

# 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](mailto:DIRECTOR@SJLSC.ORG)  
[WWW.SJLSC.ORG](http://WWW.SJLSC.ORG)

**HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM**



## 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) giving 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!

**Walk-A-thon  
Fundraiser**

## ELECTION FOR BOARD OF DIRECTORS

Below are the dates for the remainder of nominating/election process:

**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**

## BETTY KOHN OUTDOOR FITNESS ZONE



In February we announced in our newsletter that the Betty Kohn Outdoor Fitness Zone surface was in need of repairs and the price tag was approximately \$30,000. Within a couple of weeks, we received a check to cover the cost of this project from the Felland Foundation Fund. Above is a picture of Judy Felland and our Board of Directors President, Pauline Fox. Thank you so much, Judy, for your continued support of our Senior Center! This donation will make the Fitness Zone a safe place for our entire community to enjoy for many years.



### ~Notes from the Board~

I first visited the St. Joseph-Lincoln Senior Service Center early in 2012 with Gloria and her mom, Dorothy. Dorothy's doctor had recently told us that she should spend more time socializing with people closer to her age, and that the Senior Center would be a really good place for her to visit. We learned there was a Resistive Exercise program here that could help her get around better. Then we heard there was a Bingo game, and we decided we should come to that also. The Bingo caller was Mary Ann Storey, and she made the game fun to play. After playing a few times, I decided to volunteer calling back the numbers from player's cards when they got a Bingo. Gloria and I got into a few of the exercise programs ourselves, and I saw so many great programs here that I decided in August to run for the Board. I served my three year term, and then another, and then a third, serving on many committees. I took my mandatory 1-year leave, then ran again in 2022. I didn't miss many Bingo games during this time, and when Mary Ann Storey couldn't call Bingo any more, I volunteered to take that seat. I really enjoy getting to serve in that role.

Today's Center is almost unrecognizable from our first visit back in 2012. The Priscilla Upton Byrns Walking Trail & Gardens, the Betty Kohn Outdoor Fitness Zone, the beautiful flowers and landscaping that surround us today, the Hanes Family Wildflower Trail and the Rick Freridge Wood Shop are all incredible expansions to the programs and services offered here. I am so thankful for all of our talented volunteers who take pride in making this such a beautiful destination.

We have had to add staff members to meet the needs of our growing membership. Each member of this Center's Staff is good at the part they play in keeping this Center running smoothly every day. There are no finer, more dedicated Staff anywhere in the UNIVERSE! They're the Greatest!

**Bob Hopkins**

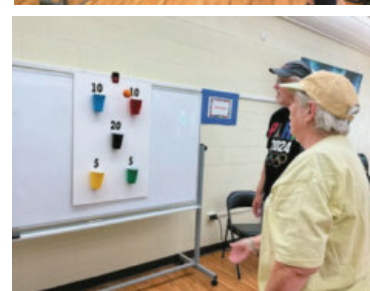
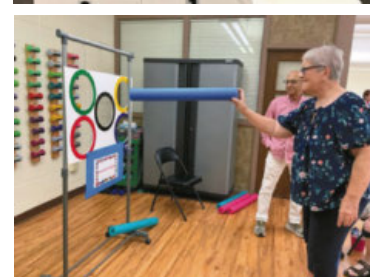
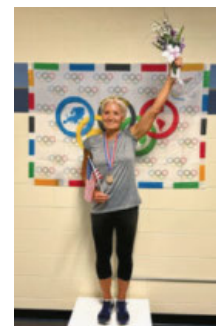
~SJLSSC Board of Directors~



### ANNUAL SJLSSC PICNIC -

### "OUR SENIOR SUMMER OLYMPICS"

Thank you to everyone who came out for our Annual Picnic. This year's theme was "Our Senior Summer Olympics" in honor of the 2024 Summer Olympics. We are so thankful to everyone who took the time to make this a success! We look forward to next year and another fun picnic!

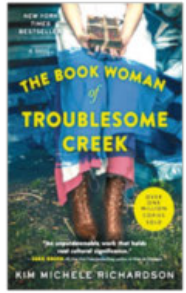




## CONSISTENT MONTHLY PROGRAMS

### BOOK CLUB

Wednesday, September 11th, 10:00 am



The book to read for the month of September is "The Book Woman of Troublesome Creek" by Kim Michele Richardson. Leading the discussion will be Shirley Miller. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

### BEST HEARING STORE - "HEARING AID CLINIC"

Monday, September 16th

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!

Tuesday, September 17th, 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.**

### COOKIES & CANVAS

Friday, September 20th, 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 SEPTEMBER 18TH**



The watercolor painting for the month of September is called "Pumpkin Patch." 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, September 24th, 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 SEPTEMBER 19TH**



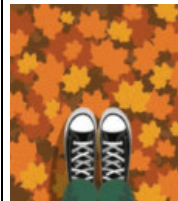
Join us as Caryn McFall returns for another class on hand stamped cards. This month's theme is Halloween and Birthday cards. You will be making 8 cards with envelopes. All materials will be provided for you. **You will need to bring small scissors and double stick tape for this class.** **Sign up soon; this class size is**

**limited.**



### 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



Are you missing an umbrella, book, eyeglasses, or maybe shoes? Have you looked in our Lost & Found? If not, stop by the front desk and we will point you in the right direction!



### 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. Bring your friends and have a great time!

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.



## TRIP SUGGESTIONS FOR 2025



This is your last chance to vote for 2025 trips! Stop by the trip board at the Center to select your preferences. Remember, this is only an interest list; you are not signing up to go on the trip. We will begin booking 2025 adventures soon. Please only vote once, per person per trip.

### DAY TRIPS

- ◇ Air Zoo - Kalamazoo, MI
- ◇ Chicago - Architectural Boat Tour
- ◇ Chicago - Art Institute
- ◇ Chicago - Planetarium
- ◇ Chicago - Museum of Science & Industry
- ◇ Chicago - Shedd Aquarium
- ◇ Chicago - Sporting Event
- ◇ Frank Lloyd Wright Home Tours - Michigan
- ◇ Grand Rapids - Art Prize
- ◇ Grand Rapids - Broadway Show
- ◇ Gurnee Mills & Ikea for shopping
- ◇ Linton Gardens
- ◇ Michigan City - Barker Mansion
- ◇ Miller Auditorium (Kalamazoo) Riverdance
- ◇ Saugatuck - "Star of Saugatuck" boat/dune buggy rides
- ◇ Saugatuck Center for the Arts
- ◇ Shishewana - play (musical) & shopping
- ◇ South Bend - Oliver Mansion, Studebaker Museum & Tippecanoe
- ◇ South Haven Riverboat/Harbor rides
- ◇ Sporting Event - Baseball or basketball
- ◇ Wellfield Gardens - Christmas Lights

### OVERNIGHT TRIPS

- ◇ Ark Encounter - Williamstown, Kentucky
- ◇ Baseball Hall of Fame - Cooperstown, NY
- ◇ Boston, MA
- ◇ Branson, MO
- ◇ Canada - Montreal, Quebec & Ottawa
- ◇ Canada - Toronto
- ◇ Cape Cod
- ◇ Charleston, SC
- ◇ Cleveland - Rock & Roll Hall of Fame
- ◇ Colorado - Garden of the Gods, Royal Gorge & CO Springs
- ◇ Door County, WI (fall colors)
- ◇ Florida - Amelia Island
- ◇ Georgetown, Mt. Vernon, Great Falls

- ◇ Gettysburg, PA
- ◇ Harpers Ferry - West Virginia
- ◇ Kentucky - Bowling Green & Caves
- ◇ Lake Michigan Cruise
- ◇ Lancaster, PA - Show Trip
- ◇ Mackinac Island
- ◇ Maine
- ◇ Memphis, TN - Graceland
- ◇ Miami, Fort Lauderdale, Key West
- ◇ Mount Rushmore
- ◇ Myrtle Beach, SC - Show Trip
- ◇ Nashville, TN
- ◇ New Hampshire
- ◇ New Orleans, LA
- ◇ Niagara Falls
- ◇ Nova Scotia
- ◇ Pigeon Forge, Gatlinburg & Smokey Mtns.
- ◇ San Antonio, TX
- ◇ Savannah, GA
- ◇ Vermont
- ◇ Washington, DC
- ◇ Williamsburg, VA



### **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! **MODERATE ACTIVITY**

**\*\*WAITING LIST\*\***

**Henry Ford Museum/Greenfield Village**

**September 11th**

**Vermont**

**September 22nd-28th**



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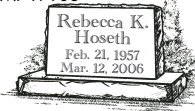
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## 2024 COMMUNITY RECYCLING EVENTS

**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



The SJLSSC Lively Steppers is ending on September 7th at the Walk-A-Thon. During the walking program we walked a total of 3,936 miles! This does not

include the month of August. Thank you all who participated. Don't stop now, you can still keep going!

## CENTER PLANTS



We have a Volunteer who is taking care of the many plants that you see around the Center, so we ask that you not water them. Thanks in advance!

## UKULELE BEGINNER CLASS

**Tuesday, September 10th, 2:00 pm**



**Let's Play!**

Ukulele for Beginners

Beginner classes for ukulele begins on September 10th. This is a progressive class, so it is important to attend every week to keep

up with the instruction. Class will be every Tuesday from 2:00 pm-3:30 pm. The instructor has a very limited amount of ukuleles to share, so it is best to have your own ukulele. If you would like to purchase a ukulele, it is best to purchase a tenor ukulele for adults because they are easier to play and available online.

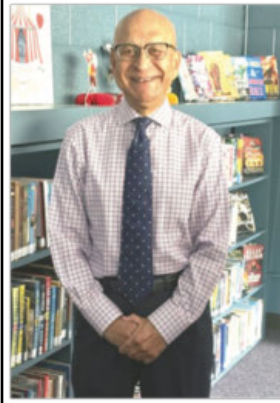
**Remember to sign up to attend this class.**

## BACK TO SCHOOL

Remember, school is back in session, so take your time, be aware, and drive safe!



## WELCOME NEW BOARD MEMBER



Our Board of Directors appointed Subhas Dhodapkar at the July meeting to fulfill the remainder of Jerry Radenbaugh's term, which will expire in 2026. Jerry has served as a Board Member since 2010, serving as Treasurer for many of those years. Jerry

has been instrumental in bringing many of the exercise programs to the Center and assisting in the development of our Circuit Training Room. Jerry will continue to volunteer at our Center, but would like a little more free time to enjoy life. We will miss you, Jerry, and we thank you for all that you have done for our Center. It has been a pleasure to work with you! Subhas has been serving on our Finance Committee this year and volunteered for our AARP tax service. He has an extensive background in finance and accounting. Welcome aboard Subhas!

## QUILT WINNER

Congratulations to Priscilla Banghart, the winner of this year's beautiful quilt called "Woven Dreams." This was another work of art created by our Quilting Group ladies. The quilt was raffled off at our Annual Picnic on August 2nd. It is sure to keep you warm in the coming months, Priscilla!



## THANK YOU!



Thank you to all voters who renewed our millage with an overwhelming 80.78%. Our Senior Center strives to meet the needs of the increasing growing population of seniors in our community and your support means so much!

If you would like an email reminder when the newsletter is online, please email us at [assistant@sjlsc.org](mailto:assistant@sjlsc.org)



### 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**



Please remember to check out all materials at the front desk so we can track them for everyone to enjoy. We are currently missing the complete sets of Season 1 and 2 of Game of Thrones DVDs. We are also missing the book "A Gentleman in Moscow" by Amor Towles. If you have the above items, please return them to the Library. Please leave any items you are donating at the front desk; books, magazines, health fliers, etc. so they can be processed and placed correctly. Thank you in advance!

**"Helping one person might not change the world, but it could change the world for that one person."**

**~Unknown~**

**Thank you to our wonderful Volunteers for all of your help!**



### **\*\*\*CURRENT FUNDRAISERS\*\*\***

**WALK-A-THON** - This fundraiser is scheduled for September 7th from 10:00 am-2:00 pm right here at the Senior Center. Please support this fundraiser by walking in the event or 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. **Bricks ordered now until March 2025, will be available in June 2025.** Order forms can be emailed, mailed, or picked up at the front desk.



### **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.



### **BINGO IN MEMORY OF DOROTHY HORA GIFT CARD EXTRAVAGANZA**

**Thursday, October 10th, 1:00 pm - \$1**

**DEADLINE TO SIGN UP IS OCTOBER 3RD**



Lisa Boehm, friend and neighbor of Dorothy Hora, is sponsoring this day of Bingo in memory of Dorothy who was a long time member and volunteer at our Center. All prizes will be gift cards that will range from \$5-\$30.

Bingo will be \$1. **Space will be limited, so please sign up if you would like to attend.**



### **BINGO**

**Thursday, Sep. 12th, 1:00 pm \$1**

**Thursday, Sep. 26th, 1:00 pm**

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



## RECURRING SCHEDULE

### MONDAYS

9:00 am - Resistive Exercise  
 9:30 am - Quilting Group  
 10:00 am - Calisthenics **No class 9/4, 9/9, 9/11**  
 10:00 am - Jokers and Marbles  
 11:00 am - Balance Class **No class 9/4, 9/9, 9/11**  
 12:00 pm - Tai Chi  
 12:30 pm - Hand & Foot Cards  
 1:00 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  
 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 **No class 9/4, 9/9, 9/11**  
 11:00 am - Balance Class **No class 9/4, 9/9, 9/11**  
 11:45 am - Cardio Drumming **No class 9/4, 9/9, 9/11**  
 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 WEEK ONLY**  
 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

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

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





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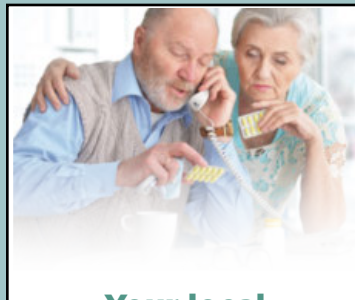
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\*\$0 copay applies to tier 1 and tier 2 drugs via mail-order with ESI and tier 1 drugs at a preferred retail pharmacy. Priority Health has HMO-POS and PPO plans with a Medicare contract. Enrollment in Priority Health Medicare depends on contract renewal. Y0056\_400040022407\_M ©2023 Priority Health T2603M1 08/23

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15-0754

## IMPORTANT REMINDERS

- ◊ We are asking that everyone exit our Center by 3:45 pm so the Staff can securely close our building. We appreciate your cooperation!
- ◊ 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.
- ◊ 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!
- ◊ **VOLUNTEERS** - Please remember to sign in on the monitor as Volunteering **and** record your volunteer hours so you are accounted for on our daily number of people in our building.
- ◊ The Library is only accepting donations 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 all cards with the exception of **Christmas cards at this time**. We cannot accept torn or yellowed cards, or card tops. We are in need of light colored envelopes.
- ◊ 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 check the Recurring Schedule (page 8) every month. 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.
- ◊ 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. The cost of our Wood Shop orientation is \$20. 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.**





## COMPUTER CLASSES

Brian Johnston, Adult Services Librarian, from Lincoln Township Library, returns for the following classes:

- ◇ **Computer Basics, Wednesday, September 4th, 10:00 am**
- ◇ **Mobile Device Basics, Wednesday, September 11th, 10:00 am**
- ◇ **Internet Basics, Wednesday, September 18th, 10:00 am**
- ◇ **Email Basics, Wednesday, September 25th, 10:00 am**
- ◇ **Windows 10 Basics, Wednesday, October 9th, 10:00 am**

**Please sign up for all the classes that you'd like to attend. Each class is limited to 12 participants.**

## 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. **Space is limited, so please remember to sign up to attend.**

## MEMORY RESCUE - BRIGHT MINDS

**Fridays, September 6th, September 13, September 20th, 10:00 am**

Jane Oelke, ND, is a licensed Brain Trainer, Certified Brain Health Professional, and a Certified Health & Wellness Coach. These are the last 3 classes in her 6-week progressive classes designed to help you on the path to a healthy brain, better memory, and a happier life. **Remember to sign up to attend.**

## ART CO-OP WATERCOLOR WORKSHOP

**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**

Attorney Bill Westerbeke will be here to give a presentation on those important aspects of planning your estate. Who will handle your affairs, what is a living trust, and do I need one, and so much more. **Please sign up to attend.**

## 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 discuss amenities, activities, and payment options available to live at Caretel. **Please sign up if you'd like to attend this program.**

## PEACE OF MIND

**Tuesday, September 17th, 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.**

## MEDICARE CHANGES IN 2025

**Thursday, September 19th, 10:30 am**

Dave Clark, local insurance agent, returns for an informational session on 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. **Please sign up to attend.**

## THE RIGHT INFORMATION AND DIRECTION

**Tuesday, September 24th, 10:30 am**

In 2023, Michigan residents lost \$152 million to fraud. Older adults continue to be a target. Kelly Laesch from the Berrien County Sheriff's Department and TRIAD will be here to tell you how to recognize the common signs of scams and provide tips on how to avoid them. **If you'd like to attend, please remember to sign up.**

## HEALING GEMSTONES JEWELRY MAKING CLASS

**Monday, September 30th, 11:00 am-1:00 pm**

**Make checks payable to Jenny Sansom**

**Please sign up by September 20th**

Join Jenny Sansom, author of "Healing With Gemstones" and use healing gemstones to make jewelry custom-made to your ailments. Please contact Jenny, 931-334-0513, in advance of the class to discuss health concerns, cost of the jewelry piece(s) you are interested in making, and to register for the class. Jenny will bring the proper gemstones and materials with her and guide you in making your tailor piece of healing jewelry.



## VETERANS Q & A

**Tuesday, October 1st, 10:30 am**

Berrien County Veterans Service Officer, Ryan McNeely, will be here for an open forum for Veterans and their dependents to come and ask questions they are struggling to find answers to. Topics of discussion will be focused on VA and Michigan State benefits Veterans may be entitled to. Benefits like compensation, pension, survivor benefits, burial benefits, state benefits for 100% VA rated Veterans, PACT Act and what it means to you, and so much more. This is a good opportunity to get benefits questions answered. **Please remember to sign up!**



## ART CO-OP WATERCOLOR WORKSHOP

**Monday, October 7th, 12:30 pm-3:00 pm**

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

**REFUNDS**

**Make checks payable to Matt Payovich**

**Please sign up by October 2nd, limited to 12 people**

Join us for another wonderful workshop with artist Matt Payovich. Matt will return to demonstrate pastels and guide the class in creating an artwork of their choice. **Class size is limited, so sign up soon!**



## MEDICARE SAVINGS OPPORTUNITIES WITH MMAP

**Tuesday, October 8th, 10:30 am-11:30 am**

Kara Gargano, Area Agency on Aging, MMAP Regional Coordinator, will be here for a presentation on the goal of the Michigan Medicare Assistance Program (MMAP). MMAP works with those new to Medicare, those receiving Medicare and those Medicare eligible to find the best possible options that fit their individual needs. The MMAP is a free and unbiased program, not affiliated with any insurance company and does not profit from plan enrollment. MMAP Counselors assist with Federal and State applications for cost savings benefits. **Please sign up to attend.**

**MMAP**  
MICHIGAN MEDICARE  
ASSISTANCE PROGRAM



Navigating Medicare



## THE MOVE TO ELECTRIC CARS

**Tuesday, October 15th, 10:00 am**

Don White will discuss America's push to electric cars. By 2030, half of all new vehicles sold in the U.S. should be electric. Topics will include EV battery repurposing, repair, reselling and ultimately recycling plus rare earth materials sourcing, ethical mining practices and alternate battery compositions will be discussed. **Please sign up if you'd like to attend.**



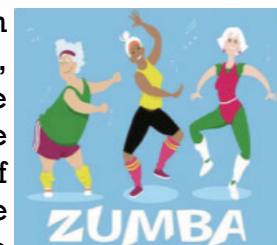
## SJLSSC CHOIR

We have had some feedback regarding starting a Senior Center Choir. If you would be interested in participating, please call or stop by the front desk to have your name added to an interest list. We will also need a Volunteer to run this program.



## ZUMBA

If you would be interested in attending a Zumba class, please call or stop by the front desk to have your name added to an interest list. If enough members are interested, we will look into the possibility of adding this class. Stay tuned!





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

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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**  
**SEPTEMBER**








**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
2 <b>CENTER CLOSED</b> <b>NO SENIOR NUTRITION</b> <b>HAPPY LABOR DAY!</b>	3 Turkey burger Cheesy potatoes Seasonal veggie Cinnamon applesauce	4 Sloppy Joe Potato wedges Green beans Apricots	5 Sweet potato black bean quinoa casserole Seasonal vegetable Tropical fruit	6 Spanish rice w/beef Tossed salad Fruit crisp
9 Philly cheesesteak pasta Seasonal vegetable Fruited jello	10 Chicken stir fry Oriental veggie blend Fruit crisp	11 Chef salad w/turkey Pears	12 Roasted chicken Whipped potatoes Five way mixed veggie Applesauce	13 Breaded fish sand. Coleslaw Roasted carrots Peaches
16 Scalloped potatoes Mixed vegetables Tropical fruit fluff	17 Bean burrito Mexican street corn Diced pears	18 French toast bake Cooked spinach Baked apples	19 Sweet and sour meatballs over rice Steamed broccoli Mandarin oranges	20 Garlic chicken linguini Zucc./summer squash Texas toast Seasonal fruit
23 Salisbury steak Mashed pots. w/gravy Green beans Apple	24 Baked ziti w/cheese Italian vegetables Fruit crisp	25 BBQ Roast Beef Apple/cran. coleslaw California blend vegs. Applesauce	26 Tuna noodle cass. Wax beans Berry cobbler	27 <b>No</b> <b>Senior</b> <b>Nutrition</b> <b>CENTER IS OPEN</b>
30 Chicken Cordon Bleu Green peas Peaches				
			<b>Meals provide</b> <b>Carbs: 75 grams</b> <b>Calories: 800 avg.</b> <b>Sodium: 800 mg</b> <b>Protein: 19 grams</b> <b>Total fat: 30%</b> <b>2% Milk</b>	<b>Your donation toward</b> <b>the cost of the meal</b> <b>helps to make sure</b> <b>that these meals can</b> <b>continue. Please be</b> <b>as generous as you</b> <b>can. We thank you!</b>

## FLU SHOT CLINIC



**Monday, October 7th, 8:30 am-11:30 am**

We will be hosting a Flu Shot Clinic on Monday, October 7th. **Please bring your Medicare card, driver's license and any supplemental coverage cards with you.** The shots will be Fluad Quadrivalent regular dose and high dose options. For those without Medicare, the cost for the regular dose is \$37, and the cost for the high dose is \$74. The CDC criteria for high dose is 65 years and older. The shot is given in the upper arm, so please dress with that in mind. **Remember to sign up and tell us what kind of shot you want.**

**DEADLINE TO SIGN UP IS OCTOBER 1ST.**

**GET THE SHOT, NOT THE FLU!**





**To everyone who brings goodies or snacks:** Jill Post, Jan Taylor, Adolf Pelzer, Robert McDowell, Carrie Fisher, Sally Matzke, Mary Jane Hiler, Dale Spencer, Phyllis Kenke, Sandra Andert, Celina Bevelhymmer, Merry Froelich, Tim Kragt, Kathy Neuenschwander, Connie Yore, Lynn Hardke, Janet Smiedendorf, Margaret O'Neill, and Ruth Ann Enos.

**To everyone who donates other items that benefit the Center and Members:**

Sandra Kay's Bakery, Florencia Madden, Debbie Davis, Marcia Hess, Vicky Wagner, Jaci Brenneke, Linda Adam, Eleanor Dorow, Dale Spencer, Deb & John Terry, Sharon Kabel, Deb Johnson, Jeannette Jeske, Else Elsner, William Cox, Dean Matson, Melissa Cozart, Bob Starks, Susan Dean, Candy Sweet, Ken Upcraft, Dolores Frantz, Rita Fronczak, Celina Bevelhymmer, Julie Engle, Lynn Hardke, Polly Sehmi, Connie Yore, Bruce Mickatavage, Mary Robinson, Onalee Hartman, Adolf Pelzer, Mildred Ott, Pauline Fox, Gene Hefner, Margaret O'Neill, Paula Lawrence, Dale Spencer, Helen Hazelett, Jim Neuman, Box Factory, Joyce Vance, Linda Pliml, Laurie Peapples, Butch Hunsberger, Charles Strohacker, Mike Doroh, Denny Meadows, Cathy Grumbir, and Walgreens (Stevensville).

### **MONETARY CONTRIBUTIONS:**

- \* **All the anonymous transportation riders along with Judi Rudi made a *Donation to our Transportation Program.***
- \* **Jaci Brenneke and Anneliese Keehn made a *Donation to the Building Fund Program.***
- \* **Jim Hilton and Brett Smith made a *Donation to the Wood Shop.***
- \* **Marilyn Robbins made a *Donation to our Brick Fundraiser.***
- \* **Anonymous Donors made *Donations to Pickleball.***
- \* **Jo Ann Scates made a *Donation in Memory of Juanita Brun.***
- \* **Ray Hicks made a *Donation In Memory of Mary Ellen Hicks.***
- \* **Lisa Boehm made a *Donation in Memory of Dorothy Hora for a Bingo Gift Card Extravaganza.***
- \* **Carol & Ron Bonczkowski, Lisa Boehm and Thomas & Marie Watson made a *Donation In Memory of Dorothy Hora.***



Thank you to our wonderful Volunteers who planted, weeded, and harvested Friendship Garden so our members could enjoy fresh vegetables. You are greatly appreciated!



Special Thanks to Adolf Pelzer for donating the funds so we could purchase a water bottling filling station!

Many Thanks to the Event Committee, the team from Walgreens and all of the Volunteers who assisted with our Senior Center Olympics Picnic in August. Also, thank you to the 23 bakers that made our Dessert Raffle possible. The Center made \$538 from all of your efforts! Also, thank you to James & the Ukulele Gang for entertaining us with your beautiful voices and instruments!

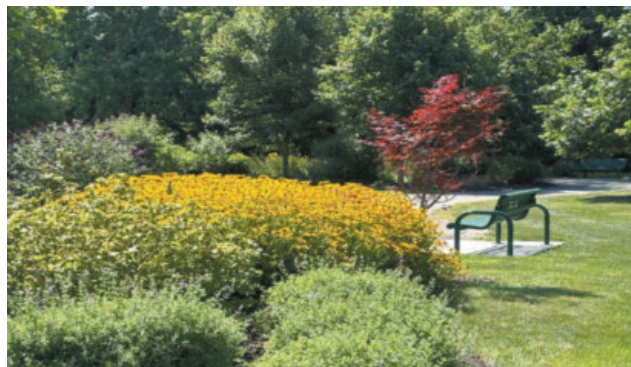
Thank you to our very talented Quilting Group who made another beautiful quilt this year for us to raffle off and to everyone who purchased tickets. The Center made \$626 from this fundraiser!

**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**

If you haven't checked out this new food program, Healthy Eats presented by Base Bowls & Company, you don't know what you are missing! They are here Mondays-Thursdays from 11 am-1 pm. They offer fruit cups, fruit salad, pasta salad, and more, and all for only \$5. You can also choose from turkey & ham croissant sandwiches with American cheese and lettuce for \$6. On Thursdays you can treat yourself to fresh fruit smoothies for \$6. **Method of payment is 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 at this time, but you can bring your own. It's a great service to choose from if you are at the Center and find yourself hungry. And you can also enjoy your lunch outside here and enjoy the gardens. **Please remember to check Healthy Eats on the check in monitor 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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<b>Vice President</b>	Tim Kragt
<b>Secretary</b>	Patty Nordberg
<b>Treasurer</b>	Bob Hopkins



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Mark Johnson, Rocco Pavese, Ted Post, and Cheryl Ryno

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<b>Support Associate</b>	Sharyl Freehling
<b>Receptionist</b>	Julie Hartman
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<b>Staff Assistant</b>	Lynn Vince
<b>Building Custodian</b>	Tai Huynh
<b>Sr. Nutrition Manager</b>	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
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**SEPTEMBER ACTIVITIES**

**2 CENTER CLOSED**

- 4 Computer Basics 10:00 am
- 5 Organized By Design 10:30 am
- 6 Memory Rescue 10:00 am
- 7 Walk-A-Thon 10:00 am-2:00 pm
- 9 Watercolor Workshop 12:30 pm-3:00 pm
- 10 Estate Planning 10:30 am
- 11 Book Club 10:00 am
- 11 Mobile Device Basics 10:00 am
- 12 Caretel Inns St. Joseph 10:30 am
- 12 Bingo 1:00 pm - \$1
- 13 Memory Rescue 10:00 am
- 16 Best Hearing Store - Hearing Screening  
**BY APPOINTMENT ONLY**
- 17 Peace of Mind 10:30 am
- 17 Movie 1:00 pm
- 18 Internet Basics 10:00 am
- 19 Board Meeting 10:00 am
- 19 Medicare Changes in 2025 10:30 am
- 20 Commodities - 9:00 am-11:00 am
- 20 Memory Rescue 10:00 am
- 20 Cookies & Canvas 12:00 pm-3:00 pm
- 24 The Right Information & Direction 10:30 am
- 24 Stamp Camp 12:00 pm-3:30 pm
- 25 Newsletter Mailing 9:00 am
- 25 Email Basics 10:00 am
- 26 Bingo 1:00 pm
- 30 Healing Gemstones Jewelry Making Class  
11:00 am-1:00 pm

