

# THE ANCHOR NEWS



**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**

**ALL DOORS EXCEPT FOR MAIN ENTRANCE  
(DOOR #1) WILL BE LOCKED AT 3:00 PM**



## BAKELESS BAKE SALE



It's that time of year when we do our major fundraiser, our Bakeless Bake Sale. There is absolutely no baking required! We just ask that you make a donation of any size to support your Senior Center. This year we will be raising funds until the end of the year for our Building Fund. We all know how the cost of everything has gone up, and the fact that our millage only covers approximately 82% of our annual budget makes it necessary for us to rely on fundraising to assist us with the cost of operating our Center. You can donate by simply using the envelope provided in this newsletter. Thank you!

**OUR SENIOR CENTER WILL BE CLOSED ON  
NOVEMBER 28TH & NOVEMBER 29TH.  
HAPPY THANKSGIVING!**

## UGLY SWEATER CHRISTMAS PARTY

**Friday, December 6th**

**Doors open at 11:00 am**

**Christmas dessert raffle 11:00 am-12:00 pm**

**Lunch will be served at 12:00 pm**

**\$12 per person, no refunds**

**DEADLINE TO SIGN UP NOVEMBER 26TH**



Please join us for an Ugly Sweater Christmas party, and don't forget to wear your sweater, too! Lunch will consist of honey ham, mashed potatoes with chicken gravy, green beans, and a roll. A vegetarian option will be offered as well. Entertainment will be James & the Ukulele Gang and the St. Joseph Concert Choir. We will have a **Christmas Dessert Raffle** again as it has been such a success! You will be able to purchase raffle tickets in hopes of winning a yummy dessert. You can get some of your holiday baking done without having to do any baking! We hope to see you there. **Sign up soon, space is limited.**

## ELECTION RESULTS



We welcome newly elected Board Members Jim Hlifka, Dennis McCarthy, and Dennis Meadows, as well as incumbent Board member, Patty Nordberg. Many thanks to Pauline Fox and Bill Burrows for your many years of service on our Board of Directors, you will be greatly missed.



~Notes from the Board~

It was election time last month for our Board of Directors. We will be saying goodbye to some and welcoming others.

We say goodbye to our awesome outgoing President, **Pauline Fox**, of the St. Joseph-Lincoln Senior Service Center. She has been on the Board for 6 years, 2 years as a regular member, 1 year as Vice President, and 3 years as the President. Pauline ran for the Board because she has such a love for the members of the Senior Center and wanted to contribute to the wellbeing of the Center. During her time as President, she has spent many hours helping the Staff with coordinating activities, planning, and organizing and running the Board meetings that are held once a month. Pauline will miss being a part of the decision making process, but will still continue to be a viable member of our Senior Center. We thank her for all the time she freely gave and for her outstanding leadership.

**Jerry Radenbaugh** has recently retired from the Board after being a member of the Board for 14 years. During this time he was the Treasurer for 9 years. The one thing he enjoyed the most was making new friends. He said it was like a "second home" for him - just being in the building gave you an opportunity to meet new people. While Jerry was on the Board, many items took place; the paving of the new parking lot behind the building, the creation of the Walking Trail, and the opening of the Circuit Training Room in 2017. We thank Jerry for his many years of service on the Board, but we know that we will continue to see him at many of the activities at the Center.

Please welcome **Subhas Dhodapkar** to the St. Joseph-Lincoln Senior Service Center Board. Subhas is replacing Jerry Radenbaugh who retired from the Board in July. Subhas was born and raised in Baroda, India. Hey, we did not know there was another town named Baroda on another continent in this world! Subhas earned his PhD in 1999. He has 25 years of experience in finance at UPS where he worked all over the world. He also worked in long-term planning in industrial engineering.

He worked for 4 years at North Central Robert Morris College in Chicago. His last job was after he moved to Las Vegas and worked at the University of Nevada from 2007-2021 where he was also on the Board as a member and held the roles of Treasurer and President during his time on the Board. In 2021, he and his wife, Saroj, moved to this area. He is looking forward to working on ways to generate more avenues of revenue for our Center. We, as a Board, look forward to working with Subhas.

We say goodbye to **Bill Burrows** who has been on the Board for 12 years. Bill was a key person involved in the purchasing of our cars that pick up our members for various appointments and also is a driver for this service that the Center offers. Bill said he has enjoyed the camaraderie that is promoted here at the Center. We are all here to help each other. Thank you for your service, Bill, and I know that we will also be seeing you at various activities at the Center.

**We welcome our new members to our Board of Directors: Jim Hlifka, Dennis McCarthy, Dennis Meadows, and welcome back Patty Nordberg (who was incumbent as Secretary of our Board seeking re-election for another term).**

To our current Staff: The Board of Directors would like to thank you for your hard work and dedication to our Senior Center. But most of all, we so appreciate your compassion and empathy for all of our members as you have set the tone for the joy that the members experience at our Center.

To all members of the Senior Center - Please remember anyone is welcome to come to the Board Meetings that are held at 10:00 am on the 3rd Thursday of each month in the Board Room.

**Blessings,**

**Cheryl Ryno**

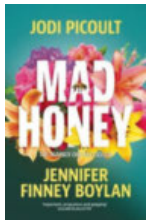
**~SJLSSC Board of Directors~**



## CONSISTENT MONTHLY PROGRAMS

### BOOK CLUB

Wednesday, November 13th, 10:00 am



The book to read for the month of November is "Mad Honey" by Jodi Picoult. Leading the discussion will be Clem Brueck. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

### COOKIES & CANVAS

Friday, November 15th, 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 NOVEMBER 13TH**



The watercolor painting for the month of November is called "Christmas Eve." 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, November 18th

**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 the best options for you. **Please remember to call to reserve your appointment time.**

### STAMP CAMP

Tuesday, November 26th, 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 NOVEMBER 21ST**



Join us as Caryn McFall returns for another class on hand stamped cards. This month's theme is Christmas 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; class size is limited.**

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

### 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!



### VOLUNTEERS NEEDED



Due to the expansion of the **Circuit Training Room**, we are in need of more **Monitors** to work 2-hour shifts in this room. The Circuit

Training Room is open from 9:00 am-3:00 pm every day. Monitors would be trained on all of the equipment so they could do orientations with new members and be available for assistance in this room. We also need more **Greeters** since we will be opening another entrance in our building. If you have a passion for our Center, enjoy meeting new people and assisting our members, please consider training as a Greeter. Our Greeters also work 2-hour shifts, starting at 8:30 a.m. and ending at 2:30 pm. Please talk to Sharyl, our Volunteer Coordinator, if you are interested. Thank you!

*Thankful*

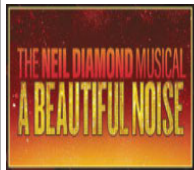
Our Senior Center has an Abuse Prevention Policy that prohibits any form of violence, abuse or harassment including verbal, sexual or emotional abuse. Copies of the policy are posted at the Center. Please report any incidents to the Executive Director.



## A BEAUTIFUL NOISE - DEVOS PERFORMANCE HALL - GRAND RAPIDS

Saturday, April 5th

\$128 per person, payable at sign up



This is one you won't want to miss! A Beautiful Noise, The Neil Diamond Musical is an inspiring, energy-filled musical memoir that tells the true story of how America's greatest hit maker became a star, set to the songs that defined his career. This trip includes round trip motor coach transportation to downtown Grand Rapids where travelers will have time to purchase lunch, and enjoy shopping and/or museums before the performance (a list of restaurants and nearby museums are listed on the trip board). There will be a stop at Culvers on the way home for attendees to purchase dinner. Sign up soon, as we're sure this trip will fill quickly. **MODERATE ACTIVITY**

## HENDERSON CASTLE MURDER MYSTERY & KALAMAZOO VALLEY MUSEUM

Thursday, May 15th

\$135 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 new clues to establish a motive for murder. Who knows, the person sitting next to you could be the culprit, or maybe it's YOU! If you are up for a little adventure, this is the trip for you. The mystery is set in the 1920s and 30s with unique characters and original plots. We encourage you to dress "period" appropriate, as it will enhance your experience. Business casual or semi-formal dress is also accepted. You will also have time to tour Henderson Castle as well as about 1-1/2 hours at the Kalamazoo Valley Museum to take in the exhibits. Sign up soon!

**MODERATE ACTIVITY**

## THE DA VINCI CODE

Thursday, May 29th

Drury Lane Theatre - Oakbrook, IL

\$140 per person, payable at sign up



In this thrilling play, based on Dan Brown's best selling international phenomenon, Professor Robert Langdon is called to the Louvre in the dead of night, where he unwittingly becomes the center of a murder investigation. Professor Langdon and Cryptologist, Sophie Neveu, are in a race against time to clear Robert's name, solve a murder, and unlock the secrets of the Holy Grail before a shocking historical secret is lost forever. Trip includes motor coach transportation, lunch at the wonderful Drury Lane Lucille Restaurant, show ticket and gratuities.

**MODERATE ACTIVITY - NEW TRIP**

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

**Meijer Gardens - Holiday Traditions Exhibit - December 3rd**



### 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 and paying for someone else, you must have their phone number in order to add them to the trip list. We only accept cash or checks. Most trips fill quickly, but members are highly encouraged to sign up on trip waiting lists, as there are usually cancellations prior to the trip. In cases of cancellations, if a replacement can be found, refunds less a \$10.00 administrative fee, are given. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.

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## SNOWBIRD REMINDER

With the colder months just around the corner, some of you will be heading south to warmer temperatures. If you receive our newsletter in the mail, please remember to let us know you will be out of town and we will temporarily stop the mailing of your newsletter. Upon your return, just let us know you're back and we will begin mailing the newsletter to you again. Thank you in advance for your help in keeping our mailing costs down, as we are charged \$1.01 for every newsletter that is returned to us.



## LEATHER CRAFT CLASS

If you are interested in taking a Leather Craft Class which would involve making key chains, belts, belt buckles, and book covers, please let us know. We have an experienced Volunteer who would be interested in teaching the art of this craft. Prices will vary depending on the project. Samples will be available at the Center to view. Just stop at the front desk or call to let us know that you are interested.

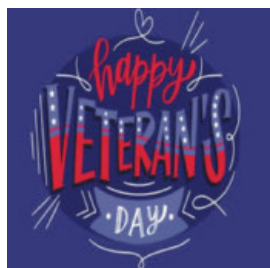


## JUNK MAIL



After many years of taking care of our members junk mail, Ken Schneider will no longer be offering this service. The drop box in the front lobby has been removed. However, you can still do this yourself. We do have documentation at the front desk that you can pick up that will instruct you how to do this. Thank you, Ken, for your many years of service!

## HAPPY VETERANS DAY



The Board of Directors and Staff at SJLSSC would like to wish all of you a Happy Veterans Day. To every Veteran, past and present, thank you for your bravery, courage, and service.



November is a month that kindly reminds us of all the things we have to be grateful for, such as:

- ⇒ A comfy chair with your favorite blanket.
- ⇒ That first sip of coffee on a cold autumn day.
- ⇒ The sunlight that peaks through the autumn trees and makes the leaves glow.
- ⇒ A beautiful sunset on the beach.
- ⇒ A comforting hug when you are having a rough day.
- ⇒ The sound of your favorite person's voice.
- ⇒ A welcome home butt wag and kiss from your fur baby.
- ⇒ A long overdue lunch with your best friend.
- ⇒ Reading the first page of a new book and knowing it's going to be a great read.
- ⇒ Amazing coworkers (if you aren't retired) that make you laugh so hard your belly hurts.
- ⇒ A drive down country roads, especially in the fall when the leaves are changing colors and fields are full of pumpkins.
- ⇒ That perfect pumpkin!
- ⇒ All the fall feels; apples, apple cider, apple cider donuts, pumpkin spice everything, hayrides, the crunching of the leaves, that scent in the air that only comes with fall, scented candles, the first fire of the season in the fireplace, your favorite fall sweater/sweatshirt, jeans, boots!
- ⇒ Colorful mums!
- ⇒ Cornstalks and scarecrows, the cawing of a crow.



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.

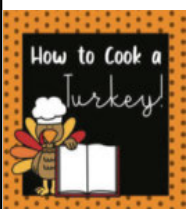
**HONORARY DONATIONS** - Made in honor of someone who has enriched your life.

**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. Please leave any items you are donating at the front desk; books, magazines, health fliers, so they can be processed and placed correctly. We are only accepting donations of magazines less than 3 months old and we do not accept VCR tapes.

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

**BAKELESS BAKE SALE** - This year we will be raising funds until the end of the year for the Building Fund. With the cost of everything continuing to go up, a little extra in this fund will assist us in running your Center. We thank you in advance for your donations.

**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.

### **WEATHER REMINDERS**



Please keep in mind that in inclement weather: **If the St. Joseph schools are closed, the Center is closed.** If you reach the Center's answering machine during our normal operating hours, the Center is closed. When in doubt, always call the Center before venturing out. If the Benton Harbor schools are closed, Senior Nutrition closes and no lunches are served, even if the Center is open. Check local television and radio stations for closings. If you are using our transportation, please be patient as everyone's safety is first. Remember to keep your driveway clear of snow and ice. If we are unable to get into your driveway, we unfortunately will not be able to pick you up.



**Background checks are performed on all Volunteers to insure the safety of our members and for the credibility of our Center.**



### **BINGO**

**Thursday, Nov. 14th, 1:00 pm \$1**

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

FOREVER

*Thankful*

ALWAYS

*grateful*

ABUNDANTLY

*blessed*

*November is National Gratitude Month ~ a time to celebrate and give thanks. We cannot express how very thankful we are for our wonderful Volunteers!*

## RECURRING SCHEDULE

### MONDAYS

- 9:00 am - Resistive Exercise **NO CLASS NOV. 11TH**
- 9:30 am - Quilting Group
- 10:00 am - Calisthenics **NO CLASS NOV. 11TH**
- 10:00 am - Jokers and Marbles
- 11:00 am - Balance Class **NO CLASS NOV. 11TH**
- 12:00 pm - Tai Chi
- 12:30 pm - Hand & Foot Cards
- 1:00 pm - Art Co-Op **See bulletin board for wkly. 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

### 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 **NO CLASS NOV. 7th**
- 12:30 pm - Beginner Pickleball
- 12:30 pm - Scrabble
- 12:30 pm - Hand & Foot Cards
- 1:00 pm - BINGO **2nd week**
- 2:00 pm - Intermediate Pickleball

### FRIDAYS

- 9:00 am - Chair Yoga
- 10:30 am - Beginner Pickleball
- 12:00 pm - Parkinson's Exercise
- REGISTRATION REQUIRED**
- 12:00 pm - Intermediate Pickleball **NO CLASS NOV. 8TH**
- 1:00 pm - Euchre **NOT MEETING NOVEMBER 1ST**
- 1:00 pm - Sit & Share-Parkinson's Support Group

### LAST FRIDAY OF EACH MONTH

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

## WHAT WE HAVE TO OFFER

- ♦ Arts/Crafts
- ♦ Betty Kohn Outdoor Fitness Zone
- ♦ Book Club
- ♦ Cards/Games
- ♦ Circuit Training Room **CLOSED NOV. 21ST & 22ND**
- ♦ 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
- ♦ Healthy Eats **M-Th. 9:30 am-1 pm, F 11:00 am-1:00 pm**
- ♦ Lending Library
- ♦ Lively Steppers (Outside Walking Group-Seasonal)
- ♦ Loan Closet
- ♦ Lunch
- ♦ 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
- ⇒ **Front Door Greeters**
- ⇒ Fundraising - Quilt Raffle, Super Books
- ⇒ Handymen or Handywomen
- ⇒ Light Ironing
- ⇒ Newsletter Mailing
- ⇒ Tax Intake Volunteers
- ⇒ Transportation Drivers
- ⇒ Wood Shop Hosts

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







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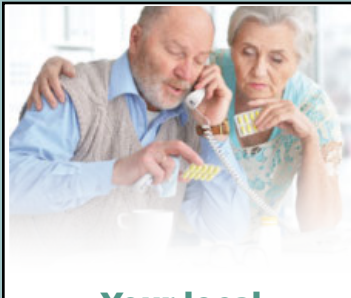
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15-0754

## IMPORTANT REMINDERS

- ◊ We are asking that everyone exit our Center by 3:45 pm so the Staff can securely close our building. **All doors will be locked at 3:00 pm, EXCEPT for the main entrance, (door #1).** 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.
- ◊ Please call ahead if you need loan equipment.
- ◊ We are in need of sympathy cards. However, no **Christmas cards at this time.** We cannot accept torn or yellowed cards, or card tops. We are in need of light colored envelopes.
- ◊ 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.**

Give thanks

## MICHIGAN SECRETARY OF STATE MOBILE OFFICE VISIT

**Friday, November 1st, 10:30 am-2:30 pm**



The Secretary of State Mobile Office brings services directly to the residents of Michigan through partner organizations that support communities with limited access to offices and the internet. They will offer the vast majority of Secretary of State services, including processing

driver's license and state ID applications, corrections and renewals; disability parking placard applications, renewals and replacements; and vehicle title and registration transactions. **Don't forget to sign up if you'd like to attend.**

## ART CO-OP WORKSHOP

**Monday, November 4th, 12:30 pm-3:00 pm**

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

**Make checks payable to Erica Roberts**

**Please sign up by October 30th**

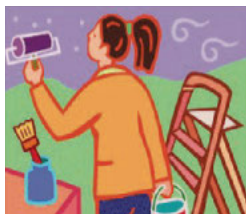
Erica Roberts will instruct in sketching techniques with tips on adaptations for hands that hurt while gripping. Materials will be provided.

**Class size is limited, so sign up soon!**



## ANNE'S REAL ESTATE ROUND TABLE

**Wednesday, November 6th, 10:00 am**



Back by popular demand, Cynthia Deitemeyer of Welcome Home Design Group will join Anne Odden to discuss the transformative power of paint. We will also be discussing and illustrating by

way of a slide show, what a total redesign can look like, or what if we just rearrange the furniture you already own? Let's have fun and discuss ways to revitalize your home. **Please remember to sign up if you'd like to attend.**



## COMPUTER CLASSES - FACEBOOK BASICS

**Wednesday, November 6th, 10:00 am**



Brian Johnston, Adult Services Librarian, from Lincoln Township Library, returns for Facebook Basics. In this class you will learn about profiles, messages, posts and adding content to Facebook.

**Space is limited for this class, so sign up soon.**



## VETERAN'S DAY BREAKFAST

**Monday, November 11th, 9:00 am**

**Deadline to sign up is November 4th**



Starks and Menchinger Funeral Homes will once again sponsor our Veteran's Day Breakfast. The breakfast is for Veterans and their spouses. Mark Casey from

Starks Family Funeral Homes and special guest, Steve Herendeen, will be presenting "Old Glory, The History of the Flag." Come join us for a great meal and learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. After breakfast, we'll learn more about prearrangements, Veteran benefits, cremation, burials, and the overall planning necessary for your final arrangements. **Please sign up by November 4th.**

## FINDING YOUR BEST MEDICARE PART D PLAN

**Tuesday, November 12th**

**See below for available times**



MEDICARE  
PART D

It's that time of year again when Medicare Part D is open for changes! Bob Hopkins will assist you on how to register and find a plan that meets

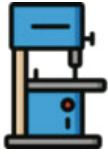
your needs on the mymedicare.gov website. Workshop participants should plan to bring a complete list of prescription meds (including strength and dose), a list of pharmacies they're willing to use, and their Medicare card to the session in order to complete the update. There will be four 90-minute sessions to choose from each day: 8:30 am-10:00 am, 10:15 am-11:45 am, 12:30 pm-2:00 pm or 2:15 pm-3:45 pm. Space is limited. **Please contact the center to sign up for the session of your choice.**



## WOOD SHOP BAND SAW BOX CLASS

**Tuesday, November 12th, 9:00 am-12:00 am**

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



The Wood Shop will be hosting a Band Saw Box Class **for Wood Shop members and hosts only**. Class size is limited to 4, **so sign up soon if you'd like to attend this class.**

## DEBUNKING DIABETES MYTHS

**Tuesday, November 12th, 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 remember to sign up if you would like to attend.**



## MENTAL HEALTH BALANCING THERAPIES

**Thursday, November 18th, 10:30 am**



Do you feel more stressed during the upcoming holidays? Join Dr. Jane Oelke and learn practical techniques to calm stress, keep your mood balanced and build resilience to help handle changes in your routine. **Please remember to sign up to attend.**

## THERAPY DOG PROGRAM

**Tuesday, November 19th, 11:00 am**



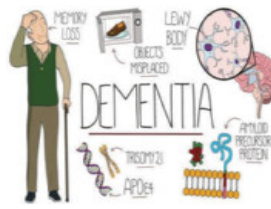
Join Janet Cooper, Marcia Hess, and their four-legged friends as they talk about the Best Friends 4-H Canine Club and Pet Therapy visits. Learn more information about Pet Therapy and the joys and privileges

that volunteering for the program brings. Marcia and Janet will share how to register to be a part of the program through the Best Friends 4-H Canine Club and their partnership with the MSU Extension. **Please sign up to attend.**



## DEMENTIA EDUCATION & UNDERSTANDING

**Monday, December 2nd, 10:30 am**



Stephanie Kostizen, LMSW, ACHP-SW, a Hospice social worker and veteran advocate for Corewell Health South Hospice, will be here for a program that offers training for family caregivers. This program provides education on the different forms and causes of dementia, gives insight into the progression of cognitive decline, and presents tools to better understand how to provide care for the unique needs and challenges that individuals with dementia face. This training also focuses on the needs of the caregivers who selflessly give to their loved ones and offers tools for self-care to ensure that caregivers are also taking time to care for themselves. **Don't forget to sign up if you'd like to attend.**

## PEACE OF MIND

**Tuesday, December 10th, 11:00 am**

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, Veteran's benefits, cremation, burials, and more. Mark Casey of the Starks Funeral Homes will be hosting this event. **Please sign up to attend.**



**Starks**  
Family Funeral Homes  
& Cremation Services

## HOLIDAY BINGO

**Thursday, December 12th, 1:00 pm**



Please join us for our annual Holiday Bingo. To play, please bring a **\$2 NEW WRAPPED GIFT.**



**CHRISTMAS**  
**BINGO**

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# MEALS on WHEELS

— OF SOUTHWEST MICHIGAN —

Senior Nutrition Services Region IV

**Menu Is Subject To Change  
Without Notice**  
**Lunch is served 11:15 am-12:00 pm**  
**Vegetarian meal also available**  
**NOVEMBER**

**CALL 269-921-0136 TO SIGN UP**  
**PLEASE CALL 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 Parmesan chicken over linguine Roasted carrots Seasonal fruit
4 White bean chili Crackers Green beans Cherry cobbler	5 Balsamic pork chop Garlic mashed potatoes Seasonal vegetable Mandarin oranges	6 Beef and bean burrito Fiesta corn Lettuce & tomato Pears	7 Veggie frittata Hash browns/sausage Seasonal squash Honey crisp apple salad	8 Maple mustard chick. Steamed rice Baked creamed corn Seasonal fruit
<b>11 VETERANS DAY</b> <b>NO SENIOR NUTRITION</b>  <b>CENTER IS OPEN</b>	12 Stuffed green pepper Zucchini Peach cobbler	13 Chef salad w/turkey French dressing Fruit cocktail	14 Tortellini sausage casserole Mixed vegetable blend Apple	15 Chicken lasagna Green peas & carrots Texas toast Cranberry cherry fruit fluff
18 Beef stroganoff Mixed vegetables Strawberry fluff salad	19 Pasta Fagioli bake Green beans Tossed salad Peaches	20 Chicken fajitas Black beans Mandarin oranges	21 Sweet & sour pork Rice Pineapple	22 Philly cheesesteak Beets Yogurt with fruit
25 Stuffed cabbage roll Mashed potatoes California blend vgs. Applesauce	26 Sliced turkey Mashed pots. w/gravy Dressing Green bean casserole Pumpkin pie fluff	27 Cheesy garlic chicken Pasta Steamed broccoli Grapes	28 <b>THANKSGIVING DAY</b> <b>CENTER CLOSED</b>	29 <b>CENTER CLOSED</b>
			<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 the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can. We thank you!</b>

## MESSAGE FROM LINDA TINSLEY, EXECUTIVE DIRECTOR OF SENIOR NUTRITION SERVICES

As a proud partner of the St. Joseph-Lincoln Senior Service Center, Senior Nutrition Services is dedicated to delivering high-quality programs, including both congregate and home-delivered meals under the banner of Meals on Wheels of SW Michigan. Our mission is centered around providing not just nutrition but also personal connection, kindness, and respect to our participants, supporting seniors as they age safely in their chosen places, usually their homes. Our seasonal menus feature locally-grown produce and are thoughtfully designed by a Registered Dietitian with a focus on meeting the nutritional needs of seniors.

Our programs are open to individuals over 60 in need of our services, irrespective of income level. It's important to dispel the misconception that our meals are exclusively for those with significant socioeconomic needs. In actuality, our meals receive partial funding from federal and state sources, which necessitates covering approximately \$4.00 per meal. While we kindly request contributions from our clients, we do not impose this as a requirement. Furthermore, we are committed to never denying anyone a meal due to their inability to pay, as long as funding allows us to do so. If you or a loved one is interested in our services, please see our Site Manager, Bill Schiffbauer in his office or give us a call at (269) 925-0137.





To everyone who brings goodies or snacks: Gregg & Kim Blanchard, Adolf Pelzer, Carrie Thompson, Sandy Brown, Sally Matzke, Dolores Frantz, Dale Spencer, Jo Faher, Kathleen Neuenschwander, Linda Kincade, Janet Smiedendorf, Celina Bevelhymmer, Pam Duffy, Jackie Hastings, Linda Doyle, Jerry Hanes, Mary Jane Hiler, Saroj Dhadapkar, and Lorraine Mikesell.

To everyone who donates other items that benefit the Center and Members: Walgreens, Sandra Kay's Bakery, Diana Watts, Elsa Gustafson, Hilda Kemper, Paul Pschigoda, Ed Simmons, Pauline Fox, Gary & Sandy Hora, Jeannette Jeske, Gregg & Kim Blanchard, Rachel Kaufman, Patti Kutz, Jane Jeffery, Julie Petzke, Don & Fredonna Kempf, Joan Contardo, Scott Vince, Mike Doroh, Ann Schroeder, Linda Schemenauer, Celina Bevelhymmer, Caryn McFall, Bonnie Estkowski, Connie Yore, Regina Ritrovato, Virginia Ferguson, Janet Lietz, Ed Baginske, William Wagner, Sandy Andert, Keith Bundy, Gloria Hopkins, Debbie Johnson, Sandra & Henry Mason, Mary Griffin, Polly Hardin, Dolores Shearer, Gay Harrison, Carolyn Strzykowski, Pat Contreras, Lou Sertich, Jaci Brenneke, Dianna Honeywell, Sher Rudi, Else Elsner, Barb Berry, Joan MacDonald, Patricia Knight, Café Tosi, Michelle Alger, and Fern Gaddie

#### **MONETARY CONTRIBUTIONS:**

- \* All the anonymous transportation riders, Bob & Janet Hahn, Mary Donald, and Norma Venables made **Donations to our Transportation Program.**
- \* Jo Flowers, Patricia Forbes, June Rollinger, Ada Greene, Anneliese Keehn, Regina Ritrovato, Bob & Cheryl Club made a **Donation to the Building Program.**
- \* Celina Bevelhymmer made a **Donation to the Building Program in Honor of Gayle Coon.**
- \* Ronald & Roseann Schramm and Diana Flora made a **Donation to the Wood Shop.**
- \* John Anderson, Onalee Hartman, Tracy Coombs, Mary Nieuwboer, Frank & Pat White, Chris Wright, Judy Felland, John & Jonelen Faher, Glen & Jacquelyn Hastings, Arnold Bolman, Diana Siekman, Glenn Laing, Rebecca Marsden, Matthew & Linda Williamson, Dolores Shearer, Kathy Ketelhut, Frederick & Kathleen Oppel, Patty & Steve Nordberg, Lori Tucker, Joanne Vander Meulen, Joan Deden, and Jim Hlifka made a **Donation to the Circuit Training Room Challenge Grant.**
- \* Stan Comstock made a **Donation to our Parkinson's Exercise Program.**
- \* Anonymous Donors made **Donations to Pickleball.**
- \* Nancy Moore made a **Donation to the Priscilla Upton Byrns Walking Trail & Gardens.**
- \* A.J. & Edwin Heiden made a **Donation to our Brick Fundraiser.**
- \* Erika Mauerman made a **Donation to our Exercise Classes in Memory of Jack Porritt.**
- \* Dolores Frantz made a **Donation in Loving Memory of William Frantz, Sr.**
- \* Sherri Spicer made a **Donation to our Walk A Thon.**

***MANY THANKS to our Grant Committee who wrote two grants for our Circuit Training Room expansion!***

***THANK YOU to everyone who participated in the development of our Strategic Plan, which is now available for our members to view in our Library.***

***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.

#### **CIRCUIT TRAINING ROOM EXPANSION**

We are happy to announce that we have met our Challenge Grant through the Berrien Community Foundation for the expansion of our Circuit Training Room. Judy Felland made a very generous donation of \$10,000 to make sure that we achieved our goal. We also received other donations from our members so we can now move forward with this project. We are now in the process of relocating our Art Room and Card Room so renovation can start to expand the Circuit Training Room, which is used by more members than any other program at our Center. **The Circuit Training Room will be closed on November 21st and 22nd.** We will do our best to continue as many of our programs as possible during this time. Make sure you are reading the newsletter during the next 6 weeks and if we have to cancel a program we will send out a robo call to let you know. Thank you again to all of our wonderful members and Judy Felland!

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>	Rocco Pavese
<b>Secretary</b>	Patty Nordberg
<b>Treasurer</b>	Subhas Dhodapkar

**Board Directors**

Celina Bevelhymmer, Ted Post, Tim Kragt, Mark Johnson, Jim Hlifka, Dennis McCarthy, Dennis Meadows, and Cheryl Ryno.

**Staff**

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<b>Program Coordinator</b>	Jamie Bingaman
<b>Support Associate</b>	Sharyl Freehling
<b>Receptionist</b>	Julie Hartman
<b>Administrative Assistant</b>	Sandy Draper
<b>Staff Assistant</b>	Lynn Vince
<b>Building Custodian</b>	Tai Huynh
<b>Sr. Nutrition Manager</b>	Bill Schiffbauer



**Helpful Service Numbers**

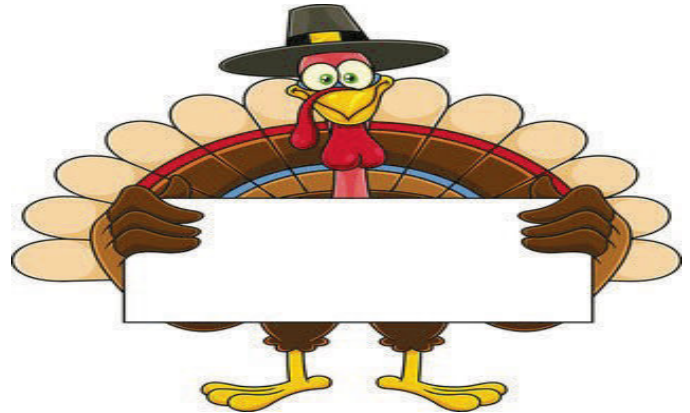
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Medicaid Hotline	(800) 642-3195
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Senior Help Line	(800) 654-2810
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**NOVEMBER ACTIVITIES**

- 1 Michigan Secretary of State Mobile 10:30 am
- 4 Art Co-Op 12:30 pm-3:00 pm
- 6 Facebook Basics 10:00 am
- 6 Anne's Real Estate Round Table 10:00 am
- 11 Veteran's Day Breakfast 9:00 am
- 12 Wood Shop Band Saw Box 9:00 am-12:00 pm
- 12 Debunking Diabetes Myths 10:00 am
- 12 Medicare Part D Plan - Multiple Sessions All Day
- 13 Book Club 10:00 am
- 14 Bingo 1:00 pm - \$1
- 15 Commodities - 9:00 am-11:00 am
- 15 Cookies & Canvas 12:00 pm-3:00 pm
- 18 Best Hearing Store - Hearing Screening



**BY APPOINTMENT ONLY**

- 18 Mental Health Balancing Therapies 10:30 am
- 19 Therapy Dog Program 11:00 am
- 21 Board Meeting 10:00 am
- 26 Newsletter Mailing 9:00 am
- 26 Stamp Camp 12:00 pm-3:30 pm
- 28 **HAPPY THANKSGIVING - CENTER CLOSED**
- 29 **CENTER CLOSED**



**DAYLIGHT SAVINGS TIME ENDS**



Daylight savings time ends on Sunday, November 3rd, so don't forget that before you turn in on Saturday evening to set your clocks back one hour. This would also be a great time to replace your batteries in your smoke and carbon monoxide detectors!