place at the studio at 1403 Castle Court in St. Joe (off Washington between John Beers and Marquette Woods roads). You will be creating a mug or pot and you will also decorate and glaze your creation. Your piece will be fired for later pick up at the Senior Center. **Even though this class is offsite, you will still need to sign up at the Center for this class as soon as possible as space is limited.**



AFLAC

Tuesday, May 7th, 10:00 am

Samantha Sedlak, Lakeshore District Agent, will be here for a presentation on "What is AFLAC?" AFLAC is not a major medical coverage, so you won't want to change any medical coverage you currently have. Samantha will offer more information on Cancer Protection Insurance for ages 18-69 and Accident Indemnity Advantage for ages 18-75. AFLAC policies are guaranteed renewable, rate stable with no increases with age or time, and all benefits are paid directly to you! **Please sign up to attend.**

MEET A LOCAL AUTHOR - MARCY BLESY

Wednesday, May 8th, 10:00 am

Join Marcy Blesy, local Bridgman author, as she talks about her journey to becoming an author of over 35 books, including the popular mystery series: The Tucson Valley Retirement Community Cozy Mystery Series, and many more! Marcy is also a writer of children's books as well. She will discuss the process of writing and publishing a book. **Please sign up to attend.**



DEMYSTIFYING DEMENTIA

Monday, May 13th, 10:00 am

This is a 60-minute presentation that will discuss dementia and its impact on our daily lives. Dementia is a term used to describe a group of symptoms affecting memory, thinking and social abilities. In people who have dementia, the symptoms interfere with their daily lives. To learn more on how you can understand this disease and people who have it. **Please sign up to attend.**



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MEALS on WHEELS

— OF SOUTHWEST MICHIGAN —

Senior Nutrition Services Region IV

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







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

Meals are Funded in part by



Area Agency on Aging, Inc.
SPECIALISTS IN AGING

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese ravioli Green beans Pears	2 Meatloaf Mashed potatoes Corn Blueberry crisp	3 Greek salad Pita bread Peaches	4 Chicken cordon bleu Broccoli/carrots Applesauce	5 CENTER CLOSED
8 Salisbury steak Mashed potatoes Green beans Mandarin oranges	9 Silver dollar Pancakes Sausage patty/pots. Baked apples	10 Black bean chicken chili Spinach/cornbread Mixed fruit cup	11 Pasta Tuscan blend vegs. Roll with cheese Pears	12 BBQ chicken Roasted butternut Squash/corn Apple
15 Stuffed green peppers Carrot coins Diced pears	16 Pork chop Red skin potatoes Green beans Yogurt with fruit	17 Hamburger Cheezy mashed pots. California blend vegs. Mandarin oranges	18 Mac-n-cheese with chick./broccoli Stewed tomatoes Chocolate pudding	19 NO SENIOR NUTRITION CENTER OPEN
22 Chicken alfredo Peas Carrots Pineapple	23 Sloppy Joe Mixed veg. blend Steamed broccoli Tropical fruit salad	24 Hot ham & cheese Capri veg. blend Coleslaw Mandarin oranges	25 Tuna noodle cass. Crinkle cut carrots Strawberries/yogurt	26 CENTER CLOSED
29 Vegetable quiche Sausage links Biscuit Fruit cup	30 Baked cod Confetti rice Succotash veg. blend Diced mango cup	 Many Hands Make LIGHT Work	 WE <i>appreciate</i> YOU	 thank you
 THANK YOU! VOLUNTEERS!	 THANK YOU FOR BEING AN amazing volunteer.	 <i>We Love Our</i> Volunteers	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!

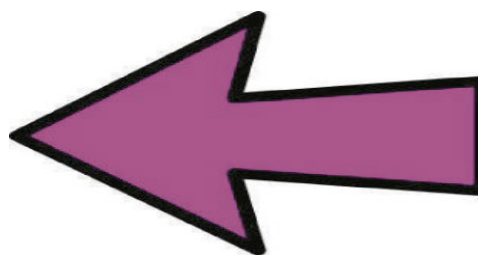
You are invited to a Benefit Event for the St.
Joseph-Lincoln Senior Service Center.

Chan's Garden
310 State Street, St. Joseph
April 16th-19th
Hours: 11:30 am-7:30 pm
Phone: 269-983-2609
Dine In or Take Out
Offer only valid on dates and location above.



Tax and gratuity are not included. SJLSSC will
receive 15% of your purchase less tax and
gratuity.

**If you are unable to make it into the Center
to pick up a voucher, just snip this one from
our newsletter and present it upon purchase
of your meal. Need more than 1 voucher,
feel free to make a copy of this one. We
thank you in advance for supporting the
St. Joseph-Lincoln Senior Service Center!**





To everyone who brings goodies or snacks: Renate Steinke, Lisa Hilton, Ann Stedman, Jill Post, Adolf Pelzer, Ada Greene, Alyse Bluver, Dave Hilbink, Peggy Miller, Sandy Brown, Sally Matzke, Barb Lackner, Sharon Kabel, Carol Hadley, Barb Paxson, and Amy Reutlinger.

To everyone who donates other items that benefit the Center and Members: Sandra Kay's Bakery, Lisa Hilton, Chris Wright, Jay Renfro, Connie Yore, Sher Rudi, Christina Woerdehoff, Dolores Frantz, Sharon Parkins, Jeff Yircott, Jim Feller, Lynn Hardke, Gene & Karen Herrman, Jane Terney, Linda Sprague, Else Elsner, Amy & Jerry Reutlinger, Donna Lippert, Joan Peden, Janet Embrey, Fred Teichert, Kathy McIlhargie, Suzanne First, Lynn Bohnengel, Deb Johnson, Barbara Morgan, Lauren Gerha, Celina Bevelhymmer, Sally Matzke, Vicki Born, Jim Bibbings, Elaine Schram, Lucy Ann Devries, Berrien Springs Library, Donna Paul-Bonham, Jan Hostetler, Elizabeth Glendening, Martha Blazejewski, and Lisa Hilton.

MONETARY CONTRIBUTIONS:

- * All the anonymous donors and Joyce Effa, made Donations to our Transportation Program.
- * Karen Schiltz, Lynn Hardke, David & Louise Bonnette, Subhas Dhodapkar and Hong Son made a Donation to our Building Fund.
- * Cindy Neuman, Jane Jeffery, Erna Felgner, Jerry Radenbaugh, Marcia DeMars, Barbara Dorow, Phyllis Herod, Charles Ingles, Jan Webber, Carol & Ron Bonczkowski, Willie Yates, Dorothy Zuber, Eddie Mae Woodley, Charles Koch, Jo Ann Ingraham, Bonnie Huff, Patricia Hill, JoAnne Knapp, Stephen & Pauline Fox, Marilyn Kiel, and Barb Levine made a Donation to our Building Fund Program.
- * Fred Cooper, Peggy Miller, John Hewitt and Beverly So made a Donation to our Outdoor Fitness Zone.
- * Iris Garrison says Thank You for the Loan Closet.
- * Sharyl Freehling made a Donation to the Wood Shop.
- * Stan Comstock made a Donation to the Parkinson's Exercise Program.
- * Hilda Doyle, Kay Casher and Sandy Page Purchased a Walking Trail Brick.
- * Bill Riekels, Mark & Leanne Mejeur, and Monica Oclon made a Donation to the Circuit Training Room.
- * Anonymous donors made a Donation to Pickleball.
- * Judy Paruch, Dick & Nancy Bookwalter, William & Kathy Hanley, Barb Durlinger, A.J. Jaeger, Joen Brambilla, Ron & Janet McGath, Jeannette Jeske, Janet Varney, Cindy Miller, Carol Klukas, Jim & Kathy Schere, Derek & Michelle Shaver, Debra Murray, Connie Yore, Cindy Neumann, Kathleen Szuba, Caryl Meister, Annette Schrag, Richard & Claire Gillespie, John & Janet Geary, Robert & Diane Hogle, Linda Sprague, David & Beth Frayer, Roger & Barbara Brown made a Donation in Memory of Chris Heyn to the Friendship Garden & the Walking Trail.
- * Steven & Audrey Ackerson, Michael & Claudia Hanley, James & Katherine Scheer, John & Nancy Johnson made a Donation in Memory Dorothy Rue.

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 20-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. Let's go golfing!



SJLSSC SENIOR SOFTBALL - Senior Softball is back. Opening day will be on Thursday, April 25th, and will meet every Thursday from 1:00 pm-2:30 pm at Well's Field, Located at 2214 S. State Street (by old Jefferson School, now condos). If weather is questionable, the Center will know by 11:00 am if it will be cancelled, so give us a call.



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

THANK YOU
VOLUNTEERS

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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thank you volunteers

APRIL ACTIVITIES

- 1 Alzheimer's - 10 Warning Signs 10:00 am
- 4 Wood Shop Pen Class 9:00 am-12:00 pm
- 5 **Center Closed - Volunteer Breakfast**
- 8 Gilmore Museum 10:00 am
- 8 Watercolor Workshop 1:00 pm-3:00 pm
- 9 Electric Cars 1:00 pm
- 10 Book Club 10:00 am
- 10 Foot Clinic - **BY APPOINTMENT ONLY**
- 11 Cooking For One 10:00 am
- 11 Bingo 1:00 pm - \$1
- 16 Organized by Design 10:00 am
- 17 Foot Clinic - **BY APPOINTMENT ONLY**
- 17 Best Hearing Store -Hearing Screening
BY APPOINTMENT ONLY
- 17 Wildlife Wonders 10:00 am
- 18 Board Meeting 10:00 am
- 18 Wood Shop Pen Class 9:00 am-12:00 pm
- 19 Commodities - 9:00 am-11:00 am
- 19 Cookies & Canvas 12:00 pm-3:00 pm
- 23 Movie 1:00 pm
- 23 Stamp Camp 1:00 pm-3:00 pm
- 24 Newsletter Mailing 9:00 am
- 25 Tornadoes and Downbursts 10:00 am
- 25 Bingo 1:00 pm
- 26 **Center Closed-In-service Day**
- 29 Smart Drive TEK Workshop 10:00 am

