

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



AUGUST
2024

ELECTION FOR BOARD OF DIRECTORS

It is once again time to begin the process of electing new Board Members for a 3-year term. We have 4 Board seats available in this election. If you have a passion for our Center and can volunteer your time for meetings and projects, you might consider running for our Board of Directors. Our monthly meetings are on the third Thursday of every month at 10:00 am. Please see below for dates of the nominating/election process:

Aug. 9th Applications available at front desk

Aug. 15th Applications due by 4 pm

Sep. 19th Presentation of Nominees to Board

Sep. 27th Candidate interviews

Oct. 7th Absentee voting 8 am-3 pm

8th & 9th

Oct. 10th Board Election 8 am-3 pm

**Oct. 17th Board Meeting with Election of
Officers 10 am**

Oct. 18th Annual Breakfast 9 am

MUST SIGN UP BY OCTOBER 11TH

RENEWAL OF SENIOR CENTER PROPOSAL



Please remember to vote on August 6th for the Renewal of the Senior Center Proposal. It is vital to the future of the seven Senior Centers in Berrien County and for the seniors in our community.

Mark your calendar for August 6th and assist the Senior Centers in continuing to be a valuable resource in our County!

WALK-A-THON FUNDRAISER



The Walk-A-Thon is scheduled for September 7th from 10:00 am-2:00 pm on our beautiful walking trails here at the Center. Please support this fundraiser by 1) walking in the event, 2) give a donation to a walker, or 3) volunteering to help. Walkers will need to pick up donation envelopes at the front desk. Contact your friends, neighbors and relatives to obtain donations. The envelopes will be returned to a Volunteer at the event. If you would like to volunteer at the event, leave your name and phone number at the front desk and a Fundraising Committee member will contact you. If you are unable to walk, come join in the festivities. There will be concessions, music and games. Hope to see you there!



Base Bowls will not be here on Wednesday, August 28th, but will be here on Friday, August 30th.

~Notes from the Board~



The Senior Center has been playing “modified” softball each summer, since 2010. Every spring we have the regulars, lose a couple from the prior year and then add another two or three replacements. The replacements have dusted off their ball glove from the closet and announced to their wives, “I am going to try one more time, since I never made varsity.” Although some have earned varsity letters, they do not talk about it. Our slogan is “We don’t stop playing because we grow old; we grow old because we “stop playing.”

We meet at Wells Field on South State St., play once a week from 1:00 pm-2:30 pm. We go by “sandlot” rules, right field is foul ball, pitcher hands can be out; and” **IF you** get to second base” you have scored for your team; bow and head for the bench!

Our physical attributes at this stage of life have diminished, **IF** you can run you are four steps slower and you can no longer throw across the infield; now you see why pitcher’s hands is OUT!

Consider how peculiar it is to ask another senior center member whether they play baseball, present tense. Each time when we finish our warm up the players gather midfield for their position and team assignment: nobody rides the bench. It reminds me of the movie “Field of Dreams” with Kevin Costner, and a voice from the cornfield says “If you build the field they will come.”



~Coach Rad~

Jerry Radenbaugh
~SJLSSC Board of Directors~

WELCOME NEW STAFF MEMBERS

~Julie Hartman ~
Front Desk Receptionist



“I was born and raised in Monroe, Michigan and I have 3 other siblings. I am half Italian from my Dad and German and French from my Mom. AEP brought my family to Stevensville about 30 years ago. I have 2 wonderful sons. Dirk is married and lives in Ocean Springs, Mississippi, with his family.

I have 2 granddaughters, Makoi and Monroe. I love being a grandma. Spencer is engaged with a wedding coming soon. He lives in South Bend. My work history includes many years in healthcare. I am a big Detroit Tigers and Lions fan and a huge lover of pets.” If you haven’t already, please stop by and say hi to Julie!

~Jamie Bingaman~
Program Coordinator



Although born and raised on the east side of the state, Jamie has lived in Southwest Michigan for nearly thirty years and considers this wonderful area her home. After earning her Bachelors of Arts degree from Western Michigan University, Jamie settled in St. Joseph where she and her husband

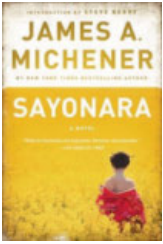
Marty have raised their two sons. With a passion for community-based nonprofits and volunteerism, Jamie has had the privilege of working for area non-profits for nearly fifteen years. Outside of volunteering, Jamie also enjoys traveling, gardening, and reading. Most summer weekends, she and her husband can be found at the ball fields watching their youngest son play center field! If you have the chance, stop in and say hi to Jamie!



CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, August 14th, 10:00 am



The book to read for the month of August is "Sayonara" by James A. Michener. Leading the discussion will be Barb Dorow. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

COOKIES & CANVAS

Friday, August 16th, 12:00 pm-3:00 pm

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

Make checks payable to Roy Hruska

DEADLINE TO SIGN UP IS AUGUST 14TH



The watercolor painting for the month of August is called "Tiger Lilies." This painting is on a 9" x 12" canvas and all materials needed for this class are provided. **Remember to sign up soon.**

BEST HEARING STORE - "HEARING AID CLINIC"

Monday, August 19th

By appointment only

Quinton Smith from the Best Hearing Store will be here 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, August 22nd, 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 to attend.



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, August 27th, 12:00 pm-3:30 pm

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

Make checks payable to Caryn McFall

DEADLINE TO SIGN UP IS AUGUST 22ND

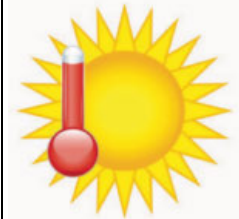


Join us as Caryn McFall returns for another class on hand stamped cards. This month's theme is Thinking of You, Get Well, and Sympathy cards. You will be making 8 cards with envelopes. All materials will be provided for

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



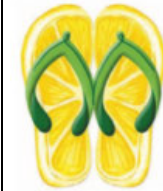
With warmer months here, the temperatures outside have risen. We all have different body temperatures, so we ask that you dress accordingly for yours, so that you can be comfortable. We do keep the

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.



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.

LOST & FOUND

Our Lost & Found is overflowing again. If you have lost something please look here. Stop at the front desk and we will direct you. Thanks!

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

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. On the trip back you will stop at Culver's to grab dinner for the ride home. Only a few spots left, 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. You will take a tour of a historical house and then you will feast on a family style dinner before the theatre performance. Clue 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. If you are up for a little adventure, sign up soon! **MODERATE ACTIVITY**

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!

TRIPS FOR 2025



We want to know what trips you would like to take next year. Please tell us where you would like to go and what you would like to do. We prefer to keep our day trips to a maximum of 3 hours away so you can enjoy yourself and not sit on a bus for a long time. Please fill out the forms by our Trip bulletin board with your ideas or you can email coordinator@sjlsc.org. From your input, we will put together a list so everyone can express their opinions and then we will start booking our adventures for next year.

MEIJER GARDENS - HOLIDAY TRADITIONS EXHIBIT

Tuesday, December 3rd

\$62 per person payable at sign up

This trip includes round trip motor coach transportation, admission to Frederik Meijer Gardens, and a self-guided tour of the Tropical Conservatory, Arid Garden and Victorian Greenhouse. Assisted by the Docents of Meijer Gardens, you will enjoy the stunning Christmas & Holiday Traditions Exhibit, honoring cultures and holiday traditions from around the world. You will have 2 hours for self-guided tours. On the way home the group will stop at Russ' Restaurant in Grandville. Attendees will be able to purchase lunch from their expansive menu of homemade meals. Sign up soon!

NEW TRIP-MODERATE ACTIVITY

****WAITING LIST****

Vermont ~ September 22nd-28th



TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, unless otherwise noted. **All people signing up for our trips must be a member.** If you are signing up for someone else, please make sure you know their phone number. Trip participants are required to stay with the Center group for all planned activities. We only accept cash or checks. Most trips fill quickly, but waiting lists are taken. In cases of cancellations, refunds, less a \$10.00 administrative fee, are given, if a replacement can be found. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.

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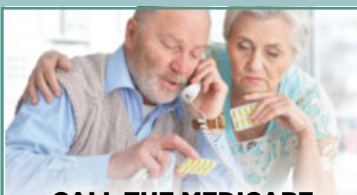
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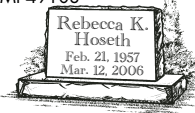
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LINCOLN AVENUE RESURFACING DATE

When our newsletter went to print, per St. Joseph Charter Township Public Works, Lincoln Avenue will be closed for resurfacing of the road beginning September 3rd. Everyone will need to enter from Clemens Avenue. They did not give us a timeframe for this. Thank you!



LOAN EQUIPMENT



Did you know that we have a Loan Closet from which you can borrow a cane, walker, or a wheelchair among other things? We allow you to borrow equipment for up to 2 months at absolutely no charge. And, sometimes you can even buy this equipment when we have an over abundance. You just need to be at least 60 years of age to qualify. 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.**



REFRESHER BRIDGE

Mondays, 1:00 pm



This is a refresher course for those who are already experienced in the game of bridge. Mary Moore will be here to help reacquaint you with the game of bridge and, if you are a skilled player, this will help you hone your card skills even more. There is no charge for this. Bring your friends and have a great time!

2024 COMMUNITY RECYCLING EVENTS

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

Let's go for a walk

The SJLSSC **Lively Steppers** Walking Program need your steps! Walking is the most **UNDERRATED** aerobic exercise. Walking decreases joint pain by squeezing your cartilage giving it oxygen and nutrients. Walking can strengthen your **immune** system by **43%** and boost **creativity** by **60%**. Don



your arch support sneakers and walk into a vibrant life...your life! Your body will smile with every mile. The mileage box is located near the Greeter's Desk. Just drop us a note with your name, month and your miles or steps. Can't get into our Center? No problem, just call in your info and we will add it for you. Don't forget weekends count! Grab your house guests and **GO, GO, GO!**



LEST WE FORGET ORGANIZATION



The Lest We Forget Organization will be displaying some of their materials here at the Center from July 5th to August 8th. Please take a moment while you're here at the Center to take a look at their display.

CENTER PLANTS



PLEASE DON'T WATER!
THANKS!

The Center has a designated Volunteer who waters the plants you see around the Center. We appreciate your help, but ask that you don't water the plants. We thank you in advance.

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!

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.

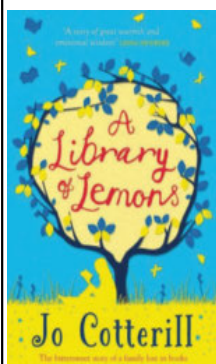
MEMORIAL DONATIONS - Made in memory of a friend or loved one who has passed away.

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.

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



SJLSSC LIBRARY



Our Senior Center Library has a lot to offer, such as biographies, fiction and nonfiction genres. We also have audio books and large print. You'll also find many magazines and periodicals, DVD's of movies, musicals, television and documentaries. We have something for all interests! Be sure to visit our Library!



CURRENT FUNDRAISERS

WALK-A-THON - Our newest fundraiser is a Walk-A-Thon scheduled for September 7th from 10:00 am-2:00 pm right here at the Senior Center. Please support this fundraiser by 1) walking in the event or 2) volunteering to help at it.

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. **Deadline is August 30th for next order. This will be the final order for 2024.** Order forms can be emailed, mailed, or picked up at the front desk.

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!



COMPUTER LAB HOURS



Our Computer Lab is open on Wednesdays from 1:00 pm-3:30 pm. If you have computer or cell phone questions, please feel free to stop in. You do not need to make an appointment.



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**
 1:00 pm - Refresher Bridge
 1:15 pm - Beginning Line Dancing
 1:45 pm - Intermediate Line Dancing



TUESDAYS

9:00 am - Resistive Exercise
 9:30 am - Pinochle
 10:00 am - Range of Motion **AUG. 6TH NO CLASS**
 11:00 am - Chair Drumming **AUG. 6TH NO CLASS**
 12:30 pm - Advanced Pickleball
 1:00 pm - Euchre
 12:30 pm - Advanced Ukulele
REGISTRATION REQUIRED
 2:00 pm - Beginner Ukulele
REGISTRATION REQUIRED

SQUEEZE THE DAY



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
 11:00 am - Tai Chi
 12:30 pm - Beginner Pickleball **3rd WEEK ONLY**
 12:30 pm - Scrabble
 12:30 pm - Hand & Foot Cards
 1:00 pm - BINGO **2nd, 4th, & 5th WEEK**
 2:00 pm - Intermediate Pickleball **3rd WEEK ONLY**

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
- ♦ Lively Steppers (Outside Walking Group-Seasonal)
- ♦ 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
- ⇒ Bingo Set Up & Tear Down
- ⇒ Commodities Distribution
- ⇒ Front Door Greeters
- ⇒ Fundraising - Quilt Raffle, Super Books
- ⇒ Handymen or Handywomen
- ⇒ Light Ironing
- ⇒ Newsletter Mailing
- ⇒ Transportation Drivers
- ⇒ Wood Shop Hosts



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



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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 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 accepting Halloween and Thanksgiving cards. We are in need of light pink, beige, blue, and lavender envelopes. **We do not need 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.
- ◇ If you cannot attend a program you've signed up for, please call and cancel.
- ◇ 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 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 record your volunteer hours. Please do both of these tasks so you are accounted for on our daily number of people in our building.
- ◇ To be eligible to use the services at our Senior Center, you or your spouse need to be 60 years of age or older. You need to be in our service area to use our transportation, run for our Board of Directors and/or vote in our Annual Board Election.

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

ART CO-OP CREATE WITH CLAY WORKSHOP

Monday, August 5th, 1:00 pm-3:00 pm

\$27 per person, payable at sign up - NO REFUNDS

Make checks payable to Create with Clay

DEADLINE TO SIGN UP IS AUGUST 1ST



Please join us for a "Gnomes in the Garden" workshop. You will create a 9" gnome under the awning in the Senior Center's Garden. Your work will be fired and available to glaze 2 weeks later and then returned to the Senior Center for pick up. **Space is limited so sign up soon!**



LIFE CARE PLANNING

Tuesday, August 6th, 10:30 am

Attorney Bill Westerbeke will discuss how Life Care Planning legal services works to combine Care Advocacy, Asset Protection, Estate Planning, and Medicaid through a holistic approach focused on helping families with every aspect of caring for someone with a chronic illness. **Please sign up if you would like to attend.**



MEDITERRANEAN MUNCHING

Tuesday, August 13th, 11:00 am

Melissa Powell, RD with the Area Agency on Aging will be here to present how the Mediterranean Diet has proven to reduce cardiovascular risks, reduce inflammation, and support healthy aging. **Please sign up to attend.**



OUTDOOR CONCERT

Thursday, August 15th, 1:00 pm-3:00 pm

Mike Struwin returns for our 2nd outdoor concert and will be performing a myriad of genres, including Americana/Blues and Bluegrass/Roots/Folk/Soul and even reggae. Please bring your own lawn chairs and **if the weather is a problem, the concert will be moved indoors to the Activity Room.** We look forward to seeing you!



MEMORY RESCUE - BRIGHT MINDS

Fridays, 10:00 am - August 16th, August 23rd, August 30th, September 6th, September 13th & September 20th

Jane Oelke, ND is a licensed Brain Trainer, Certified Brain Health Professional, and a Certified Health & Wellness Coach. This is a 6-week progressive class that is designed to help you on the path to a healthier brain, better memory, and a happier life. Each week 2 topics relating to lifestyle factors that affect brain health will be covered. These classes will be most beneficial to you if you commit to attending all 6 classes. **Please sign up for all classes you can attend so we have enough materials for each class.**



MEDICARE CHANGES IN 2025

Monday, August 19th, 10:30 am

Join us for informative sessions led by David Clark, local insurance agent. Learn about the upcoming changes to Advantage plans and Part D prescription plans. This is for informational purposes only, no financial advice will be given during this presentation. **Remember to sign up to attend this program.**



WOOD SHOP - PATIO TABLE

Tuesday, August 20th, 9:00 am-12:00 pm

\$45 per person, payable at sign up - NO REFUNDS
Are you looking for a patio table for your deck or patio? Why not make your own? Tom Hurst will be here to instruct you on how to do just that. You do not need to be a member of the Wood Shop to participate. **Space is limited, so sign up soon!**

DELINQUENT PROPERTY TAXES/FORECLOSURES

Tuesday, August 20th, 10:30 am

Delinquent property taxes and foreclosures are important to talk about, especially when the mortgage is paid and the taxes are no longer escrowed. Shelly Weich, Berrien County Treasurer, will be here to discuss these points as well as tax collection timeline, what payment options are available to assist with paying taxes, and if foreclosed, what your options may be. **Remember to sign up if you'd like to attend.**



Live life with zest!



MEDICARE SUPPLEMENTS

Monday, August 26th, 10:30 am

Do you have questions regarding Medicare Supplement Plans? If so, please join Michael Ashbrook, from Ashbrook Insurance for a discussion about different supplemental plans that are available. He will be conducting a question and answer session to address everything that you would like to know. **Please remember to sign up to attend.**



PEACE OF MIND

Tuesday, August 27th, 10:30 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.**



FRAUD WATCH BASICS

Thursday, August 29th, 10:30 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.**



COMPUTER BASICS

Wednesday, September 4th, 10:00 am

LIMITED TO 12 PARTICIPANTS

Brian Johnston, Adult Services Librarian, from Lincoln Township Library, will be here to teach this class on learning the basics of using a Windows-based computer. This will include opening and closing applications and managing files. **If you would like to attend, please remember to sign up as space is limited.**



ORGANIZED BY DESIGN

Thursday, September 5th, 10:30 am

Professional Organizer, Becky Martin, returns for another illuminating workshop on the art of home organization. In this comprehensive workshop, you will gain insights into the world of decluttering and organizing. **Please remember to sign up to attend.**

WATERCOLOR WORKSHOP - SPONSORED BY ART CO-OP

Monday, September 9th, 12:30 pm-3:00 pm

\$30 per person, payable at sign up - NO REFUNDS

Make checks payable to Alexandra Hibshman

DEADLINE TO SIGN UP IS SEPTEMBER 4TH



Join us for another fun workshop with Alexandra Hibshman. We will be painting "Sunsets and Skies." **Space is limited, so please sign up soon!**



ESTATE PLANNING

Tuesday, September 10th, 10:30 am

What happens to your assets if you become incapacitated or pass away? Who will handle your affairs? What is probate? What is a Living Trust and do I need one? What is a Lady Bird Deed? Will a young relative, special needs child, or in-law have access to my estate? Attorney Bill Westerbeke will be here to give a presentation to learn about important aspects of planning your estate. **Please sign up to attend.**

MOBILE DEVICE BASICS

Wednesday, September 11th, 10:00 am

LIMITED TO 12 PARTICIPANTS

Are you new to using a cell phone and need a little direction on the basics of this? If so, please join us as Brian Johnston, Adult Services Librarian, from Lincoln Township Library, will be here and he will instruct you on the basics of using a mobile device, including navigating apps and connecting to wifi. **Please sign up if you'd like to attend this program, as space is limited.**



CARETEL INNS ST. JOSEPH

Thursday, September 12th, 10:30 am

Emily Rennhack, Admissions and Marketing Director, and Keli Carter, Administrator, will be here for an informative presentation on Caretel Inns Campus, including their SNF/Inpatient rehabilitation wing, assisted living community, memory care options and Independent Living Cottages. They will give a virtual tour of the campus and discuss all amenities and activities. They will also discuss payment options available to live at Caretel. **Please sign up if you'd like to attend this program.**





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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
AUGUST







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 Pizza pasta Steamed squash Cucumbers w/ranch Seasonal fruit	2 Loaded baked pot. Peas & carrots Fruited jello
5 Meatball sub sand. Seasonal vegetable Mandarin oranges	6 Creamy chicken Quinoa & broccoli Stewed tomatoes Blueberry crisp	7 Egg salad sandwich Tossed salad Cucumbers w/ranch Apple	8 Turkey meatloaf Whipped potatoes 5-way mixed vegs. Seasonal fruit	9 Hamburger Cheesy potatoes Seasonal veggie Cinn. applesauce
12 Pork tenderloin Whipped potatoes Beets Peaches	13 Beef enchiladas Spanish rice w/toms. Santa Fe blend vegs. Diced pears	14 Hot dog Lima beans Pineapple	15 Chicken A La King Steamed corn Side salad Tropical fruit	16 Spaghetti Zucchini Summer squash Texas toast
19 Shepherd's pie Seasonal veggie Apple	20 Vegetable Rice Beans Broccoli Fruit crisp	21 Summer berry chicken salad Crackers Banana	22 Biscuits w/pork sausage gravy Peppers & onions Apples w/raisins	23 Chicken sandwich Baked beans Roasted carrots Birthday cake
26 Chick. tetrazzini Green peas Peaches	27 Beef mac Italian veg. blend Mandarin oranges	28 Cheeseburger Casserole Seasonal veggie Fruited jello	29 Salmon burger Coleslaw Peas & carrots Seasonal fruit	30 BBQ chicken Macaroni & cheese Green beans Tossed salad Applesauce
			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!

RAKE A DIFFERENCE

Thursday, November 14th

Volunteer teams will rake yards for eligible seniors. This will be one day only (rain, snow or shine!). You do not need to be home to have work done. This will be on a first-come first-serve basis. Spots fill up quickly and you may be put on a waitlist. Seniors may register **starting on September 3rd**. Registration closes September 30th, but callers will be put on a waitlist as soon as spots fill (this usually happens within the first few days). Eligible seniors are ages 60 and older, live in Berrien, Cass, or Van Buren County, **physically unable to perform yard work, and are unable to pay for yard services**. Seniors can register starting September 3rd. **Please call (269) 932-3554 Monday through Thursday, 9:00 am-4:00 pm, and Fridays 9:00 am-12:00 pm.**



United Way of Southwest Michigan



To everyone who brings goodies or snacks: Sharon Kabel, David Day, Adolf Pelzer, Alyse Bluver, Connie Yore, Pauline Fox, Linda Kurzynski, Dolores Frantz, Connie Yore Mary Jane Hiler, Millie Carney, Suzie Clifton, Anonymous, Lynn Hardke, Patty Nordberg, Kathy Steinke, Sharyl Freehling, Peggy Miller, & Doug Wilson.

To everyone who donates other items that benefit the Center and Members: Jana Baldwin, Sandra Kay's Bakery, Pauline Fox, Lisa Hilton, Dee Rydleski, Mabel Ann & John Wright, Cheryl Ryno, Fay Pressnitz, John Boldt, Connie Yore, Anonymous, Diane Trulove, Peggy Platts, Joan Contardo, Tracy Coombs, Dennis Meadows, Karen Wagner, Jane Jeffery, Karen Schiltz, Tom Crouch, Adolf Pelzer, Karen Vandermeer, Sharon Kabel, Else Elsner, Judy Kramer, Tim Johnson, Betty Lachman, Dolores Frantz, Janet McKenzie, Lisa & Gregory Hilton, Vickie Florin, Sue Duringshoff, Larry Steck, Julie Hannan, Gary Splese, Laurie Peapples, Vicky Wagner, Amy Reutlinger, Brenda Lyons, Charles & Celina Bevelhymer, Judy White, Phyllis Herod, John & Michele Spear, Jane Jeffery, Deb Vliet, & Grace Lutheran Church.

MONETARY CONTRIBUTIONS:

- * **All the anonymous transportation riders along with Martha Ruhno for Donations to our Transportation Program.**
- * **Judy Schultz, Celina Bevelhymer, Liz Ball, Elfriede Fitz, Anneliese Keehn, Amy Reutlinger, Phay & Hong Son, Margorie Zibbel and Connie McKeane made a Donation to the Building Fund Program.**
- * **David Schmidt, Roz MacDonald, Ann Schroeder, & John & Gail Polles made a Donation to the Wood Shop.**
- * **Ann Schroeder made a Donation to Friendship Gardens.**
- * **Dennis Wiley and Dennis Radde & John Hopkins made a Donation to our Loan Closet.**
- * **Anonymous Donors made a Donation to Pickleball.**
- * **Stan Comstock and an Anonymous Donor made a Donation for Parkinson's Exercise.**
- * **Amy Reutlinger made a Donation for Ukulele.**
- * **Sue Plummer made a Donation In Memory of Tom DeVries.**
- * **Mary Sundblad, Al & Nancy Poschlia, Steve Starnner, Tim & Lorraine Hanley, Donald & Linda Hill, Al & Kathy Kasewurm, Ed & Susan Kretchman, Chuck & Jan Albright, The Barbeth Family, Carol Akins, Judy Schultz, Jim & Deb Watson, Donna Mach, Joe & Sharon Vargo, Ken & Barbara Mach & Jane Jeffery made a Donation In Memory of Dorothy Hora.**

Thank you to the St. Joseph F.O.P. #96 for donating tickets to our members to attend the "Country Music At Its Best" show at St. Joseph High School!

Thank you to everyone who supported our restaurant fundraiser at Papa Vino's in June. Our Senior Center received \$1,569 for our Building Fund. Special thanks to Papa Vino's for allowing us to hold this fundraiser again, we greatly appreciate it!

Thank you to the Lest We Forget organization for allowing us to display your materials here at the Center to share with everyone!

Thank you to the Walgreens ladies for assisting us with our Annual Picnic and for all the great goodies they donated to our members who participated in playing games!

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

HEALTHY EATS

We hope you have had a chance to enjoy this new food option presented by Base Bowls & Company. They are here Mondays-Thursdays from 11 am-1 pm. You can enjoy fruit cups, fruit salad, pasta salad, and more. All of these choices will only be \$5. They also have turkey & ham croissant sandwiches with American cheese, and lettuce for \$6. On Thursdays they will also prepare fresh fruit smoothies for \$6. **Method of payment will be cash only.** You can find this new service in the first room on the left-hand side when you enter through our main entrance. There are no beverages available for sale, but you can bring your own. Please check this out, you won't be sorry!
Please remember to check Healthy Eats on the computer when grabbing some lunch here at the Center!



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



Serving the Community Since 1975

The St. Joseph-Lincoln Senior Service Center is committed to providing a welcoming, safe and friendly setting for Senior Citizens. We support member independence by offering social, educational, cultural and recreational programs and services.

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Staff Assistant	Lynn Vince
Building Custodian	Tai Huynh
Sr. Nutrition Manager	Bill Schiffbauer



Helpful Service Numbers

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



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AUGUST ACTIVITIES

2 **Annual Picnic-Center is closed for all other activities**

5 Art Co-Op Create with Clay 1:00 pm-3:00 pm
6 Life Care Planning 10:30 am
8 Bingo 1:00 pm - \$1
9 Board Applications Available
13 Mediterranean Munching 11:00 am
14 Book Club 10:00 am
15 Board Meeting 10:00 am
15 Board Applications Due
15 Outdoor Concert 1:00 pm-3:00 pm
16 Commodities - 9:00 am-11:00 am
16 Memory Rescue 10:00 am
16 Cookies & Canvas 12:00 pm-3:00 pm
19 Best Hearing Store - Hearing Screening



BY APPOINTMENT ONLY

19 Medicare Changes in 2025 10:30 am
20 Wood Shop Patio Table 9:00 am-12:00 pm
20 Delinq. Property Taxes/Foreclosures 10:30 am
22 Movie 1:00 pm
22 Bingo 1:00 pm
23 Memory Rescue 10:00 am
26 Medicare Supplements 10:30 am
27 Peace of Mind 10:30 am
27 Stamp Camp 12:00 pm-3:30 pm
28 Newsletter Mailing 9:00 am
29 Fraud Watch Basics 10:30 am
29 Bingo 1:00 pm - \$1
30 Memory Rescue 10:00 am

