

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



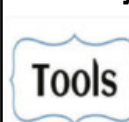
QUILT RAFFLE

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.



USED TOOL SALE

Saturday, May 18th, 9:00 am-2:00 pm

 Join us in raising money for our wonderful Wood Shop. There will be hundreds of hand tools, antique sander, desks, and so much more! Thank you to everyone who has donated tools for this sale, we greatly appreciate it!

ONALEE'S RETIREMENT PARTY

Tuesday, May 21st, 10:00 am



It is with a heavy heart that we announce the retirement of our receptionist, Onalee Hartman. Onalee has been with our Senior Center for over 19 years and has brought integrity, commitment, inspiration and an extreme work ethic every day she has been here. We are sad that she is leaving, but we all still get to see

her bright, smiling face because she has already signed up for some Volunteer opportunities. Onalee states the reason she has signed up to be a greeter is "so I can still see everyone!" How very thankful we are for that. Onalee has touched many hearts here so join us to celebrate and honor this very special lady! **Please sign up at the front desk by May 14th to attend.**

CIRCUIT TRAINING ROOM CLOSING

We have been very blessed by an anonymous donor who has donated the funding to purchase 8 new pieces of circuit training equipment. This equipment, along with the ab machine that several of our members contributed towards, will be a great addition to the Circuit Training Room. **This room will be closed starting May 10th until further notice. We will send a robo call to the members who use this room when it is ready for you to return.** Many thanks to our generous donors who have made this possible!

~Notes from the Board~

Celebrating Older Americans Month!

This is not my first rodeo as a Board Member. I have served a few times over my 20-year history with our beloved Center. It has always been a pleasure and great learning experience for me to serve you. Thank you for letting me be part of your Center. You may know me as the “exercise guy.” So, I say to you...are you ready to ROCK?

Happy May everyone! Those April showers are going to bring beautiful May flowers. A wise person once said, “stop and smell the roses once in a while.” So, I encourage you to stop and appreciate the beauty that surrounds you here at our Center inside and outside. Our Staff and Volunteers work extremely hard to provide this wonderful environment and we hope you choose to honor us by spending time at your Center. In addition, May is Older Americans Month, which is a time to appreciate and celebrate all of you!

In 1963, then President John F. Kennedy met with the leaders of the National Council of Senior Citizens. That meeting led to what is now known as Older Americans Month. Only 17 million Americans were 65 years old or older in 1965. Today we celebrate over 44 million Americans who have earned the senior citizen badge of honor. This special month was originally honored to show appreciation to all seniors for their contributions to our Country, especially military contributions, but to also create government funding ensuring financial support for the ever-changing needs of our aging population.

As one of your Board Members, I want you to know that the Center values and appreciates you. We see your hard work, and at times we feel your hardships. We honor your financial contributions by ensuring the donations are used responsibly. We also cherish your donation of time and effort, because without them we could not function as a Center. What a tremendous Center you all have created!

Let's
Celebrate
You!

I have been working at our Center for over 20 years now. I was a Board Member when we moved from Niles Avenue to our present location. I have witnessed a great deal of change and progress. One change that stands out in my mind is a conversion you all have embraced over the years. That is, the Center has truly become YOUR Center. Several years ago, I would have told you the Staff and Board took sole responsibility for the progress of our Center. Not anymore. So many of you have taken upon yourselves to donate time, knowledge, money, labor and love to our Center that I now believe it belongs to you. Our future is in your hands and it is very bright.

I will leave you with this thought. The world around us has changed. Our Center is much more than an activity building. It is a community, and a connection center and, for some, it's family. I encourage you to keep open eyes for all those around you. You never know how your words or actions may affect those around you in a positive way. Everyone using our Center has a diverse set of needs and everyone's daily obstacles vary. You might be able to lessen someone's obstacle with kind words or actions. Let us continue to take the best possible care of our own and set the bar high for our future Center.

Rocco Pavese

~SJLSSC Board of Directors~



CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, May 8th, 10:00 am

This month we will have a guest speaker. Please join us as local author, Marcy Blesy, will be here to talk about her journey of becoming an author of over 35 books. **Please sign up to attend.**

FOOT CLINICS

By Appointment Only

Friday, May 10th

Friday, May 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.



MOVIES AT THE CENTER!

Tuesday, May 14th, 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.

COOKIES & CANVAS

Friday, May 17th, 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 May is called "Violets." 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."

BEST HEARING STORE - "HEARING AID CLINIC"

Monday, May 20th

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.**



HAPPY MOTHER'S DAY!



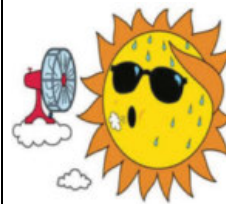
The Board of Directors and Staff at St. Joseph-Lincoln Senior Service Center would like to wish all of you a Happy Mother's Day. May your day be sunny, warm, and filled with love!

HAPPY MEMORIAL DAY!



Memorial Day to many is the start of summer and time to have that first barbeque, beach trip or attend a parade. But, no matter what you decide to do on Memorial day, it's also a day to honor the fallen soldiers that have fought to protect our freedom. Thank you to all. The Board of Directors and Staff of St. Joseph-Lincoln Senior Center wish all of you a wonderful holiday!

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.

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

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**



ELKHART RIVERBOAT/LINTONS

Tuesday, August 6th

\$111 per person, payable at sign up

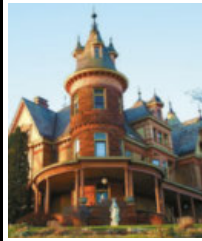


This trip includes round trip transportation, lunch, train ride at Linton's and a cruise on the Elkhart River Queen Boat. Your day will begin at Linton's where you will spend about 3 hours. If you have never been here, you are in for a treat. You will take a ride on the Enchanted Express Train, which 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! **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! **MODERATE ACTIVITY**

****WAITING LIST****

New York City ~ May 2nd-May 8th

Mackinac Island ~ May 14th-17th

Chicago Dine Around ~ June 5th

Frankenmuth ~ June 13th

Beautiful ~ July 14th

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!

SEE PAGE 6 FOR MORE TRIPS!

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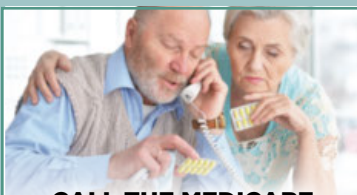
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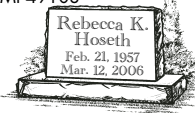
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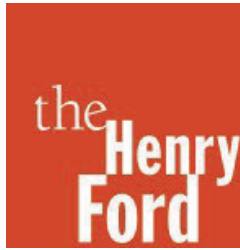
MORE TRIPS!

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!



VERY ACTIVE ACTIVITY

CLUE - THE BARNS AT NAPPANEE

Thursday, October 17th,

\$129 payable at sign up



This trip includes round trip motor coach transportation, a Historical House & Wagon Tour, all you can eat buffet, and a theatre performance of Clue. Upon arrival, you will take a tour of a historical house, which reflects the Amish lifestyle. Then you will feast on a family style dinner before the theatre performance. Clue, a popular game, is now a fun filled musical that brings the world's best known suspects to life and invites the audience to assist in solving the mystery. Who killed Mr. Boddy, in what room, and with what weapon? Comic antics, witty lyrics, and a beguiling score carry the investigation, with a surprising twist. If you are up for a little adventure, sign up soon!

NEW TRIP - MODERATE ACTIVITY



2024 COMMUNITY RECYCLING EVENTS

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

SJLSSC WALKING PROGRAM

The symbol of our Center is the anchor. The phrase "anchors aweigh" means all the ship's anchors have been lifted. So, lift your anchor and participate in our new, summer walking program beginning May 13th and ending on September 7th with optional participation in our Walk-A-Thon fundraiser. We want to collectively track every participant's miles. You can walk as much or as little as you want on your own schedule. Let's collectively move our ship to be a witness to fitness. Volunteers will be announcing days, times and locations within our community so there's opportunities to walk, talk and meet new friends. Your miles and smiles are valuable to our Center. A monthly calendar will be provided to track your miles or you choose your own. We can shout to the community a message about how active and healthy the St. Joseph Senior Center members are. We are the "Lively Steppers!" Handouts will be available. Stay tuned!

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.

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

Did you know our Senior Center Library has books in biography, fiction and nonfiction genres and all of these categories also in audio books and large print? We also have many magazines and periodicals, DVD's of movies, musicals, television and documentaries. We have something for all interests! Be sure to visit our Library!

SJLSSC SENIOR SOFTBALL

Softball started on April 25th, and if you are interested in joining this group of fun people just stop in to the Center. You are also more than welcome to attend the games, which are played at 2214 S. State Street (by old Jefferson School, now condos) and cheer them on!



**Our Volunteers
are aMAYzing!**

CURRENT FUNDRAISERS

QUILT RAFFLE - Our Quilting Ladies put together another beautiful quilt to be raffled off. This next piece of work is called "Woven Dream", which is 82" x 96". The raffle will end at our picnic on August 2nd. Tickets are \$1 each or 6 tickets for \$5. A weekly winner will be drawn to receive 5 free tickets.

SUPER BOOKS - Super Books will soon be arriving. This is a great way of helping out our local merchants, as well as the Center as we profit \$8 for every Super Book sold.

USED TOOL SALE - Join us in helping out the Wood Shop at our used tool sale on Saturday, May 18th. We might just have what you are looking for!

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!

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!

COMPUTER LAB

Our Computer Lab is now open every day and if you need help with anything, please come on Wednesdays between 1:00 pm-4:00 pm.



BINGO

Thursday, May 9th, 1:00 pm \$1

Thursday, May 23rd, 1:00 pm

Thursday, May 30th, \$1

**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
 12:30 pm - Advanced Ukulele

REGISTRATION REQUIRED

2:00 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
 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
 1:00 pm - BINGO **2nd, 4th, & 5th 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 **Started 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.



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

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. Come to learn more on how you can understand this disease and people who have it. **Please sign up to attend.**

DOWNSIZING

Wednesday, May 15th, 10:00 am

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

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

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

INVASIVE PLANTS

Thursday, May 23rd, 10:00 am

Carla Sykora, from Free Our Trees, will be here to share information about the concerning influx of invasive plants in our area. Learn how to recognize them, how they got here, why they are a very big problem and what you can do about it. Free Our Trees is a volunteer organization dedicated to raising awareness of invasive plants and empowering groups and individuals to manage them. **Please remember to sign up to attend.**

STAMP CAMP

Tuesday, May 28th, 12:00 pm-3:30 pm

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

Make checks payable to Caryn McFall



Join us as 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 Father's Day, Thinking of You and masculine 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.**

LOAN CLOSET SALE

Friday, May 31st, 9:00 am-3:00 pm

We have acquired a variety of items that we will be selling at this one-day sale; shower stools, with and without a back, bedside commodes, wheelchairs, walkers with and without wheels and walkers with a seat. Purchase this equipment for you or someone to assist with their mobility. You can't beat our prices anywhere. Come early for the good stuff!



FRAUD WATCH BASIC

Monday, June 3rd, 10:00 am

This is a 60-minute presentation that is an introduction to the AARP Fraud Watch Network. The Fraud Watch Network is working to empower the participants to fight fraud with proven resources and tools to help one spot and avoid identify theft and fraud.

Please sign up to attend this class.



ART CO-OP WATERCOLOR WORKSHOP

Monday, June 3rd, 1:00 pm-3:00 pm

\$20 per person, payable at sign up

Make checks payable to Matt Payovich



Join us for another fun workshop, which is sponsored by our Art Co-op. This class will be soft pastels. You are welcome to

bring an inspiration picture or choose one of our examples (tulips or beach scene) to create with this wonderful blending medium. All materials are provided by SJLSSC.

WOOD SHOP PEN CLASS

Thursday, May 2nd & 16th, 9:00 am-12:00 pm

Thursday, June 6th, 9:00 am-12:00 pm

\$18 per person, payable at sign up - NO REFUNDS

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!**

PEACE OF MIND

Monday, June 10th, 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. **Please sign up to attend.**



Starks
Family Funeral Homes
& Cremation Services

DEBUNKING DIABETES MYTHS: SEPARATING FACT FROM FICTION

Tuesday, June 11th, 10:00 am

Join us as we delve into common misconceptions surrounding diabetes. The goal is to empower participants with accurate knowledge, dispel myths, and promote a better understanding of this prevalent health condition. Led by Traci Kuhn, Community Health Program Specialist, with Corewell Health. **Please sign up if you'd like to attend.**



CARETEL SPONSORED BINGO

Thursday, June 13th, 12:00 pm

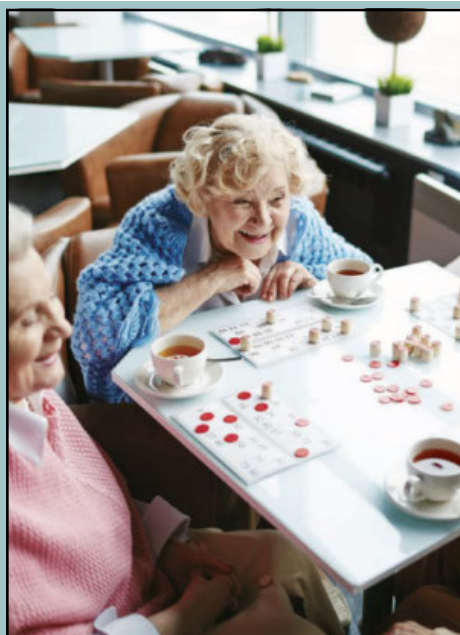
Bingo 1:00 pm - \$1

DEADLINE TO SIGN UP IS JUNE 5TH

MUST BE PLAYING BINGO TO ATTEND

Caretel Inns of St. Joseph will be here to present the different types of living services and amenities they can offer to the senior population. If you or someone you know needs rehabilitation after a hospital stay or Independent Living, Assisted Living or Memory Care facility, Caretel can assist you with these needs. Please remember to sign up soon, as space is limited.





You'll want to live here!

Caretel Inns St. Joseph offers exquisite senior living and licensed assisted living accommodations through an all-inclusive, worry-free service. Our professional and friendly care team will take out the trash, do laundry, make beds, and more, so our guests can focus on living life to the fullest.

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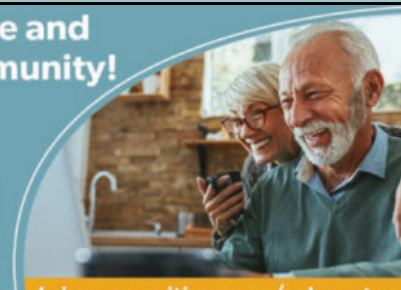
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Davidson Chapel - 249 E. Center, Coloma 269-468-3181



For ad info. call 1-800-477-4574 • www.mycommunityonline.com

15-0754



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
MAY






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 Chicken Caesar pasta salad Yogurt with granola Banana	2 Beef & broccoli Oriental veg. blend Fruit crisp	3 Pizza pasta cass. Cooked spinach Lima beans Apple
6 Chicken parmesan Texas toast Italian blend vegs. Grapes	7 Swiss steak Whipped potatoes Diced carrots Peaches	8 Pulled pork sand. Bean salad Asparagus Applesauce	9 Spring vegetable egg casserole Seasoned diced pots. Spiced apples/raisins	10 Roasted chick. German pot. Salad Cucumber salad Fruit crumble
13 Sweet & sour meatballs Oriental veg. blend Pineapple	14 Loaded baked pot. Broccoli Carrot coins Fruit crisp	15 Crispy fish sand. Mixed veg. blend Mandarin oranges	16 Honey garlic chick Whipped potatoes Steamed corn/salad Diced mango	17 Beef enchiladas Spanish rice Santa Fe blend vegs. Diced pears
20 Biscuits & gravy Peas & pearl onions Blueberries	21 Beef stroganoff Noodles Steamed green beans Peaches	22 Sloppy Joe Potato wedges Mixed vegs. Apple	23 Sweet potato/ black bean bowl California veg. blend Yogurt with fruit	24 Hot dog Baked beans Diced carrots Fresh strawberries
27 CENTER CLOSED	28 Scalloped pots. & ham Mixed vegs. Steamed green beans Peaches	29 Chef salad Berry applesauce	30 Meatball sub Tossed salad Jello with fruit	31 Kielbasa Pierogies/cabbage Diced peppers Mixed fruit cup Birthday cake
			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!



Thank you to all of our wonderful Volunteers for attending the Volunteer Appreciation Breakfast on April 5th. We have a total of 252 Volunteers and we had 95 in attendance. The Board of Directors and Staff look forward to the breakfast every year because it's one way we can show all of you how much we appreciate everything you do here at the Center. You make the Center a better place and give so willingly of your time. We can never thank you enough. Thank you to Bob Evans for the delicious breakfast and Red Coach Donuts for the donut holes. You are the best!



To everyone who brings goodies or snacks: Diana Post, Amy Reutlinger, Caryn McFall, Nancy Stock, St. Joseph High School, Dolores Frantz, Adolf Pelzer, Patty Nordberg, Sharon Kabel, Mary Donald, Cheryl Ryno, Jaci Brenneke, Ann Stedman, Suzie Clifton, Lynn Hardke, and Sandy Andert,

To everyone who donates other items that benefit the Center and Members: Sandra Kay's Bakery, Tim Kragt, Lisa Hilton, Edward Baginske, Else Elsner, Pam Mensinger, Cheryl Ryno, Harriet Farwell, Mary Woerdehoff, Ken Krieger, Bekki Lund, Jeannette Jeske, Debra Goodsell, Fred Wagner, Barb Clark, and Tim Blood.

MONETARY CONTRIBUTIONS:

- * **Helmut Krebs, Margaret Fife and Erlinda Huntington made *Donations to our Transportation Program.***
- * **Michigan Masonic Charitable Foundation, Linda Seawood, Bob May, Joe Likowski, Barbara Morgan, Barbara Belfino, Anneliese Keehn, Jeannine Marks, Joyce Howell, Robert Groenewoud and Anonymous donors made a *Donation to our Building Fund.***
- * **Maxine Mack, Jerry Freeman, Marcella Rhodes, Anthony & Regina Ritrovato, Cheryl Ryno, Helen Metzger, Paris Karsten, Terry Holt, Harriet Farwell, Becky Stalnaker, Linda Masters, Sally Streick, Edwin Naumann, Judith Remington, Susan Rogers and Kathy Baginske made a *Donation to our Building Fund Program.***
- * **Cathy Eppard made a *Donation to our Outdoor Fitness Zone.***
- * **Karen Plott made a *Donation to the Parkinson's Exercise Program.***
- * **Cindy Miller made a *Donation to the Wood Shop.***
- * **Perla Tolentino made a *Donation to the Library.***
- * **Judith Ellsworth and Anonymous Donors made a *Donation to the Circuit Training Room.***
- * **John Sandman made a *Donation for Postage.***
- * **Anonymous donors made a *Donation to Pickleball.***
- * **Patrick Duncan made a *Donation to the Resistive Exercise Class.***
- * **Bob Rechner made a *Donation to our Programs.***
- * **Erlinda Huntington made a *Donation to our Brick Fundraiser.***
- * **Charmain Farnan and Michael & Ann Duensing made a *Donation in Memory of Chris Heyn to the Friendship Garden.***
- * **Shirley Miller made a *Donation in Memory of Bernice Dadan, Max Doyle & Larry Soderborg.***
- * **Cheryl Baker, Carole Jean Kinsting, Wendy Simons, David Wiersbe and Robert Winkleman made *Thrivent Choice Dollar Donations.***

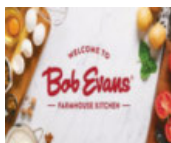


AARP TAX PROGRAM: From Bob Rechner, AARP Center Coordinator - From the Tax Aide preparers, we extend our heartfelt gratitude to all the Staff and Volunteers who worked behind the scenes to make this free program such a success for the members. Our thanks go out to Sandy, Lynn and Onalee for managing the appointments, to Sharyl for publicizing the event in the Anchor News, to Pauline for organizing the Intake Process with clients, to the Volunteers who greeted clients and sorted their tax documents, to Tai for keeping our work space clean and neat, and, of course to Cindi for

overseeing the entire operation. You all are the greatest! In return, all of us here at the Center would like to extend a big THANK YOU to Bob Rechner and all the Tax Aide preparers and Tax Intake Volunteers for all of your hard work and dedication for providing this valuable service to our membership. Your time is so appreciated!



Many thanks to Rosie Faulkner, Onalee Hartman, Cindi McLaughlin, Shirley Miller, Sarah Rodgers, Linda Salverson, Wanda Scates, Carolyn Strzyzkowski, and Lori Tucker for supporting the Center through Harding's Community Rewards. You too can support our Center by signing up for Community Rewards. A Staff member can assist you with the process if needed.



A big thank you to Red Coach Donuts and Bob Evans for your support of our Volunteer Appreciation Breakfast and making it such a great event. It is so greatly appreciated!

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.

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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
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MAY ACTIVITIES

2 Bearded Boys of Baseball 10:00 am
2 Wood Shop Pen Class 9:00 am-12:00 pm
6 Create With Clay-**Offsite** 1:00 pm-3:00 pm
7 AFLAC 10:00 am
8 Book Club 10:00 am
8 Local Author - Marcy Blesy 10:00 am
9 Bingo 1:00 pm - \$1
10 Foot Clinic - **BY APPOINTMENT ONLY**
13 Demystifying Dementia 10:00 am
14 Movie 1:00 pm
15 Downsizing 10:00 am
16 Board Meeting 10:00 am
16 Wood Shop Pen Class 9:00 am-12:00 pm
17 Commodities - 9:00 am-11:00 am
17 Cookies & Canvas 12:00 pm-3:00 pm
17 Foot Clinic - **BY APPOINTMENT ONLY**
18 Used Tool Sale - 9:00 am-2:00 pm
20 Best Hearing Store -Hearing Screening
BY APPOINTMENT ONLY
21 Onalee's Retirement Party 10:00 am
23 Invasive Plants 10:00 am
23 Bingo 1:00 pm
27 **Center closed - Memorial Day**
28 Stamp Camp 12:00 pm-3:30 pm
29 Newsletter Mailing 9:00 am
30 Bingo 1:00 pm
31 Loan Closet Sale 9:00 am-3:00 pm

SAVE THE DATE! - Walk-A-Thon Fundraiser
Saturday, September 7th/10:00 am-2:00 pm
Get your walking shoes on! Details to come.

