

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

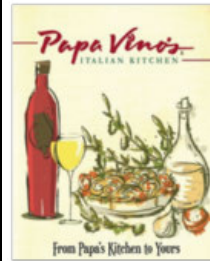


HEALTHY EATS



We are excited to share with you that starting July 8th we will have another food option here. Base Bowls & Company who was awarded the 2024 Best New Business Award by the Southwest Regional Chamber is partnering with us on Mondays-Thursdays from 11 am-1 pm to serve you fruit cups, fruit salad, pasta salad and more. All of the choices will only be \$5 and give you a good midday healthy pick me up. Once a week they will be here to prepare fresh smoothies for \$6. **The method of payment will be cash only.** You will find this new service in the first room on the left hand side when you enter through our main entrance, which we refer to as the First Meeting Room. If this service is well accepted by our membership, it is our hope to increase the menu. Please check this out, you won't be sorry! More information will be available in the July newsletter.

PAPA VINO'S FUNDRAISER



We are partnering with Papa Vino's from June 24th-June 27th for a fundraising event. The proceeds will be designated to our building fund for general expenses. All you need to do is go to Papa Vino's at 1332 Hilltop Road on these days and present them with a voucher, which is available at our Senior Center. We will make a percentage of your total bill, less tax and gratuity. You can even pick up a couple bottles of their amazing salad dressing when you are there and it will count towards your purchase. You have several ways to show your support and contribute to our Center.

- ⇒ **Anyone may present a voucher or show it on their phone** when they **dine in or take out**. Call Papa Vino's at 269-983-9900 to place a takeout order.
- ⇒ Here's the link to the family-style online pre-order (each order feeds 4-5 people): <https://www.papavinositaliankitchen.com/sjlsc.html>. You can also add on a donation at the end of your order and our Center will receive 100% of these donations.
- ⇒ **Orders can be placed anytime from now until 4 pm the day of pick-up.**

We hope you will take this opportunity to enjoy some delicious food and support our Center. Please come to the Center and get vouchers to give to your entire family, neighbors and friends and everyone you know or clip the voucher on page 14. Who doesn't need a break from cooking now and then? We thank you in advance for your support!



~Notes from the Board~

From Snow to Sunshine: A Journey Through Michigan's Fruitful Seasons



Did you know that Michigan is ranked among the top 10 states in the U.S. for fruit and vegetable production? Michigan's total agricultural production is valued at nearly \$580 million with roughly \$362 million in total fruit production and \$217 million in total vegetable production (Fruit Growers News, Commodity.com).

Michigan's ability to be one of the major fruit-growing states is due in large part to the lake-effect climate. This unique effect of the Great Lakes helps to moderate seasonal temperatures, which creates favorable conditions for production of fruits that are typically grown much further south. Additionally, because of glacial processes in Michigan's deep geological history, the state's fertile soils have ideal combinations of sand, silt and clay that are perfect for growing fruits and vegetables.

I remember when I first arrived in Southwest Michigan many years ago in the deep chill of January. I marveled at the white snow and how everything seems frozen in the quiet stillness of winter. This was quite a shift from the tropical island in the Pacific that I had moved from. But what a surprise when spring arrived, and the white snow-covered landscape magically transformed into lush hues of green. It was a wonder to observe seemingly dead and dormant trees sprout leaves and bloom blossoms, some of which would transform into beautiful and delicious fruits.

I quickly discovered that Michigan has specific peak harvest seasons for a rich cornucopia of fruits and vegetables, and the joy of exploring local farmers' markets, roadside produce stands, and you-pick farms. As an avid cook and baker, I was inspired to try new kitchen creations and share these with my family and friends.

I also learned how to preserve the deliciousness of Michigan's bounty through the art of canning. It took hours, and even days, to complete this process, but the reward for this work was that we could enjoy the fruits of my labor long after summer had ended and the cold months had returned. I loved canning so much that my husband had to build special shelving in the basement cellar. Later, I bought a steamer to make homemade grape juice, which I also sealed in jars and placed on the shelves in the cellar.

To this day, the grape juice that I made in my kitchen steamer, from grapes that I picked myself, is the best and purest I have ever had.

As someone who had spent her childhood as a city girl, I had never imagined the fun I would have hand-selecting fresh produce and developing such a great affection for the hobby of canning. My mom was surprised when I phoned her to share my excitement for canning. Initially, she wondered if I was running low on money and volunteered to send me some cash. I assured her that my canning hobby was not evidence of financial desperation, but a source of joy. She was not fully convinced until I sent her a jar of my homemade grape juice. After one sip she understood that the goodness of what I had created in my kitchen was not something that could be purchased at the grocery store.

Although I do not do as much canning these days, I do fondly remember the immense sense of accomplishment I felt when I gazed at the rows of my homemade canned goods neatly arranged on shelves that my husband had built for me in our basement cellar.

Michigan's harvest season starts in May with rhubarb, followed by sweet cherries and strawberries in June. In July, we can expect apricots, blueberries, peaches, and raspberries. August brings blackberries, cantaloupe, honeydew melon, sour cherries, nectarines, pears, plums, watermelons, and cranberries. Lastly, September sees the arrival of apples and grapes.

My husband and I still enjoy driving through the countryside to visit fruit orchards, admire the flowers, appreciate the fragrance of vineyards, and snap photos. With the convertible top down, the wind against our skin, and the warmth of the sun shining down, we feel like we are in our twenties again. As excellent sources of essential vitamins, minerals, high fiber, and a variety of health-boosting antioxidants, locally grown fruits and vegetables should be part of everyone's diet so you too can feel fit, healthy, and young!

We are fortunate to live in Southwest Michigan where we can truly savor all four seasons and enjoy the wonderful bounty of fresh fruits and vegetables. If anyone is interested in trading recipes that feature delicious locally grown produce, let me know!

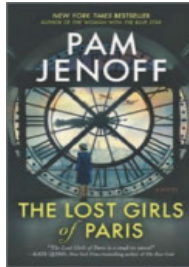
Celina Bevelhymer
~SJLSSC Board of Directors~

CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, June 12th, 10:00 am

The book to read for the month of June is "The Lost Girls of Paris" by Pam Jenoff. Leading the discussion will be Earlene Whorton. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



BEST HEARING STORE - "HEARING AID CLINIC"

Wednesday, June 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.**



MOVIES AT THE CENTER!

Thursday, June 20th, 1:00 pm

We have a Public Performance License which doesn't allow us to name the movie title to the general public, so you won't find the title of the monthly movie here or on our website. We do advertise the name of the movie within the Center, so look for flyers or call the Center. **Please sign up if you'd like to attend.**



COOKIES & CANVAS

Friday, June 21st 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 June is called "Stormy Lighthouse." 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."

STAMP CAMP

Tuesday, June 25th, 12:00 pm-3:30 pm

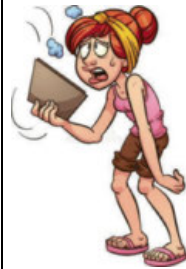
\$15 per person, payable at sign up-NO REFUNDS

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. These cards will be Humorous 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.**

BABY IT'S COLD INSIDE



With warmer months here, 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.

SUPER BOOKS

The Super Books have finally arrived! Stop in to the Center and get yours. The Center will receive \$8 for every book sold. Thank you!

FOOT CLINICS

By Appointment Only



Blessed Feet, LLC performs Foot Clinics at our Center two times a month. Please contact Jane Sherwin at 269-240-3437 with any questions and for appointments. This service is available to our members, but not a function of our Senior Center.

Our Senior Center has an 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

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

HENRY FORD MUSEUM/GREENFIELD VILLAGE

Wednesday, September 11th

\$120 per person 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 BARN 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! **MODERATE ACTIVITY**

****WAITING LIST****

Chicago Dine Around ~ June 5th

Frankenmuth ~ June 13th

Beautiful ~ July 14th

Elkhart Riverboat/Lintons ~ August 6th

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.

"We Have the Home Storage Solution for You"



VALUE SHEDS

Bill Rohm
(269) 921-0929

True Mennoite & Amish Craftmanship

4032 M-139 (next to True Value)

St. Joseph, MI 49085 (I-94 Exit 28, turn South)



www.sunrise-structures.com



**Passaro, Kahne, Taylor,
DeFrancesco & Thompson**

LAW OFFICES *your local common-sense legal team*

685 West Main Street, Benton Harbor, MI 49022 | (269) 983-0325 | passarokahne.com
17656A US Highway 12, New Buffalo, MI 49117 | (269) 469-5297 | Fax: (269) 983-0328

Serving Seniors...

- Medicaid Applications
- Veterans Benefits • Real Estate
- Wills, Trusts, Powers of Attorney
- Estate Administration

Contact Lori M. Thompson
for additional information:

269-983-0325

lori@passarokahne.com



Starks

Family Funeral Homes & Cremation Services

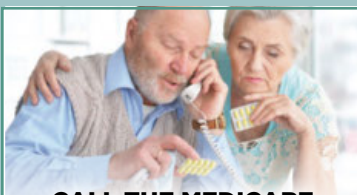
St. Joseph

Dowagiac

Berrien Springs

South Haven

www.starksfamilyfh.com 269-556-9450



**CALL THE MEDICARE
COVERAGE HELPLINE**

Get the Benefits You Deserve

Tom Rivette • 269-208-1940

JOHN'S GUTTER SERVICE

GUTTER CLEANING • MICRO-MESH COVERS • FREE GUTTER CLEANING WITH COVERS
25 YEAR WARRANTY!

888-827-5353

John Manning
Owner/Installer

**35 YEARS'
EXPERIENCE**

**\$95 ANY RANCH
GUTTER CLEANING**

Anchor news St Joe Michigan code 15-0754



**Legacy
Counsel** PLC
TRUST & ESTATES LAW

Gwendolyn Powell Braswell

- Wills & Trusts
- Powers of Attorney
- Avoid Probate
- Flat legal fee -
No surprise billing!

269.222.7480

www.legacy-counsel.com

500 Renaissance Dr., Ste. 104A, Saint Joseph, MI 49085



employee owned | established 1917

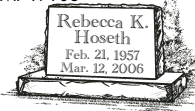
www.sunburstmemorials.com

- In Person & Virtual Meetings
- Designed with you, by you, for you

Brian Shembarger
Monument Dealer

Cell: **269-815-2033**

Email: brianshembarger@yahoo.com
Berrien Springs, MI 49103



INSURANCE MANAGEMENT SERVICE

Auto-Owners
INSURANCE

LIFE • HOME • CAR • BUSINESS

501 Main Street St. Joseph, MI
269-983-7101

214 N. 4th Street Niles, MI
269-683-4900



ANNE SEYMOUR ODDEN
REALTOR®, ASSOCIATE BROKER

M: 269.930.0257 | AnneOdden@atproperties.com

**CALL ME FOR A NO-OBLIGATION
CURRENT MARKET ANALYSIS**

@properties

CHRISTIE'S
INTERNATIONAL REAL ESTATE



269-983-2513

509 Ship Street • Downtown St. Joseph
www.whitcombretirement.com



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

15-0754

QUILT RAFFLE



Our St. Joseph-Lincoln Senior Service Center Quilters have created another beautiful 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. You do not need to be present to win. 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.

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!

UKULELE BEGINNER CLASS



We will once again be offering beginner classes for ukulele in September. If you would be interested in taking this class, please stop at the front desk and add your

name to the interest list. **This is a progressive class and it meets on Tuesdays at 2:00 p.m.**

2024 COMMUNITY RECYCLING EVENTS

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



BAKERS NEEDED

The Center's Annual Picnic will take place on Friday, August 2nd and once again there will be a raffle for wonderful summer treats. If you would be interested in putting your baking skills to use and contributing to this fundraiser, please call the Center to leave Pauline a message or you are welcome to stop by her office! Thank you!

HAPPY FATHER'S DAY!



"Dad - a tiny little word, a great big difference." ~

Keely Chace

The Board of Directors and Staff of SJLSSC would like to wish all of you fathers a wonderful Father's Day. We hope your day is filled with sunshine, laughter, good food, great company, a game of golf, fishing, or doing whatever makes you happy!

SJLSSC WALKING PROGRAM

The SJLSSC Lively Steppers Walking Program has begun! Your miles and smiles are valuable to our Center. At the end of each month, turn in your miles you have tracked and accumulated. Don't forget to put your name and the month on it. You can drop these in the box located at the front desk. If you cannot make it into the Center, call the Center and we will add it for you. You can use your own calendar or the one provided by the Center. Did you know that the National Health Standard recommendation is 10,000 steps per day, every day? Even 8,200 daily steps can effectively reduce the risk of chronic conditions such as diabetes type 1 & 2, sleep apnea, hypertension, and weight management. If you would like to volunteer to be a walking group point person for July, please call the Center and leave a message for Jean Green and she will get back to you as soon as possible.



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 biographies, 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!



COMPUTER LAB

Our Computer Lab is back to its normal operating hours. And, remember that assistance is available on Wednesdays from 1:00 pm-4:00 pm.



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 - 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. We thank you in advance for your purchase!

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 to keep your mind active!



BINGO

Thursday, June 13th, 1:00 pm \$1
Thursday, June 27th, 1:00 pm

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



**Our Volunteers plant
smiles and
grow laughter!**

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 WEEK**
- 2:00 pm - Intermediate Pickleball **1st & 3rd WEEK**

FRIDAYS

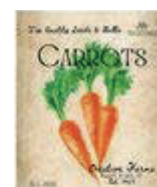
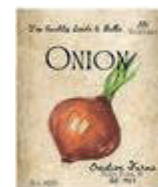
- 9:00 am - Chair Yoga
- 10:30 am - Beginner Pickleball
- 12:00 pm - Parkinson's Exercise
- REGISTRATION REQUIRED**
- 12:00 pm - Intermediate Pickleball
- 1:00 pm - Euchre
- 1:00 pm - Sit & Share-Parkinson's Support Group

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
- ⇒ 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.

Gardening is the slowest of the performing arts.

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



"For All Your Future Construction Needs"

Roofing • Siding • Flat Roofs
Fascia & Soffit • Gutters

269-983-1500 269-463-ROOF 269-468-3804

Senior discounts • Serving all SW MI • Licensed - Insured - Bonded

Family owned and operated for over 60 yrs!

Mention this ad at time of estimate for special discount

WE ARE HERE TO HELP



Contact us for information, options, and services for older adults, younger persons with disabilities, and care partners.



**REGION IV
Area Agency
On Aging**

Serving Berrien, Cass & Van Buren Counties

Offering Choices for Independent Lives

Information Line: (800) 654-2810

AreaAgencyOnAging.org



Classes designed for the active adult interested in being healthier.

Be physically strong, mentally sharp and emotionally well, everyday!

Call to reserve your spot today!

Small class sizes for personal attention.

269-408-8444

www.maddog51.com

Marydawn Taggart
Founder & Owner



HEATING AND COOLING
REPAIR SINCE 1963!

BoelckeHeating.com

Call us for all
your HVAC &
Plumbing Needs!

269-429-9261

BOELCKE
HEATING • AIR CONDITIONING • PLUMBING



broken dentures?



CONTACT

**Dr. Shelley
Wilson D.D.S.**

for Complete Dentures

Starting at

\$1350 Per Arch

REPAIRS • RELINES

PARTIALS

SAME DAY

Emergency

EXTRACTIONS

New Patients Always

welcome

269-983-3100

1626 LANGLEY AVE., ST. JOSEPH

PriorityHealth



Looking for a Medicare plan that has honest pricing and real value?

Ask me about Priority Health—the only Michigan-based Medicare plan to receive 5 out of 5 stars for their HMO-POS plans¹. Medicare plans start at \$0 that give you more of the benefits you need and the extras you want.

Agent: Michael Ashbrook, Ashbrook Insurance

Phone: 269.468.4894 | 866.886.4175

Email: wolvs1@hotmail.com

¹Results for HMO-POS plans only. Every year Medicare evaluates plans based on a 5-star rating system. Priority Health has HMO-POS and PPO plans with a Medicare contract. Enrollment in Priority Health Medicare depends on contract renewal.

Y0056_400040022301_M CMS-accepted 1105202

©2022 Priority Health 12503M2 10/22

LET'S GROW YOUR BUSINESS

Place Your Ad Here and Support
Our Parish!

CONTACT ME Terry Sweeney

tsweeney@lpicommunities.com (800) 477-4574 x6407

**Beaudoin
Electrical
Construction**
Incorporated

Maintaining Today's Equipment
Installing Tomorrow's Technology

INDUSTRIAL • COMMERCIAL

"Service with Excellence 24 Hours A Day"

Electrical Construction • Design/Engineering • Substation Maintenance
Custom Controls & Factory Automation • Tele-Data Network • Lighting

(269) 925-4815

Fax (269) 925-6849

http://www.BeaudoinElectric.com

3042 Pipestone Rd.
Sodus, MI 49126-9793



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

15-0754

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

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.

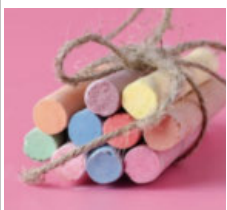
Please sign up to attend this class.

ART CO-OP PASTEL CHALK 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. **Space is limited, 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.**



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/LUNCH

Thursday, June 13th, 12:00 pm-LUNCH SERVED

Bingo 1:00 pm - \$1

DEADLINE TO SIGN UP IS JUNE 5TH

MUST BE PLAYING BINGO TO ATTEND



Caretel Inns
ST. JOSEPH

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. **Lunch is free for those who are playing Bingo. Please remember to sign up by June 5th!**

CENTRICA CARE NAVIGATORS - INTRO TO HOSPICE

Monday, June 17th, 10:00 am

When your medical team says no more can be done to cure your illness, there's much more Centrica Hospice Care can do to improve your comfort and ability to have quality of life. Nicole Hastings, RN, Community Partner Liaison with Centrica Care Navigators will be here to answer any questions you may have. **Please sign up if you are interested in attending.**



SUPER BOOK COUPON SWAP

Tuesday, June 18th, 9:00 am-12:00 pm



If you purchased a Super Book and you have coupons you know you will not use, plan to join us for the Coupon Swap. Bring your coupons and swap them for some you will use! You will be helping yourself, as well as others! Please sign up to attend.



ANNE'S REAL ESTATE ROUND TABLE

Monday, June 24th, 10:00 am



If you are interested in downsizing, you will want to attend this program. During this program, you will learn how twenty-three

participants dealt with their concerns and experiences regarding downsizing. It can be overwhelming, but there are steps you can take to make the process more manageable, such as determining what objects are emotionally significant, and focusing on one room at a time. Estate Organizer, Robin Zollar, as well as Cynthia Deitmeyer, from Welcome Home Design Group, will be here. The focus will be on the resources and options to manage furniture, collections and other significant objects.

Remember to sign up if you'd like to attend.

SENIOR SELF DEFENSE

Tuesday, June 25th, 10:30 am-12:00 pm



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. **Space is limited, so sign up soon!**

YOUR IDENTITY - STAYING CONNECTED AND PROTECTED

Monday, July 1st, 10:00 am



Identity theft is widespread and varied. Jo Ann Flowers from AARP will present this 60-minute program which

will allow the participant to review their ID protection checklist and learn steps the participant can start using today to help protect their identity. **Please sign up to attend.**

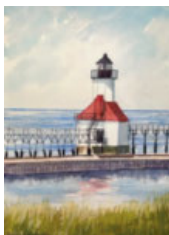


ART CO-OP WATERCOLOR WORKSHOP

Monday, July 8th, 12:30 pm-3:00 pm

\$30 per person, payable at sign up NO REFUNDS
Make checks payable to Karen Garavalia

Please sign up by July 1st, limited to 15 people



Join us for another fun workshop with watercolorist Karen Garavalia. We will be painting a rendition of the St. Joseph Lighthouse. Karen will share her knowledge in watercolor and illustrative techniques with step

by step instruction. This project is for intermediates; however, beginners are also welcome. All materials needed will be provided.

WELLNESS
coaching

WELLNESS COACHING

Tuesday, July 9th, 1:00 pm

Kelly Williams is a Certified Wellness Coach and she will be here to discuss ways designed to empower you with the knowledge, tools, and support you need to make positive changes in your physical, mental and emotional well-being. These things can improve your nutrition, manage stress, boost your fitness, or enhance your overall quality of life. **Please sign up if you would like to attend.**



OUTDOOR CONCERT

Thursday, July 11th, 1:00 pm-3:00 pm

It's that time of year again. Please join us for our first outdoor concert of the year with Acoustic Buffet. If you are looking for some music that isn't the same ol' Top 40 cover songs then this is the concert you should attend. The Acoustic Buffet includes songs that bring back memories, along with some tunes you may not recognize from some well-known artists. Their music is acoustic with a bit of humor thrown in for fun. It will remind you of the '70s Coffee House Scene. The playlist includes lesser-known songs from artists such as Gordon Lightfoot, Kris Kristofferson, CSNY, John Prine, Johnny Cash, Delaney & Bonnie, Jimmy Buffett, Bob Seger, Dave Mason, David Crowder, and many others. Remember to bring your lawn chairs. **If the weather is a problem, the concert will be moved indoors to the Activity Room.** You can grab some lunch or a snack at Healthy Eats here at the Center before the concert. We look forward to seeing you there!





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.

In addition to our luxurious amenities, including a restaurant, pub, movie theater, and spa, guests can also enjoy a large life-enrichment calendar that features local outings.

269.428.1111 | caretelstjoseph.com



TRI CITY VILLAGE APARTMENTS

541 N Main
Watervliet, MI 49098

62 & Over
or Mobility Impaired.
Low income based community.

We are now accepting applications for our waiting list.

Office hours: Mon., Wed., and Fri.
9:00 AM to 4:00 PM

**Call for an appointment today.
269-463-4543**



EQUAL HOUSING OPPORTUNITY



A Rehabilitation and Extended Care Community

Our Goal Is To Get You Back To Living Your Life!



Our Return to Home Rehabilitation Unit promotes quick recovery

We accept medicare, most private insurance and medicaid.

Call for more information or stop in for a tour
288 Peace Blvd., St. Joseph, MI 49085 • 269-556-9050

HARTMAN CHIROPRACTIC

Dr. Brian Hartman, D.C.

(269) 235-4024



712 Comings Ave.
St. Joseph, MI



BCM ORGANIZING, LLC
- FOR THE HOME -

(269) 769-8272

www.bcmorganizing.com

**DECLUTTER
ORGANIZE
UNPACK**



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Scan to contact us!

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD
CREATOR
STUDIO



lpicommunities.com/adcreator



PROVISION LIVING AT ST. JOSEPH

Assisted Living | Memory Care



PROVISION LIVING
Senior Living Communities

3351 Niles Rd., St. Joseph, MI 49085

(269) 247-5371 | provisionliving.com

FLORIN FUNERAL SERVICE

Honoring Family. Celebrating Life.

JOHN C. FLORIN
Funeral Director

staff@florin.net
www.florin.net

St. Joseph - Benton Harbor - Coloma - Watervliet 269-983-1514

Fairplain Chapel - 1053 E. Napier, Benton Harbor 269-926-7222

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 11:15 am-12:00 pm
Vegetarian meal also available
JUNE





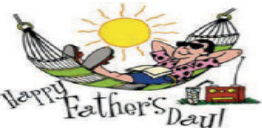

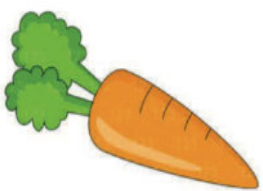

CALL 269-921-0136 TO SIGN UP
PLEASE CALL BY 10:30 AM 2 DAYS IN
ADVANCE TO MAKE OR
CHANGE LUNCH RESERVATIONS

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
3 King ranch cass. Fiesta blend corn Mandarin oranges	4 BBQ chicken Green beans Tossed salad Applesauce	5 Tuna salad Carrot medley Dinner roll Pears	6 Orange chicken Stir fry veggie blend Steamed pea pods Pineapple	7 Loaded baked pot. Peas & carrots Fruited jello
10 Brat on a bun Baked beans Diced carrots Mandarin oranges	11 Chick. Jambalaya Stewed tomatoes Blueberry crisp	12 Egg salad sand. Bean salad Cucumber slices Apple	13 Turkey meatloaf Whipped potatoes 5-way mixed veggies Seasonal fruit	14 Hamburger Potato wedges Steamed squash Cinn. applesauce
17 Swiss steak Whipped potatoes Beets Peaches	18 Beef enchiladas Spanish rice Santa Fe blend vegg. Diced pears	19 NO SENIOR NUTRITION CENTER OPEN	20 Chicken A La King Steamed corn Side salad Tropical fruit	21 Spaghetti Steamed squash Texas toast Seasonal fruit
24 Shepherd's pie Seasonal veggie Fruit crisp	25 Spinach Mushroom tortellini bake Broccoli - apple	26 Summer berry Spinach salad Crackers Banana	27 Egg bake w/vegs. Turkey sausage O'Brien potatoes Spiced apples	28 Chicken sandwich Baked beans Roasted carrots 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!

YOU ARE INVITED TO A

PAPA'S PARTNERS™

EVENT TO BENEFIT

St. Joseph-Lincoln Senior Service Center

Present this voucher at the Papa's Partners™ Event and Papa Vino's® will donate up to 20%* of your guest check to the designated organization.

Date: June 24 - 27, 2024

Location: 1332 Hilltop Road St. Joseph

A Papa's Partners™ voucher is required with each guest check to receive credit for the sale. Offer only valid on the date, time and location stated above.
*Tax and gratuity are not included.

Papa Vino's
ITALIAN KITCHEN

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

Papa Vino's Italian Kitchen

1332 Hilltop Rd., St. Joseph

June 24th-June 27th

Hours: 11:00 am-9:00 pm

Phone: 983-9900

Dine In or Take Out - Tax and gratuity are not included.

SJLSSC will receive 20% of your purchase less tax and
gratuity. Thank you in advance!

**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. If you
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:
 Sharon Kabel, Adolf Pelzer, Lynn Hardke, Artis Bloom,
 Dolores Frantz, Kathy Neuenschwander, Pam Duffy,
 Gary Gaul, Connie Lind, Suzie Clifton, and Anonymous
 Donors.

**To everyone who donates other items that benefit the
 Center and Members:** Sandra Kay's Bakery,
 Chuck Gearhiser, Delora Sill, Judy Kramer, John Gregg,
 Jeannette Jeske, Linda Becker, Patty Preuss,
 Doug Patrick, Bob Hopkins, Caryn McFall, Tim Kragt,

Barbara and John Parsons, Judy Kramer, Celina Bevelhymer, Chris Wright, Else Elsner,
 Charles Bevelhymer, Dolores Frantz, Sabrina LaSota, Cheryl Ryno, Julianne Testa,
 Cindy Davies, Carol Baker, Sarah Karl, Connie Yore, Adolf Pelzer, James Keller, and
 Joan Peden.

MONETARY CONTRIBUTIONS:

- * Our Anonymous Donors, Erlinda Huntington, and Helmut & Alfrieda Krebs made Donations to our Transportation Program.
- * Helga Berzins, Lynn Hardke, John Roden, JoAnn Scates, Hong & Phay Son, Myra Voth, Fredonna Kempf, John Edwards, Beth Chapman, Celina Bevelhymer, Gloria Hopkins, Brian Chapman, Anneliese Keehn, GBU Life (Jeannine Marks), Anonymous Donors and Dolores Jean Edwards made a Donation to our Building Fund.
- * Mary Jane Hiler and Richard Johnson made a Donation to the Building Fund Program.
- * Deb Vliet made a Donation to the Wood Shop.
- * Janet Lietz made a Donation to the Circuit Training Room.
- * Anonymous Donors made a Donation to Pickleball.
- * Kathy Ketelhut made a Donation to Friendship Garden.
- * Elfriede Fitz made a Donation to our Chan's Garden Fundraiser.
- * Ruth Betker made a Donation to Resistive Exercise In Memory of Richard Betker.
- * Robert & Bonnie Tibbitts and John & Barbara Parsons made a Donation in Memory of Christine Heyn to Friendship Garden & The Walking Trail
- * Maggie Trail made a Donation in Memory of Larry Trail.
- * Marguerite Atkins made a Donation in Memory of Joanne Reque.
- * Mary Sundblad made a Donation in Memory of Tom DeVries.
- * Southwestern Michigan Car Collectors made a Donation in Memory of Connie Letke.
- * Joe & Diane DeFrance made a Donation in Memory of Katherine Mitchell and Hattie DeFrance.

We'd like to express a BIG THANK YOU to Chan's Garden for partnering with us in our fundraising efforts. We greatly appreciate it, and we know others do too!

Thank you Wood Shop Volunteers and everyone who donated tools. We appreciate your support!

WISH LIST: Muffins, individually wrapped candy, store bought breakfast pastries, coffee cakes, bottled water, regular and decaffeinated coffee, Sweet & Low, Equal and sanitary wipes.



St. Joseph – Lincoln
Senior Service Center
3271 Lincoln Ave.
St. Joseph, MI 49085



Serving the Community Since 1975

It is the mission of the St. Joseph-Lincoln Senior Service Center to provide safe, friendly, and positive social, educational, and recreational services for the 60+ citizens of our community.

Executive Board Members

President	Pauline Fox
Vice President	Tim Kragt
Secretary	Patty Nordberg
Treasurer	Bob Hopkins

Board Directors

Celina Bevelhymmer, Bill Burrows, Mark Johnson, Rocco Pavese, Ted Post, Jerry Radenbaugh and Cheryl Ryno

Staff

Executive Director	Cindi McLaughlin
Support Associate	Sharyl Freehling
Receptionist	Onalee Hartman
Administrative Assistant	Sandy Draper
Staff Assistant	Lynn Vince
Building Custodian	Tai Huynh
Sr. Nutrition Manager	Bill Schiffbauer



AND ALL OUR WONDERFUL VOLUNTEERS!

Helpful Service Numbers

Area Agency on Aging	(800) 654-2810
Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Lakeshore Legal Aid	(888) 783-8190
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	(269) 983-7111

Non-Profit Org.
U.S. Postage Paid
St. Joseph, MI 49085
Permit 416

**DATED MATERIAL DO NOT DELAY
RETURN SERVICE REQUESTED**

This newsletter mailed @ St. Joseph Post Office on 05-29-24



JUNE ACTIVITIES

3 Fraud Watch Basics 10:00 am
3 Pastel Chalk Workshop 1:00 pm-3:00 pm
10 Peace of Mind 10:00 am
11 Debunking Diabetes Myths 10:00 am
12 Book Club 10:00 am
13 Caretel Lunch 12 pm/Bingo 1:00 pm - \$1
17 Best Hearing Store -Hearing Screening



BY APPOINTMENT ONLY

17 Intro to Hospice 10:00 am
18 Super Book Coupon Swap 9:00 am-12:00 pm
19 **NO SENIOR NUTRITION - CENTER OPEN**
20 Board Meeting 10:00 am
20 Movie 1:00 pm
21 Commodities - 9:00 am-11:00 am
21 Cookies & Canvas 12:00 pm-3:00 pm
24 Anne's Real Estate Round Table 10:00 am
25 Senior Self Defense 10:30 am-12:00 pm
25 Stamp Camp 12:00 pm-3:30 pm
26 Newsletter Mailing 9:00 am
27 Bingo 1:00 pm



IMPORTANT INFORMATION

We are asking that everyone exit our Center by 3:45 pm so the Staff can securely close our building. We appreciate your cooperation!