

# 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**

**DECEMBER 2024**



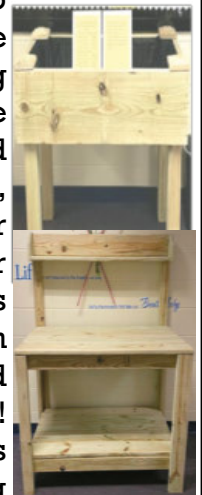
## CHRISTMAS SHOPPING AT THE CENTER!

Do you know that you can do some of your Christmas shopping here at the Center? We will be having many items on display for purchase, such as: cards, stamps for card making, cutting boards, wooden cook book holders, wooden coasters, bracelets, beautiful quilts, etc., all handcrafted by our Stitch and Chat group, and a whole lot more. Check your Christmas list. You just might be able to cross a few things off your shopping list while you're here at the Center! Happy shopping!



## WOOD SHOP FUNDRAISER-RAISED PLANTERS AND POTTING BENCHES/BEVERAGE CENTERS

Our craftsmen in the Wood Shop are once again bringing back the raised planters and potting benches/beverage centers. Save your back and your knees and plant your flowers, herbs, vegetables, etc. in a raised planter and use the potting bench for planting your beautiful flower pots or also as a beverage center on your deck or patio. These would make really great Christmas gifts! For a 4' raised planter the price is \$210 and for a 6' it is \$250. Potting benches/beverage centers are \$210. These items are available with casters for an extra \$75 per item. These are delivered at no cost within 10 miles of our Center. Delivery charges will apply outside of a 10-mile radius from the Center. **Order deadline is April 1, 2025.** Delivery will be sometime in April.



## BAKELESS BAKE SALE



We would like to express many thanks to all of you who have contributed to our Bakeless Bake Sale, the funds will go to our Building Fund to assist us in operating our Center. This is the last month for this fundraiser, so it's not too late to make a donation. You can mail your donation or drop it off at the Center. Thank you so much for assisting our Center with this fundraiser!

**OUR SENIOR CENTER WILL BE CLOSED ON  
DECEMBER 6TH FOR OUR ANNUAL  
CHRISTMAS PARTY, AND ON  
DECEMBER 24TH, 25TH & 31ST.**

### ~Notes from the Board~

Here we are - the last month of the year. During December there are many ways to celebrate depending on your faith and traditions. Here at the Center the decorations are up, and it will soon be time for the Ugly Sweater luncheon complete with the Christmas Dessert Raffle. That is always a "sweet" fundraiser for the Center.

Many hands have been busy during the last few weeks. As I am writing this in November, just walking around the halls shows many changes are happening. For those who have already left for winter in warmer areas, when you come back you will find the Circuit Training Room has expanded into what had been the card making/art & craft room/knitting & sewing room. Now those activities have moved across the hall with a much-needed addition to that room of a sink for cleanup.

All those who play cards are now in what had been the Administration Offices for the St. Joseph Public Schools. Of course, change didn't stop there. To allow access to those areas in the front of the building, a kiosk has been added to check members into the building along with an area for an additional Greeter. There will now be four access doors to our Center. All doors are locked at 3 p.m., except for the Main Entrance.

How is all this change possible? First, this is an amazing Center. There are members who give their time and talents to help make those moves possible. Once the walls are taken down, shelving units are dismantled and put together in a new location. The Wood Shop helps with building needs and then the fun begins as many hands are necessary for reorganization to take place. The generosity of members support the Bakeless Bake Sale (until the end of the year), numerous fundraising activities, and specific needs to raise the money necessary to balance our yearly budget.



This is the time of the year to thank our amazing Staff and Volunteers. Quilts created here at the Center make wonderful gifts. The Wood Shop is always providing items, too. Cards for all your Christmas needs as well. Look around this month and you will find opportunities on the Community Board and Trip Board to enjoy activities outside the Center. Check out the Volunteer Board for ways to give back. Find time to enjoy nature while walking safely on the paths and trails behind the Center.

This is the time of the year when we want to be able to be with friends and family. For some that is not always possible, so find ways to bless others as you have been blessed. The New Year will be here soon!

~Patty Nordberg~

~Board Secretary~

### WOOD SHOP - ON DEMAND CUSTOM STOOL



If you are looking for a Christmas gift, start here first! How convenient to pick up something from your Christmas list while you are at the Center. The Wood Shop craftsmen/craftswomen are putting their wonderful skills to good work. You can order an on-demand custom stool for \$25 for that special little one in your life. A name can also be engraved on the stool as well. If this is on your Christmas list, please stop at the front desk to complete the form and make payment.

### 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.

## CONSISTENT MONTHLY PROGRAMS

### BOOK CLUB

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



Instead of a book for December, we're having a Christmas party. Members please plan to attend and share in the joy of the Christmas season!

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

**Monday, December 16th**

**By appointment only**

Quinton Smith from the Best Hearing Store will be here 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.**



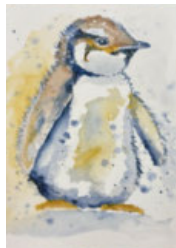
### COOKIES & CANVAS

**Friday, December 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 DECEMBER 18TH**



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



### 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 is not a function of our Senior Center.

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

### LOST & FOUND

We will have a Lost & Found table outside the gym until December 4th. Any items left on the table after December 4th will be donated. Please be sure and check the table to see if any of the items belong to you!



### VOLUNTEERS NEEDED

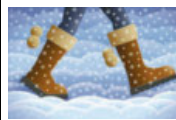
Due to the expansion of the **Circuit Training Room**, we are in need of more **Monitors** to work 2-hour shifts in this room. The Circuit Training Room is open from 9:00 am-3:00 pm every day. Monitors would be trained on all of the equipment so they could do orientations with new members and be available for assistance in this room. We also need more **Greeters** since we have opened 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!

### PUMPKIN CONTEST



Congratulations to Alice Mow for guessing the closest to the weight of the pumpkin this year. This year's pumpkin weighed in at 24.4 lbs. We look forward to your guesses next year!

### PLEASE WIPE YOUR FEET!



Winter is coming and with it comes ice and slush. Help us keep our floors dry, our members safe and our Senior Center as clean as possible. Please wipe your feet when you enter the building and avoid walking in the gym with wet shoes. As a reminder, we will have boot trays outside of the gym to store your boots while attending classes.

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

## MACKINAC ISLAND GRAND EXPERIENCE

**May 13th-16th - First day to sign up for this trip is Monday, December 9th**

**\$1,100 per person, double occupancy**

**\$1,020 per person, triple occupancy**

**\$1,330 per person, single occupancy**

**50% deposit due at sign up**

**Trip balance due: March 18th**

**MANDATORY TRIP MEETING: Thursday,**

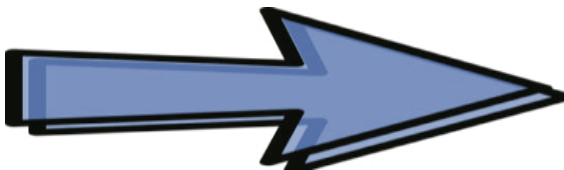
**May 1st at 1:00 pm**

Visit Mackinac Island in the spring and enjoy the blooming flowers, play golf, and experience everything the island has to offer with smaller crowds! The trip includes round trip motor coach and ferry transportation, round trip horse-drawn taxi to and from boat dock to hotel, 3-night stay at The Grand Hotel with all taxes, fees and gratuities included. Enjoy the Grand Luncheon Buffet on Wednesday and Thursday, full breakfast each morning, tea and cookies each afternoon, a 5-course dinner each evening, special champagne reception, nightly demitasse, and dancing to the Grand Hotel Orchestra. You can also enjoy a Grand Hotel history lecture, a horse-drawn carriage tour of the island, bocce ball, golf putting and chipping tournaments, bingo, writing contests, movies, daily activities, and evening entertainment. You can walk through the butterfly houses, tour historic forts, and so much more! There will be discounts on bicycle rental, golf, photos, and of course, fudge! **Trip insurance is available and recommended. Everyone MUST attend the trip meeting on May 1st at 1:00 pm, so mark the date on your calendar now!**



**ACTIVE ACTIVITY - NEW TRIP**

**\*\*PLEASE SEE PAGE 12 FOR MORE TRIPS!\*\***



## 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 all gratuities. Enjoy 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**



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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.



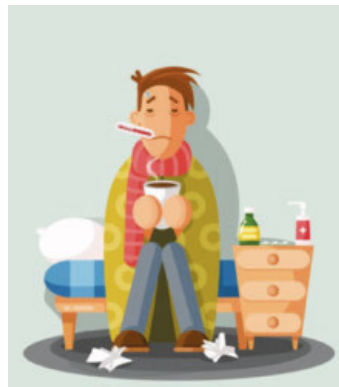
## WINTER BUILDING TEMPERATURE



Before you know it, winter will be here and with it colder temperatures. We all have different body temperatures, so we ask that you please dress accordingly for yours so that you will be comfortable. We do keep the temperatures down a little in

the Gym and the Circuit Training Room because of exercise classes, but all other rooms here at the Center will be set at a comfortable temperature for most.

## I'M NOT FEELING WELL



Please remember during the winter months it is important to stay home if you don't feel well. Please be considerate of others if you just aren't feeling your normal self. Help us to keep our Center a healthy place to be this winter.

Get plenty of rest, stay hydrated and give your body the time it may need to recover.



## ZUMBA

With nearly sixty (yes, 60!) members signing up for the Zumba interest list, we have heard you loud and clear and are excited to announce that we will be adding a Zumba class to our schedule! **Beginning Friday, January 3rd**, Carolyn Margol will be teaching a fun-filled Zumba class in the Gym every Friday at 8:30 a.m. **Friday morning Chair Yoga classes will be moved to the Activity Room & start at 9:30 am.** For those new to the craze, Zumba is a dance-based fitness class that combines Latin and International music with a variety of movements that target the entire body, including the core, legs, and glutes. You won't want to miss this fun workout!



## SJLSSC CHOIR



Happiness is singing in a choir, come sing in ours! Due to the great response to our choir interest inquiry, the NEW SJLSSC Choir group will be meeting for practice weekly in Friendship Hall on Mondays at 1:30 pm. This group is open to all SJLSSC members that are interested in joining. The group plans on learning songs to perform at local assisted living facilities, community events and gatherings (including at SJLSSC!), but most of all they want to have FUN! Please stop by a practice to learn more.



## JUNK MAIL

After many years of taking care of our member's 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 again, Ken, for all you've done!

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**

It's that time of the year again when the temperature outside grows chilly and the snow starts to fly. On a snowy, cold day it's nice to stay in and curl up with a good book and something warm to drink. Our Library has so much to offer, so if you are looking for a great read, you will be sure to find it here at our Library. Please take the time to stop in, we're sure you will find what you are looking for.



### \*\*\*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.

**WOOD SHOP RAISED PLANTERS/POTTING BENCHES/BEVERAGE CENTERS** - The Wood Shop raised planters and potting benches/beverage centers are back! Get your order in, just in time for Christmas! See page 1 for more details.

### **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.



### **BINGO**

**Thursday, Dec 12th, 1:00 pm Holiday Bingo \$2 NEW WRAPPED GIFT**  
**Thursday, Dec. 26th, 1:00 pm**  
**PLEASE DO NOT ENTER THE GYM UNTIL ROOM IS SET UP.**

## RECURRING SCHEDULE

### MONDAYS

9:00 am - Resistive Exercise  
 9:30 am - Quilting Group  
 10:00 am - Calisthenics  
 10:00 am - Jokers and Marbles  
 11:00 am - Balance Class  
 12:00 pm - Tai Chi  
 12:30 pm - Hand & Foot Cards  
 1:00 pm - Art Co-Op **See bulletin board for wkly. topic**  
 1:00 pm - Refresher Bridge  
 1:15 pm - Beginning Line Dancing  
 1:30 pm - Choir Class  
 1:45 pm - Intermediate Line Dancing



### TUESDAYS

9:00 am - Resistive Exercise  
 10:00 am - Range of Motion  
 11:00 am - Chair Drumming  
 12:30 pm - Advanced Pickleball  
 1:00 pm - Euchre  
 12:30 pm - Advanced Ukulele

**REGISTRATION REQUIRED**

2:00 pm - Beginner Ukulele  
**REGISTRATION REQUIRED**

### WEDNESDAYS

9:00 am - Resistive Exercise  
 9:00 am - Greeting Card Making  
 10:00 am - Calisthenics  
 11:00 am - Balance Class  
 11:45 am - Cardio Drumming  
 12:00 pm - Parkinson's Exercise

**REGISTRATION REQUIRED**

12:30 pm - Dominoes  
 1:00 pm - Computer Lab  
 1:00 pm - Mah Jongg  
 1:00 pm - Advanced Pickleball  
 1:00 pm - Stitch & Chat  
 2:30 pm - Intermediate Pickleball



### THURSDAYS

9:00 am - Resistive Exercise  
 10:00 am - Range of Motion  
 11:00 am - Tai Chi  
 12:30 pm - Beginner Pickleball **Class Dec. 19th only**  
 12:30 pm - Scrabble  
 12:30 pm - Hand & Foot Cards  
 1:00 pm - BINGO **2nd & 4th week**  
 2:00 pm - Intermediate Pickleball **Class Dec. 19th only**



### FRIDAYS

8:30 am - Zumba **Beginning January 3rd**  
 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 **Meeting on Dec. 5th this month!!**  
 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 **Dec. 12th closes at noon & will be closed all day Dec. 13th**
- ♦ 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
- ♦ 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**
- ♦ 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**



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
- ⇒ **Circuit Training Room Monitors**
- ⇒ **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.**

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





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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.**





## DEMENTIA EDUCATION & UNDERSTANDING

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



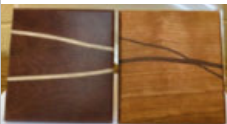
Stephanie Kostizen, LMSW, ACHP-SW, a Hospice social worker and veteran advocate for Corewell Health South Hospice, will be here for a program that offers training for family caregivers. This program provides education on the different forms and causes of dementia, gives insight into the progression of 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.**



## WOOD SHOP CLASS - COASTERS

**Monday, December 9th, 9:00 am-12:00 pm**

**\$10 per person, payable at sign up - NO REFUNDS**



Join instructor Ed Koehler to cut, glue, plane and finish drink coasters. These would make a wonderful gift for the holidays!

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

## WOOD SHOP CLASS - BAND SAW BOX

**Tuesday, December 10th, 9:00 am-12:00 pm**

**\$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, **so sign up soon if you'd like to attend this**

**class.**

## 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

## BERRIEN COUNTY ANIMAL CONTROL - SUPPORT OPPORTUNITIES

**Monday, January 6th, 10:30 am**



Berrien County Animal Control will be here with a few of their "furry friends" to discuss their program, as well as opportunities available for volunteers - from cuddling with kittens and puppies to dog walking, short term fostering, and many more. Come learn about their program and meet some of the kittens and puppies they are currently caring for.



**Remember to sign up if you would like to attend.**



## ART CO-OP WORKSHOP

**Monday, January 6th, 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 December 30th**



Matt will demonstrate watercolor techniques and then assist students in painting a subject of their choice. Materials will be provided or bring your own palette, if preferred, bring reference material or choose from our source materials. **Class size is limited, so sign up soon!**



## GENEALOGY CLASSES

**Tuesdays, January 7th, 14th, & 21st, 1:00 pm**



Are you interested in learning more about your family history? Join Aloma Custer, from the Berrien County Genealogy Society for this 3-day session where you will learn how to use the FamilySearch website to research and build your family tree. This is a 3-series session of classes, where consecutive lessons will be taught each week. Basic computer skills are required. **Please plan on attending ALL classes when you sign up. Class size is limited and registration is required.**



## TRIPS

### HAMILTON - DEVOS PERFORMANCE HALL - GRAND RAPIDS

Thursday, July 31st

\$158 per person, payable at sign up



Based on Ron Chernow's acclaimed biography and set to a score that blends hip-hop, jazz, R&B, and Broadway, Hamilton is the award-winning, epic

saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. 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. There will be a stop at Culvers on the way home for attendees to purchase dinner.

**MODERATE ACTIVITY - NEW TRIP**

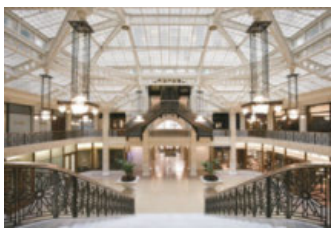
### CHICAGO ARCHITECTURAL TOURS

Tuesday, June 24th

\$188 per person, payable at sign up



Join us for a wonderful day of learning about the unique and stunning architecture of Chicago! This day trip includes transportation to and from Chicago, admission to all tours, as well as a select-menu lunch and all gratuities. Begin with a 30-minute guided walking tour of the world-renowned,



Frank-Lloyd Wright commissioned Rookery Building, followed by lunch at Osteria Via Stato. Finally, the group will travel on a 90-minute docent-led architectural boat tour that cruises along the scenic Chicago River.

**ACTIVE ACTIVITY - NEW TRIP**

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

**A BEAUTIFUL NOISE - APRIL 5TH**



## BACKGROUND CHECKS FOR ALL VOLUNTEERS

Recently we sent a robo call informing all of our Volunteers that our Board of Directors has approved a new policy, which requires us to do background checks on SJLSSC Volunteers. There have been a few questions about why we are implementing this policy. Primarily, it is to provide a safe environment for our members, Volunteers and Staff. This is also a requirement of our insurance company to comply with liability and legal requirements. Our Volunteers are the heart and soul of our organization and we appreciate them greatly, but they are also an investment, simply in terms of training and trust. Our Volunteers are also the face of our organization, which means our Center can be liable for their behavior. We do not need written authorization from our Volunteers, because by being a member we have the information needed to conduct the background check. If you have any questions or concerns, please stop by our Executive Director's office and she will be happy to discuss this with you. Thank you, Volunteers for everything that you do in assisting us to operate our Senior Center!

### MERRY CHRISTMAS & HAPPY NEW YEAR

The Board of Directors and Staff at SJLSSC wish all of you a very Merry Christmas and a Happy New Year! May the New Year bring you lots of blessings. Thank you for making our Senior Center a great place to be!



### PROGRAM SUGGESTIONS



Members, we want your suggestions! We're hard at work scheduling programs for 2025 and would love to hear from you regarding any suggestions you may have for new guest speakers or programs you would be interested in attending at the Center. Please put your suggestions in the box near the Trip bulletin board, or email Jamie at [coordinator@sjlsc.org](mailto:coordinator@sjlsc.org).





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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**  
**DECEMBER**

**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
2 Spaghetti Steamed green beans Mandarin oranges	3 Cod over rice Mixed vegetables Green peas Fruited jello	4 Turkey burger Capri blend vegetables Fruit cocktail	5 Egg casserole Hash browns Sausage links Baked apples/raisins	6 Italian chicken Seasoned potatoes Steamed spinach Peaches
9 Sweet & sour meatballs over rice Oriental veg. Blend Pineapple tidbits	10 Chicken tender tortilla wrap Lima beans Peaches	11 Chili with sweet Potatoes Green peas Diced pear cup	12 Orange cranberry Dijon pork loin roast Rice pilaf/carrots Fruit crisp	13 Roasted chicken Buttered noodles Broccoli Grapes
16 Ravioli w/creamy squash sauce 5-way blend vegs. Fruit crisp	17 Beef enchilada bake Spanish rice Black beans Fruit cocktail	18 Chicken piccata bake Green beans Mandarin oranges	19 Stuffed green pepper Rice & tomatoes Steamed corn Banana	20 Roast beef w/gravy Mashed potatoes Green bean casserole Creamed corn/dessert
23 Scalloped potatoes Wax beans Beets Yogurt with fruit	24 <b>CENTER CLOSED</b>	25 <b>CENTER CLOSED</b>	26 Meatloaf Mashed potatoes Peas & carrots Tropical mixed fruit	27 Stuffed cabbage roll California Blend Veggies Apple Birthday cake
30 Tuna noodle cass. Normandy blend Grapes	31 <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>

### IMPORTANT NEWS ABOUT THE CIRCUIT TRAINING ROOM

As you may be aware, we are in the process of expanding the Circuit Training Room. To move forward with this project, it requires us to close this room on **December 12th at noon and December 13th all day.**

Upon reopening of the Circuit Training Room, all new members will need to schedule one hour orientations. Members will have to come into the Center and go to the Circuit Training Room to schedule this. We cannot take orientation appointments on the phone. **Hours for new member orientations will be 10:00 am-1:00 pm every day.**

Many thanks again to the Frederick S. Upton Foundation for the grant that made this expansion possible and to all of the donors who contributed to our Challenge Grant. To all of our amazing Volunteers, thank you so much for your time and dedication in relocating 2 rooms and getting the new space ready for the cardio equipment.





Thank  
you

To everyone who brings goodies or snacks: Dolores Frantz, Sharon Kabel, Adolf Pelzer, Mary Donald, Carl Carlson, Jan Kosinski, Celina Bevelhymmer, Nancy Sawyer, Peggy Gay, Patty Nordberg, Karen Vandermeer, Marc Bilka, David & Genny Ingeson, Rosanne Burden, Virginia Ferguson, Jaci Brenneke, Tim Kragt, Joan Peden, Claire Gillespie, Jane Jeffery, Cheryl Ryno, Lani Agens, Joe & Connie Ferrier, Carrie Fisher, Fay Pressnitz,

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

Sandra Kay's Bakery, Walgreens - Stevensville, Dolores Frantz, Joan Hine, Val Kowderduck, Karen Diehl, Celina Bevelhymmer, Gay Harrison, Judi Rudi, Mike Osborne, Tim Kragt, Rhonda Rennhack, Pat Howell, Kim & Gregg Blanchard, Tosi's Café, Robin Campbell, Pat Burnette, Don & Fredonna Kempf, Gloria, Linda Bentley, Deane Richter, Gay Harrison, Jeannine Marks, Ann Wilkinson-Hunnell, Cheryl Carr, Bruce Crum, Claire Gillespie, Sharon Kabel, Mary Sundblad, Diane Satkoski, Alice & James Sherrill, Rhonda Rennhack, Cheryl Ryno, Else Elsner, Pattie Keith, Ali Hassan, Jenny Fry, Virgil Cimala, Woodland Terrace, Norma Venables, Ed Baginske, Tom and Collen Hurst, Pat Husek, Deb Burkett, and Amy Reutlinger.

#### **MONETARY CONTRIBUTIONS:**

- \* All the anonymous transportation riders, Barb Findley and Norma Venables made *Donations to our Transportation Program.*
- \* Jerry Hanes, Cynthia Caruso, Paulette Graham, Jaci Brenneke, Barbara Klein, Anneliese Keehn and Joyce Howell made a *Donation to the Building Fund.*
- \* Barb Findley, Don White, Brian McFall, and Anonymous Donors made a *Donation to the Wood Shop.*
- \* Mary Sundblad, Jane Jeffery, Elfriede Fitz, Jeannine Marks, Gladys Christian, Janet Smiedendorf, Judy Benson, Millie Carney, Burwell & Christine Carmichael, Kathleen Campbell, Patricia Coons, Irma Gorman, Eldon & Jean Keehn, Helma Schlaman, Tom Andert, Virginia Ingeson, Linda Cooper, Gene & Peggy Stemm, Mary Jane Hiler, Stan & Carolyn Strzyzkowski, Celina Bevelhymmer, Irene Hudson, Charlotte Wilkens, Ken & Carol Baker, Adell Thornton, Janice Fischer, Louise Mueller, Lenn Murdock, Ada Greene, Deborah Burlingame, Dennis McCarthy, Nancy Barrett, Joanne Sutton, Sheridan Morris, Barbara Stagg, Joyce Vance, Richard Prendergast, Robert & Ann Niedbala, Robert & Janet Hahn, Lois Wallace, Linda Sprague, Ray & Elaine Roberts, Patty & Steve Nordberg, Susan Szymczak, Bonnie Korican, Maro Semerciyan, Lydia Groth, Robert & Ann McDowell, Dolores & Jeanette Fester, David & Donna Suloff, Jim & Dea Thompson, Sue Plummer, and Anonymous Donors made a *Donation to our Bakeless Bake Sale.*
- \* John & Alana Steffen, Jeannine Marks, Barbara Lackner, Terry & Barb Hosbein, Susan Pagen, Brian McFall, David & Sandra Brown, John & Marilyn Miser, and Anonymous Donors made a *Donation to the Circuit Training Room Challenge Grant.*
- \* Stan Comstock made a *Donation to our Parkinson's Exercise Program.*
- \* Suzanne Howard made a *Donation to our Choir Program.*
- \* Anonymous Donors made *Donations to Pickleball.*
- \* The Porczak Family and Ernest Lewis & Julie Nash made a *Donation in Memory of Janet Spicer.*
- \* Frank Alsup made a *Donation in Memory of Peggy Alsup to the Building Fund.*
- \* Robert & Ann Niedbala made a *Donation in Memory of Diane Hawkins to the Friendship Gardens.*

**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.



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

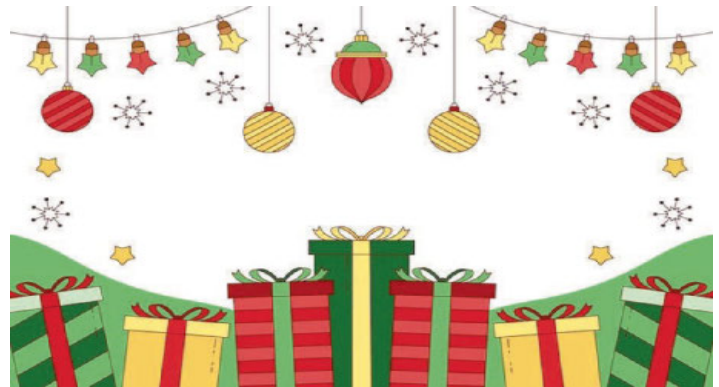


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**The St. Joseph-Lincoln Senior Service Center is committed to providing a welcoming, safe and friendly setting for Senior Citizens. We support member independence by offering social, educational, cultural and recreational programs and services.**

**Executive Board Members**

<b>President</b>	Bob Hopkins
<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**

<b>Executive Director</b>	Cindi McLaughlin
<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**

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



**DECEMBER ACTIVITIES**

- 2 Dementia Education & Understanding 10:30 am
- 6 SJLSSC Christmas Party 11:00 am - **CENTER IS CLOSED FOR ALL OTHER ACTIVITIES**
- 9 Wood Shop Coasters Class 9:00 am-12:00 pm
- 10 Wood Shop Band Saw Box 9:00 am-12:00 pm
- 10 Peace of Mind 11:00 am
- 11 Book Club 10:00 am
- 12 Holiday Bingo - **\$2 WRAPPED GIFT** - 1:00 PM
- 16 Best Hearing Store - Hearing Screening  
**BY APPOINTMENT ONLY**
- 18 Newsletter Mailing 9:00 am
- 19 Board Meeting 10:00 am
- 20 Commodities - 9:00 am-11:00 am
- 20 Cookies & Canvas 12:00 pm-3:00 pm
- 24 **CENTER CLOSED**
- 25 **CENTER CLOSED - MERRY CHRISTMAS!**
- 26 Bingo 1:00 pm
- 31 **CENTER CLOSED - HAPPY NEW YEAR!**



**OUR SENIOR CENTER WILL BE CLOSED ON  
DECEMBER 6TH FOR OUR ANNUAL CHRISTMAS  
PARTY, AND ON DECEMBER 24TH, 25TH & 31ST.  
MERRY CHRISTMAS & HAPPY NEW YEAR!**

