

THE ANCHOR NEWS



**St. Joseph-Lincoln
Senior Service Center
3271 Lincoln Avenue
St. Joseph, MI 49085
(269) 429-7768**

DIRECTOR@SJLSC.ORG

WWW.SJLSC.ORG

HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM

ALL DOORS EXCEPT FOR MAIN ENTRANCE

(DOOR #1) WILL BE LOCKED AT 3:00 PM



TAX TIME IS UPON US

Beginning Monday, January 27th, you can call to make an appointment to get your taxes done. Appointments will start in February. Round up all of your paperwork before scheduling an appointment. **Please use the checklist on page #6 of this newsletter when gathering your documentation.** The AARP tax volunteers are able to help you file simple Federal and State income tax returns, including Homestead Property Credit and Home Heating Credit. **COMPLEX TAXES MUST BE COMPLETED BY A TAX SERVICE, NOT OUR VOLUNTEERS.** This includes any business pursuits. **Appointments fill quickly, so call as soon as possible.**

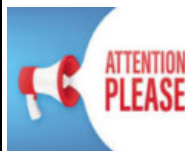


WOOD SHOP FUNDRAISER-RAISED PLANTERS AND POTTING BENCHES/BEVERAGE CENTERS

Our craftsmen in the Wood Shop are once again bringing back the raised planters and potting benches/beverage centers. These are on display at the Center if you would like to see them. This is a great way to 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. 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 will be 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 in April.



ATTENTION MEMBERS!

 Please take a moment and update your contact information with us **if it has changed in the last 2 years.** This includes addresses, phone numbers, and names and correct phone numbers of your emergency contacts. Every couple of years we need to purge our mailing list due to increased costs. **If you have not come to our Center in the past 2 years, we will be removing you from our mailing list.** If you don't see a newsletter arrive next month and you would still like to receive one, please just give us a call and we will put you back on the list. Thank you!

~Notes from the Board~

As we are now firmly into the month of January, the festive lights and warm spirits of Christmas are now behind us. We are looking ahead at the deepest part of winter. Oh, and a new year has arrived.

Have you made your New Year's resolution(s) yet?

Do you even make one (or several)? If the ancient Babylonians were able to muster up one or two of them 4,000 years ago, I suppose some of us can continue the tradition.

Part of this thought process has a connection to our Senior Center. Each January the Center welcomes many new members. The belief, Center Staff says, is that most of those new members are thinking of doing new things in the new year.

That could be a fitness class or regular workouts in the Circuit Training Room. Or it could be a new look at a craft, or some card games. Ready for some pickleball?

"Since I started here, one thing that I've noticed is we listen to what our members ask," Program Coordinator, Jamie Bingaman, said. "Zumba came about because people asked for it. We put articles in the newsletter to determine the interest level, and we had 60 people who were interested. So, then we figured out a way to work it in the schedule. We now have Zumba on Fridays!"

Another new program for the new year is Choir, Jamie said, due to the interest expressed by members. Choir members have already been practicing on Mondays for several weeks.

Another new offering that may appear in the Center this year will be a leather-making class. A member brought up that interest to the Staff. Jamie said Center Staff is asking members to let us know what they are interested in doing here at the Center.

"I love to get feedback on existing programs or potential new programs or speakers. We'll be working on new things for the spring schedule and beyond during January," Jamie said.

When "the schedule" is mentioned, anyone familiar with The Anchor News knows the page that lists the Recurring Schedule (page #8) activities and a long list of "What We Have to Offer" activities. It's amazing! So many things to try out. Of course, many of our members are doing those activities already.

And don't forget the trip opportunities that are available for members. Trips are selected and planned by Staff based on the results of member interest indicated on trip interest surveys. Day trips and overnight trips are planned every year to occur during almost every month.

Needless to say, if members are looking for new challenges or fun activities this year, our Senior Center is ready to help you out. Whatever you choose, have some fun!

~SJLSSC Board of Directors~

~Mark Johnson~

HEALTHY EATS



Did you know that you can grab breakfast and/or lunch at the Center? Healthy Eats is located in Friendship Hall and offers a wide variety of items, such as: muffins, breads, casseroles, sandwiches on croissants, soups, salads, and their amazing fruit smoothies may return in the spring! Their prices cannot be beat and you get a lot for your money. So, meet up with a friend and catch up over breakfast or lunch. Their hours of operation are Monday-Thursday 10:00 am-1:00 pm and Fridays 11:00 am-1:00 pm.



Don't forget to try out Healthy Eats when you are here at the Center. They have new food options every day. Method of payment is cash only.

CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, January 8th, 10:00 am

The book to read for the month of January is "We Were the Lucky Ones" by Georgia Hunter. Leading the discussion will be Sally Matzke. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



COOKIES & CANVAS

Friday, January 17th, 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 JANUARY 15TH



The watercolor painting for the month of January is called "Winter Fun." This painting is on a 9" x 12" canvas and all materials needed for this class are provided.

Remember to sign up soon.

STAMP CAMP

Tuesday, January 28th, 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 JANUARY 24TH

Join us as Caryn McFall returns for another class on hand stamped cards. This month's theme is Hearts and Love. 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.



Love you

JANUARY THROUGH FEBRUARY RANGE OF MOTION/CHAIR DRUMMING UPDATE

Due to Ron Robb being out of town after January 14th, the Tuesday morning Range of Motion and Chair Drumming members will be offered the option of working out to exercise videos for these classes during class time on January 21st and 28th **ONLY**.

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.



NEW MEMBERS - CIRCUIT TRAINING ROOM

If you are a new member to the Circuit Training Room, you must first undergo a 1-hour orientation. To do this, you must come into the Center and go to the Circuit Training Room to sign up for your 1-hour orientation. This cannot be scheduled over the phone. Hours of orientation will be Monday through Friday, 10:00 am-1:00 pm. Remember to check in under Circuit Training Room when you come in for your orientation. Thank you in advance for your cooperation.

VOLUNTEERS NEEDED



We 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 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!



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

TRIPS

HENDERSON CASTLE MURDER MYSTERY & KALAMAZOO 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

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

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

****WAITING LIST****

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SNOWBIRD REMINDER



With the arrival of the winter months, 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



Winter has arrived in Southwest Michigan. When at the Center, please keep in mind that 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.



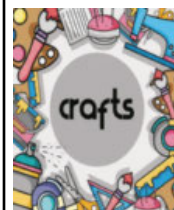
TAX CHECKLIST - WHAT TO BRING TO YOUR APPOINTMENT

If filing married/jointly, both need to be present. You both must have photo ID and Social Security Card.

Bring any/all of the following:

1. 2023 Tax Return, both Federal and State, no matter where done. If no 2023 return, bring 2022 return.
2. 2024 Social Security Benefit Statement (SSA-1099).
3. 2024 Interest Income Statements (1099-INT).
4. 2024 Dividend Statements (1099 DIV); Capital Gains Distributions or Stock Sale (1099 B).
5. 2024 Income Statements from pensions, annuities, IRAs, etc. (1099 R).
6. 2024 Statements of earned income (W-2).
7. 2024 Health Insurance Premiums **Paid by You**. If paid automobile PIP (personal injury protection), bring your auto insurance declaration page.
8. 2024 Summer and Winter property tax bills. Summer bill due September 2024, and Winter bill due February 2025.
9. 2024 heating bills from Nov. 1, 2023 to Oct. 31, 2024. Available from utility company.
10. Any Federal or State income tax forms you received in the mail.
11. To directly deposit your refund, bring a blank check or savings account information that shows **your account number and routing number**.
12. If you rent, know your monthly amount and the name of the address of your landlord.

LOOKING FOR CRAFTERS



Are you someone who loves crafts and would like to share your craft with others? Are you wanting to learn a new craft? We are looking for new crafters to share their skills here at the Center. If you would be interested in doing this, please stop by and see Jamie.

If you would like an email reminder when the newsletter is online, please email us at 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



The winter months are here and with that we all know comes snowy, cold days. If you are looking for a great read for a snowy day, the Library here at SJLSSC is a good place to start. Our Library has so much to offer from books to magazines to DVRs. If you haven't been to our Library yet, why not pay us a visit?

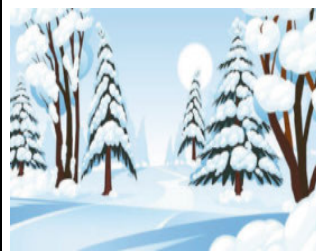
Background checks are performed on all Volunteers to insure the safety of our members and for the credibility of our Center.

CURRENT FUNDRAISERS

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! Stop in and take a look at them. 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 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, Jan. 9th, 1:00 pm \$1
Thursday, Jan. 23rd, 1:00 pm
Thursday, Jan. 30th, 1:00 pm \$1
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
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**
1:15 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 **No class Jan. 21-March 18**
11:00 am - Chair Drumming **No class Jan. 21-March 18**
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 **1st & 3rd week**
12:30 pm - Scrabble
12:30 pm - Hand & Foot Cards
1:00 pm - BINGO **2nd, 4th, & 5th week**
2:00 pm - Intermediate Pickleball **1st & 3rd week**

FRIDAYS

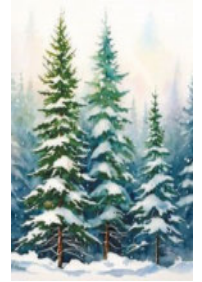
8:30 am - Zumba **Beginning Jan. 3**
9:30 am - Chair Yoga **New time/new location - Jan. 3**
10:30 am - Beginner Pickleball
12:00 pm - Parkinson's Exercise
REGISTRATION REQUIRED
12:00 pm - Intermediate Pickleball
1:00 pm - Euchre
1:00 pm - Sit & Share-Parkinson's Support Group



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 9:00 am-3:00 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
- ♦ Healthy Eats **M-Th. 10:00 am-1 pm, F 11:00 am-1 pm**
- ♦ Lending Library
- ♦ Loan Closet
- ♦ Lunch (Meals on Wheels)
- ♦ 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**



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.

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

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

The Wood Shop is not available on Mondays beginning January 13th for 8 weeks.

Tuesday opens at 12:00 pm

Wednesday-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.



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.

AARP SMART DRIVER COURSE

Monday, January 20th & 27th 8:00 am-12:00 pm

AARP Members \$20, non-members \$25

Payable to AARP on day of class



Join Jo Ann Flowers from the AARP, A Driver Safety Volunteer, as she hosts the AARP Smart Driver Course.

This is an 8-hour classroom course, taken over 2 days. The course teaches proven driving techniques to help keep drivers and their loved ones safe on the road. The fee for AARP members is \$20, and for non-members \$25, payable in full the first day of class. Attendees **MUST** attend both sessions to receive a certificate, which can be presented to some insurance carriers for a discount. Michigan law requires the class to be taken every 3 years to maintain the discount. **Registration is required and there is a limit on class size, so please remember to sign up to attend this class.**

VIRTUAL REALITY BOOK CLUB

Tuesday, January 28th, 10:30 am-12:00 pm



Experience the Classics on another level! Brian Johnston from Lincoln Township Public Library will be here with an exciting new program that

brings literary classics into the 21st century. Running January-April, each month members will read an "assigned" book and then meet as a group to discuss the novel. Along with discussion, participants will have a chance to experience aspects of the book through LTPL's new virtual reality (VR) goggles. VR goggles provide the wearer with an immersive 3-D experience. This will be an amazing opportunity to experience literature and history as never before! Members must register for each session on a monthly basis, if interested. January's book is The Call of the Wild by Jack London. A limited number of book copies will be available at the Senior Center the last week of December. **Class size is limited, so register soon!**



FLORAL ACRYLIC WORKSHOP - ART CO-OP

Monday, February 3rd, 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 January 27th

Erica Roberts will be here to instruct in painting a floral acrylic on an 8 x 10 canvas. All materials will be provided. **There is a limit to 12 students, so sign up soon!**



BASEBALL HISTORY PRESENTATION - "JACKIE WAS THE FIRST"

Tuesday, February 4th, 10:30 am



"Jackie was the First" is an informative and thought-provoking presentation on the history of baseball focusing on Negro Leagues, barnstorming

factors in integration, local ties, and other National Pastime 'firsts'. Garry Lange, founder of the Biggest Little Baseball Museum, is honored to share this enlightening and fascinating program in recognition of Black History Month. **Please remember to sign up to attend.**

CORNHOLE DAYS

February 4th & February 11th, 10:00 am-12:00 pm
(30 minute time slots)

Looking for a fun winter activity to share with friends? Enjoy the fun summer lawn game of Cornhole indoors during these cold winter months! Cornhole (also known as sack toss or bags) is a popular American game in which two to four players take turns throwing fabric bean bags at an inclined board with a hole in its far end. The goal of the game is to score points by either landing a bag on the board or putting a bag through the hole. We will have two "courts" set up with 30 minute time slots per court. **Registration is required.**



COOKIE DECORATING WITH PAULINE

Tuesday, February 11th, 12:30 pm-3:00 pm

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



Please join us for a fun instructional class on how to decorate cookies. Pauline Fox has been decorating cookies for years and wants to share

her love of this art with you. In this class, you will get to decorate, and keep, 6 cookies. **Class size is limited, so please remember to sign up to attend.**

LOVE IS IN THE AIR - PHOTO CONTEST



Bring in your wedding photo and let us guess who is who! We will display the pictures and whomever receives the most correct votes wins! When you bring in your photo,

please make sure to put your name, wedding date and year married on the back of the photo and give it to Jamie.

Deadline to drop off photos is Wednesday, January 15th. This contest will run through Friday, February 14th. The photo with the most correct votes will win a sweet gift! We are looking forward to seeing all the beautiful pictures!



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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15-0754



MEALS on WHEELS

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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
JANUARY

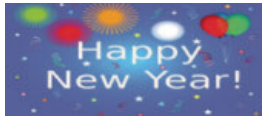

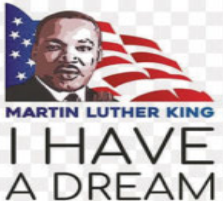


CALL 269-921-0136 TO SIGN UP
PLEASE CALL 2 DAYS IN ADVANCE TO
MAKE OR
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Meals are Funded in part by



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 CENTER CLOSED	2 Beef goulash Steamed carrots Applesauce	3 Chicken alfredo pasta Broccoli Green peas Mandarin oranges
6 Spanish rice with ground turkey Peppers & onions Baked apples w/raisins	7 Smothered pork loin Rice pilaf Steamed carrots Fruit crisp	8 Beef stew Whole wheat bread Tossed salad Fruit crisp	9 Chicken tender tortilla wrap w/cream sauce Stewed tomatoes Lima beans/applesauce	10 Salmon burger Green beans Grapes
13 Spaghetti 5-way blend vegetables Fruit crisp	14 Pancakes & sausage Scrambled eggs with peppers & onions Banana	15 Hot turkey w/gravy over Texas toast Steamed beets Cherry cobbler	16 Liver and onions Mashed potatoes Steamed green beans Peaches	17 Swedish meatballs Pasta Peas and carrots Mandarin oranges
20 SENIOR NUTRITION CLOSED CENTER OPEN	21 Turkey tetrazzini Steamed corn Apple	22 Winter salad of greens, baked chicken, squash, mozz. cheese Peaches	23 French onion meatloaf mashed potatoes, peas & carrots, tropical fruit	24 Baked cabbage casserole California blend veggies Yogurt w/fruit
27 Ranch chicken cass. Normandy blend Peaches	28 Shepherd Pie Steamed squash Berry applesauce	29 White bean chicken chili Green peas Crackers Mandarin oranges	30 BBQ pork ribette Mac and cheese Green beans Fruit cocktail	31 Sweet & Sour meat- balls Oriental veggie blend Pineapple tidbits Birthday cake
			Meals provide Carbs: 75 grams Calories: 800 avg. Sodium: 800 mg Protein: 19 grams Total fat: 30% 2% Milk	Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can. We thank you!



Every third Monday of January, the United States observes Martin Luther King Jr. Day holiday to honor the life and legacy of Reverend Dr. Martin Luther King, Jr.

In 1994 Congress passed a bill to dedicate the national holiday as a national day of service. The King Holiday and Service Act was introduced by Congressman John Lewis and Senator Harris Wofford, both of whom had worked alongside Dr. King in civil rights activism. Since then, it has become a day to remember Dr. King's work and, as importantly, to continue on the path towards justice he paved for us.

**"The time is always right to do what is right." ~
Dr. Martin Luther King, Jr.**



THANK YOU!

To everyone who brings goodies or snacks: Dolores Frantz, Connie Yore, Adolf Pelzer, Virginia Ferguson, Millie Carney, Jaci Brenneke, Suzie Clifton, Max Guernsey, Gregg & Kim Blanchard, and Lynn Hardke,

To everyone who donates other items that benefit the Center and Members: Sandra Kay's Bakery, Walgreens - Stevensville, Bruce & Priscilla Banghart, Rick & Barb Freridge, Celeste Pauley, Jeanne Huff, Maria Houseal, Deb & John Terry, Bill Hanley, Robin Weingart, Gwen Gornicki, Liz Glendening, Julie McClure, Bill Harman, Celina Bevelhymmer, Sonja Stormo, Barry Bischoff, Pauline Fox, Peggy Platts & Family, Mary Peterson, Shelley Wheeler, Judy Stelter, Vicky Wagner, Anonymous, Mike & Sarah Melcher, Gregg & Kim Blanchard, Anonymous, and Rebecca Marsden.

MONETARY CONTRIBUTIONS:

- * All the anonymous transportation riders who made **Donations to our Transportation Program.**
- * Stevensville United Methodist Church, Lynn Vince, Karen Schiltz, and Sheridan Morris made a **Donation to the Building Fund.**
- * All anonymous donors Gretchen Gabler & Serge Schillio, Frances Lecount, Hue Le, Betty Ramsey, Roger & Madelyn Huelsberg, Anna Garlanger, Carol Ann Roden, Ann Lannert, Michael & Lori Enders, Judy Paruch, Sharon Baker, Chuck & Jan Albright, Kaye & Patricia Knight, Phyllis Kenke, Constance Lind, Julianne Testa, Janice Hicks, Lillian Hasse, Ken & Barb Mach, Nancy Bunker, Lucy Ann DeVries, Betty Pliley, Sharon Kabel, and Mike & Susan Desmet made a **Donation to the Bakeless Bake Sale.**
- * John & Carole Thielmann and Sarah Melcher made a **Donation to the Wood Shop.**
- * Lynn Vince made a **Donation to the Quilting Group.**
- * David Gibson made a **Donation to the Priscilla Upton Byrns Walking Trail & Gardens.**

Thanks to Professional Hearing, United Federal Credit Union, and Walgreens in Stevensville for donating door prizes to our Christmas party. Special thanks to our Event Committee and all the Volunteers that made this event possible.

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



On November 11th, we were able to honor our Veterans. Starks and Menchinger Funeral Homes sponsored the program and breakfast for our amazing Veterans. It always means so very much to the Board of Directors and SJLSSC Staff to have the chance to show our Veterans how much we appreciate them. Although thank you will never be enough, it's a great place to start! Thank you again to the Starks Family for taking such good care of our Veterans.



THANK YOU VETERANS



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St. Joseph, MI 49085

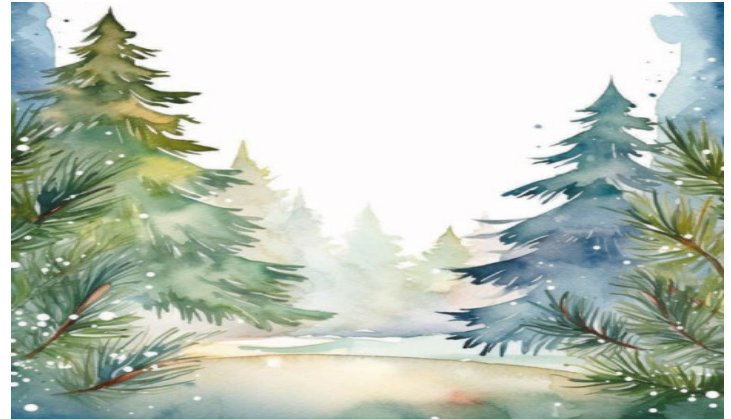


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The St. Joseph-Lincoln Senior Service Center is committed to providing a welcoming, safe and friendly setting for Senior Citizens. We support member independence by offering social, educational, cultural and recreational programs and services.

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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

JANUARY ACTIVITIES

1 CENTER CLOSED

6 Berrien County Animal Control 10:30 am

7 Genealogy Classes 1:00 pm

8 Book Club 10:00 am

9 Bingo 1:00 pm - \$1

14 Genealogy Classes 1:00 pm

16 Board Meeting 10:00 am

17 Commodities - 9:00 am-11:00 am

17 Cookies & Canvas 12:00 pm-3:00 pm

20 AARP Smart Driver Course 8:00 am-12:00 pm

20 No Senior Nutrition - Center is Open

21 Genealogy Classes 1:00 pm

23 Bingo 1:00 pm

27 AARP Smart Driver Course 8:00 am-12:00 pm

28 Stamp Camp 12:00 pm-3:30 pm

28 Virtual Reality Book Club 10:30 am-12:00 pm

29 Newsletter Mailing 9:00 am

30 Bingo 1:00 pm - \$1



The Board of Directors and Staff at SJLSSC would like to wish all of you a very Happy New Year filled with blessings, joys, health and happiness!

