

# 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**



## TAX TIME AGAIN!



We still have tax appointments available, but they are sure to be filled up quickly. Please round up all of your paperwork before scheduling an appointment. A list of all the documents you will need will be provided to you when you make an appointment. 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!** This includes any business pursuits.

## 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~

Happy February! Oh my goodness did you know that February is known for a number of things besides Valentine's Day on February 14th? Note below - I have only listed a few:

- \* Black History Month
- \* Presidents Day
- \* American Heart Month
- \* Canned Food Month - Really?
- \* National Bird Feeding Month - are you feeding your birdies?
- \* Great American Pie Month - who is bringing pie to the Center?
- \* National Hot Breakfast Month - don't forget breakfast!

Being the shortest month of the year, there sure are a lot of things going on this month and we have a lot going on at our Senior Center.

Did you know that last year at this time we had 7,563 members and we now have 8,432 members, which is an increase of 869 more members? We average 72 new members each month. Wow!! That's a lot!! We are also averaging 340 people coming through our doors each day because there is so much to offer our members.

Have you been to our newly remodeled Circuit Training Room? It is larger, has new machines, and we have friendly, knowledgeable Monitors that have been trained to guide you and will show you how to use each piece of equipment. Visit our newly remodeled exercise room, you will be glad you did. Our Senior Center Staff has gone through some changes this year also:

- \* We added our new Program Coordinator, Jamie Bingaman, in July of this last year, who is busy planning great trips and programs for this next year and always welcomes suggestions for trips from our members. If you have any suggestions, please stop by Jamie's office. Thanks for all you do, Jamie!
- \* Julie Hartman, our new very capable Front Desk Receptionist started in May of this last year and greets everyone with a smile, along with multitasking - thank you Julie! She replaced our beloved Onalee who had been in that position for over 19 years.
- \* Sandy Draper, our Administrative Assistant, started in June of 2021. She is an incredible assistant for Cindi, our Executive Director, and Sandy always demonstrates a positive attitude.
- \* Lynn Vince, our Staff Assistant, started in May 2023, but as of early January will no longer be working at the Center. We thank her for the time she was on the Staff and her positive attitude that

she always displayed to Staff and members alike.

- \* Thank you to Bill Schiffbauer, who is our Senior Nutrition Manager, and has been with us since 2022. We appreciate all the meals you coordinate each week.

Now we come to our seasoned Staff that have been with the Center for more than 5 years:

- \* Sharyl Freehling, our Support Associate, has been here since March 2019 and is our primo decorator for every season and holiday in addition to her other many duties that she lovingly takes charge of, such as coordinating our Volunteers in many areas, setting up the schedules for our drivers to pick up members for appointments, and our monthly newsletter to name a few!
- \* Tai Huynh, our Building Custodian, has been with our Center since 2016 and does a great job to keep our building in tip top shape, which keeps him very busy, as we have a big building.
- \* And last but not least, our compassionate Executive Director, Cindi McLaughlin, who has been with the Center since May of 2012 filling various roles until she became the Director in 2017. Thank you to Cindi for all of the above information that you provided. We are blessed to have such a caring Director that not only trains her Staff for excellence in all they do, but also makes the time to get to know the members of our Senior Center.

If you have not met all these special Staff members, please stop and introduce yourself - I am sure they would appreciate it.

Since February 14th is Valentine's Day, I have a challenge for each of you. There are so many of our members that may not even be getting a Valentine's card from anyone. I challenge each of you to give a Valentine card either anonymously or in person to someone that you think would appreciate it. I promise you it will touch your heart and certainly will make their day. I will place a large, decorated box at the front desk when you come in the front door of the Center where you can place your cards if you want to do it anonymously. Or if you choose to give it to the person yourself, you can do that too.

Your worth on this earth is not about all the things that you have accomplished in your life, but by the special moments you create for others. Blessings.

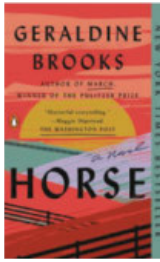
~SJLSSC Board Of Directors~  
~Cheryl Ryno~



## CONSISTENT MONTHLY PROGRAMS

### BOOK CLUB

**Wednesday, February 12th, 10:00 am**



The book to read for the month of February is "Horse" by Geraldine Brooks. Leading the discussion will be Shirley Miller. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

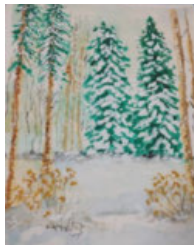
### COOKIES & CANVAS

**Friday, February 21st, 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 FEBRUARY 19TH**



The watercolor painting for the month of February is called "Winter Trees." 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, February 25th, 12:00 pm-3:30 pm**

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

**Make checks payable to Caryn McFall**

**DEADLINE TO SIGN UP IS FEBRUARY 21ST**

Come join in the fun and fellowship of the NEW format of Stamp Camp with Caryn McFall. In response to the creativity of our participants, classes will now include 4 Create Your Own Cards. Blank cardstock will be given, then crafters will design their own cards using a variety of papers, stamps, embossing supplies, decorative scissors, punches, and embellishments. In addition, as in former classes, a card sample, materials and written instructions will be provided for pre-designed cards. You will leave with 4 pre-designed cards, 4 Create Your Own Cards and 8 envelopes. **You will need to bring small scissors and double stick tape for 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."**

### 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.

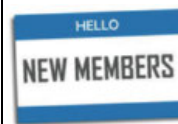
### FOOT CLINICS

**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. If you are interested, please talk to Sharyl, our Volunteer Coordinator.



### SJLSSC LIBRARY

The Library here at the Center is not accepting books at this time; however, we are accepting magazines, but not older than 3 months. We are grateful for all of your donations.





## 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. If you are up for a little adventure, this is the trip for you. 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**



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

**A BEAUTIFUL NOISE - APRIL 5TH**  
**MACKINAC ISLAND GRAND EXPERIENCE -**  
**MAY 13TH-MAY 16TH**  
**HAMILTON - JULY 31ST**



## 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**



## CANADA - MONTREAL, QUEBEC CITY & OTTAWA

**August 2nd-9th, 2025** - First day to sign up for this trip is Wednesday, February 5th, 8:00 am

**\$1381 per person, double occupancy**

**\$1361 per person, triple occupancy**

**\$1700 per person, single occupancy**

**\$75 deposit due per person at sign up**

**Balance is due May 19th**

**Mandatory trip meeting-**

**Friday, July 25th, 10:00 am**

Grab your passport and let's head across the border to visit beautiful Canada!

This fantastic trip includes transportation on a top-quality motor coach, 7 nights lodging (including 5 consecutive nights in Canada) and 12 meals (7 breakfasts & 5 dinners). Enjoy guided tours of Montreal, Quebec City and Canada's Capital city, Ottawa - including the Notre Dame Basilica, Montreal's Underground City, Ottawa's Parliament Hill, St. Joseph's Oratory of Mount Royal and a narrated cruise on the stunning St. Lawrence River. Visit the trip board at the Center for more information. **All passengers on this trip MUST have a current passport and MUST attend the trip meeting on July 25th at 10:00 am. Trip insurance is available and recommended.**

**VERY ACTIVE ACTIVITY - NEW TRIP**



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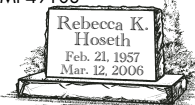
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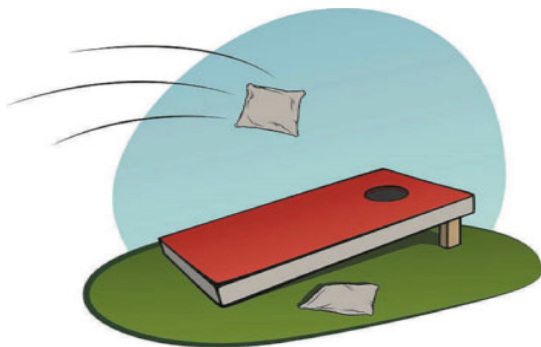
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## GYM HOURS JANUARY 21ST-MARCH 18TH

Due to Ron Robb being out through mid March, the Tuesday morning Range of Motion and Chair Drumming members will be offered the option of working out to exercise videos for these classes on February 25th and March 4th **ONLY. Ron's classes will resume on March 25th.** Please see below for the schedule for the gym for Ron's Tuesday time slot in the gym for February 4th-March 18th.

- ⇒ February 4th - Cornhole Days 10:00 am-12:00 pm
- ⇒ February 11th - Cornhole Days 10:00 am-12:00 pm
- ⇒ February 18th - Mike Struwin Concert 10:30 am-12:00 pm
- ⇒ February 25th - Ron Rob exercise videos 10:00 am-12:00 pm
- ⇒ March 4th - Ron Robb exercise videos 10:00 am-12:00 pm
- ⇒ March 11th - Cornhole Days 10:00 am-12:00 pm
- ⇒ March 18th - Cornhole Days 10:00 am-12:00 pm

We hope that you will enjoy these activities while Ron is out.



**Our Volunteers  
have the biggest  
hearts!**



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.

## SNOWBIRD REMINDER

Winter has arrived and some of you are enjoying much warmer temperatures! If you haven't already, please let us know you are out of the area and we will discontinue 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.



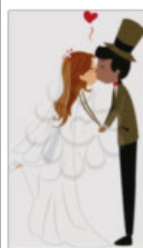
## WINTER BUILDING TEMPERATURE



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.



## LOVE IS IN THE AIR - PHOTO CONTEST



Every picture tells a story of love, and we would love to see your story. This contest runs through February 14th, so join us and drop your picture off to Jamie. Remember, the picture with the most correct votes wins!

## I'M NOT FEELING WELL



Please remember during the winter months it is important to stay home if you don't feel well. 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.



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!**

### 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.

**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.

### COMPUTER LAB

Ralph Rumpf, our Computer Lab Volunteer, is saying goodbye. Ralph has been with us since 2012 and has dedicated many years to helping our members with computer/technology questions. We will miss you, Ralph, and thank you dearly for your many years of service at our Center!

### BINGO

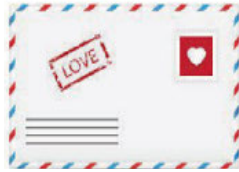
**Thursday, Feb. 13th, 1:00 pm \$1**  
**Thursday, Feb. 27th, 1:00 pm**  
**PLEASE DO NOT ENTER THE GYM**  
**UNTIL ROOM IS SET UP. THANKS!**



## RECURRING SCHEDULE

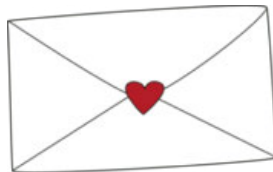
### MONDAYS

- 9:00 am - Resistive Exercise
- 9:30 am - Quilting Group
- 10:00 am - Calisthenics
- 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 - 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**
- 2:00 pm - Intermediate Pickleball **1st & 3rd week**



### FRIDAYS

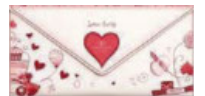
- 8:30 am - Zumba
- 9:30 am - Chair Yoga **New time/new location**
- 10:30 am - Beginner Pickleball
- 12:00 pm - Parkinson's Exercise
- REGISTRATION REQUIRED**
- 12:00 pm - Intermediate Pickleball
- 1:00 pm - Euchre
- 1:00 pm - Sit & Share-Parkinson's Support Group



### LAST FRIDAY OF EACH MONTH

## WHAT WE HAVE TO OFFER

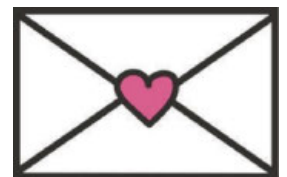
- ♦ Arts/Crafts
- ♦ Betty Kohn Outdoor Fitness Zone
- ♦ Book Club
- ♦ Cards/Games
- ♦ Circuit Training Room **Open 9:00 am-3:00 pm**
- ♦ Commodity Distribution
- ♦ Community Resource Center
- ♦ Computer Lab/Computer Classes
- ♦ Educational Programs
- ♦ Fitness Classes
- ♦ Foot Clinic
- ♦ Friendship Garden (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.



HAPPY VALENTINE'S DAY



## 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.**

### 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!**

### CORNHOLE DAYS

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

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. Feel free to bring/set up your own bag chairs so you can rest between games. **Registration is required.**

### 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.**

### WOOD SHOP PEN TURNING CLASS

Tuesday, February 4th, 3:00 pm-6:00 pm

\$20 per person, payable at sign up - **NO REFUNDS**  
**OPEN TO ALL SJLSSC MEMBERS (max 6)**



Join us for this Pen Turning class where Tom Hurst will instruct you how to use the mini lathe to make pens. Each student will make two pens. Please park in the circle drive at the front of the building, as you will be exiting out the front exterior doors. **Please remember to sign up for this class.**

### WOOD SHOP SHAKER OVAL BOX CLASS

Thursday, February 6th, 12:00 pm-3:00 pm

Friday, February 7th, 12:00 pm-3:00 pm - 2 day class

\$40 per person, payable at sign up - **NO REFUNDS**  
**OPEN TO SJLSSC WOOD SHOP MEMBERS ONLY (max 6)**



Please join Glen Peterson for this class where students will make two oval Shaker style boxes. Day one will consist of shaping and gluing, day two will be sanding and finishing your project. **Please remember to sign up for this class.**

### COOKIE DECORATING WITH PAULINE

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

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

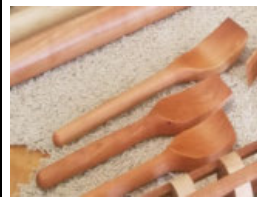


Please join us for a fun instructional class on how to decorate cookies. Pauline Fox has been decorating cookies for years and wants to share her love of this art with you. In this class, you will get to decorate, and keep, 6 cookies. **Class size is limited, so please remember to sign up to attend.**

### WOOD SHOP KITCHEN UTENSILS CLASS

Tuesday, February 11th, 3:00 pm-6:00 pm

\$20 per person, payable at sign up - **NO REFUNDS**  
**OPEN TO SJLSSC WOOD SHOP MEMBERS ONLY (max 6)**



In this class Tom Hurst will teach you how to make several kitchen utensils. Lathe experience preferred, but not required. Please park in the circle drive at the front of the building, as you will be exiting out the front exterior doors. **Please remember to sign up for this class.**



### MIKE STRUWIN CONCERT

**Tuesday, February 18th, 10:30 am-12:00 pm**

Join us for an indoor concert in the gym as Mike Struwin returns with music from a myriad of genres - including Americana, Blues, Bluegrass, Folk, Soul and even Reggae! Chairs will be provided, but guests are welcome to bring their own bag chairs, if preferred. **Please sign up at the front desk if you are interested in attending.**

### WOOD SHOP BAND SAW BOX CLASS

**Tuesday, February 18th, 3:00 pm-6:00 pm**

**\$15 per person, payable at sign up - NO REFUNDS  
OPEN TO ALL SJLSSC MEMBERS (max 4)**



Tom McDonough will be here to instruct you on how to make a treasure box from one piece of wood.

Please park in the circle drive at the front of the building, as you will be exiting out the front exterior doors. **Please remember to sign up for this class.**

### VIRTUAL REALITY BOOK PROGRAM

**Tuesday, February 25th, 10:30 am**

Brought to you by Brian Johnston with the Lincoln Township Public Library, January-April SJLSSC members will read an "assigned" book and then meet as a group to discuss the novel. Participants will have a chance to experience aspects of the book through LTPL's new virtual reality (VR) goggles. Members must register for each session on a monthly basis, if interested. February's book is *To Kill a Mockingbird* by Harper Lee. A limited number of book copies will be available at the Senior Center the last week of January. **Class size is limited, so sign up soon!**



### MATTER OF BALANCE

**Tuesdays, February 25th-April 15th, 1 pm-3 pm**

**\$20 per person, payable at sign up - make checks payable to Area Agency on Aging**

Matter of Balance (MoB) is specifically designed to reduce the fear of falling and improve activity levels among older adults. Offered through the Area Agency on Aging, this program includes eight 2-hour classes presented to a small group led by trained coaches. **Remember to sign up as class size is limited.**

### WOOD SHOP TRAIN WHISTLE CLASS

**Tuesday, February 25th, 3:00 pm-6:00 pm**

**\$10 per person, payable at sign up - NO REFUNDS  
OPEN TO ALL SJLSSC MEMBERS (max 6)**



Would you like to get even with your children? Rick Freridge will help you do that by instructing you how to make a train whistle (customized with grandchild's name). These are lots of fun to make, so don't miss out. Please park in the circle drive at the front of the building, as you will be exiting out the front exterior doors. **Please remember to sign up for this class.**

### CERAMIC BIRDFEEDER WORKSHOP: SPONSORED BY THE ART CO-OP

**Monday, March 3rd, 1:00 pm-3:00 pm**

**\$26 per person, payable at sign up - NO REFUNDS**

**Make checks payable to Create with Clay**

This is a class that is offsite at the Create with Clay studio, 1403 Castle Court in St. Joe (off Washington between John Beers Rd. and Marquette Woods). Create, decorate and glaze a birdfeeder. Your work will be fired and returned to the Senior Center for pick up. **Sign up soon, class is limited to 10.**

### LIFE CARE PLANNING

**Wednesday, March 5th, 1:30 pm**

Life Care Planning (LCP) legal services is a holistic approach focused on helping families with every aspect of caring for someone with a chronic illness. Join Bill Westerbeke as he discusses how LCP helps people find and pay for good long-term health care by bundling asset protection, Medicaid benefits qualification, long-term care services coordination, community and nursing home advocacy, crisis intervention and other services. **Remember to sign up if you would like to attend.**

### ORGANIZED BY DESIGN

**Thursday, March 6th, 1:00 pm**

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

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15-0754



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Senior Nutrition Services Region IV

**Menu Is Subject To Change  
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**Lunch is served 11:15 am-12:00 pm**  
**Vegetarian meal also available**  
**FEBRUARY**

**CALL 269-921-0136 TO SIGN UP**  
**PLEASE CALL 2 DAYS IN ADVANCE TO**  
**MAKE OR**









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Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheeseburger Potato wedges Green peas Grapes	4 Liver and onions Mashed potatoes Steamed green beans Peaches	5 Chili Green peas Crackers Fruit cocktail	6 Chicken spinach & bacon alfredo pasta Steamed carrots Berry applesauce	7 Baked potato Broccoli Mandarin oranges
10 Beef & cheese tacos Veggie blend Green peas Mandarin oranges	11 BBQ pork ribette Mac and cheese Green beans Fruit cocktail	12 Lentil stew Whole wheat bread Tossed salad Fruit crisp	13 Scrambled eggs Sausage links Sweet potato hash Tropical fruit mix	14 Smothered pork loin Rice pilaf, asparagus Berries Valentine's cookie
17 Swedish meatballs Pasta Peas and carrots Mandarin oranges	18 Chicken teriyaki chow mein Oriental vegetables Apple slices	19 Spanish chicken rice Mixed veggies Peaches	20 Shepherd's pie Vegetable blend Tropical mixed fruit	21 Spaghetti Harvest blend veggies Fruit crisp
24 Beef goulash Steamed carrots Applesauce	25 Chicken tender tortilla wrap Stewed tomatoes Pinto beans/banana	26 Beef stew Cornbread Croutons Cinnamon peaches	27 Sweet & sour chick. Rice Oriental vegetables Pineapple tidbits	28 Ham & Swiss cass. Broccoli florets Mandarin oranges Birthday cake
				
			<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>

## CIRCUIT TRAINING ROOM EXPANSION

Most of you are probably aware that we have recently expanded the Circuit Training Room. This is one of our busiest facilities here at the Center. Recently added are resistance bands, which for seniors improves muscle strength, tone, flexibility and joint mobility. Resistance bands will also enhance balance and stability, which in return will reduce risks of falls and injuries. We now also have free weights with dumbbells. Did you know that using free weights can reverse age related muscle loss, improve osteoarthritis, bone health and helps provide greater cardiovascular health? There is also an area for stretching with yoga mats and some new equipment to help you expand your range of motion, improve muscle and tendon flexibility, greatly reduce stiffness and promote joint mobility. Increasing your flexibility enables your body to move through a broader range of motion. If you haven't been to the Circuit Training Room since the expansion, please drop in and check out the new additions. To those of you who frequent the Circuit Training Room daily, we hope you are all enjoying the updates!



**To everyone who brings goodies or snacks:** Deb Johnson, Warren Mason, Margaret O'Neill, Adolf Pelzer, Jane Jeffery, Fran LeCount, Woodland Terrace, Mike Desmet, Ed Baginske, Mary Jane Hiler, Fran LeCount, Dolores Frantz, Mithran & Kuhan Rajendsom, Denise Clark, Saroj & Subhas Dhodapkar, Cheryl Ryno, Debbie Johnson, Adolf Pelzer, Virginia Ferguson, Peggy Miller, Celina Bevelhymer, and Carrie Fisher.

**To everyone who donates other items that benefit the Center and Members:** Sandra Kay's Bakery, Walgreens - Stevensville, Anonymous, Charlie Dwan, Frank Grumbir, Judy Stelter, Lynn Hardke, Scott & Camille Radde, Ken Upcraft, Margaret O'Neill, Kathleen McCourt, Linda Csepregi, Connie Hildebrand, Karen Vandermeer, Judy Miedema, J. Farr, Amy Reutlinger, Pauline Fox,

Fairplain Presbyterian Church, Margie Zoller, Terri Rushlow, Amy Blaine, Cheryl Ryno, Glenn Jackson, Sue Schuemann, Sue Duringshoff, Jeff Yircott, Dolores Frantz, Dagmar Klingenberg, Peggy Miller, Kim & Pete Pozivilko, Ken Upcraft, Joe Smith, Tim Kragt, Celina Bevelhymer, Deb Johnson, Lynn Hardke, Doug Clem; son-in-law to Donna Pechtel, Janet Smiedendorf, Frank Conklin, Jeannette Jeske, and Greyson Hirst,

A special thank you to Pat Husek for a very large donation of wood and miscellaneous items to our Wood Shop. This donation was made in memory of her husband, Bill Husek.

#### **MONETARY CONTRIBUTIONS:**

- \* Lydia Dearing, Ruth Betker, Erlinda Huntington, Sharon Richter, Lydia Dearing, and Anonymous Donors made Donations to our Transportation Program.
- \* Cynthia Caruso, Denise Bowman, Robert & Nancy Van Horn, Sandra Thurlow, Phay & Hong Son, Serge Schillio, Robert & Mary Kynast, Berrien Community Foundation, Carol Syles, Kirtida Mehta, Byron & Nancy Stock, Steven & Karyn Fricke, Jeff & Robyn Neumann, J.W. & K.A. Hanley, Mary Wilder, Nijole Izokaitis, Sherry Conybeare, Carol Johnson, Cynthia Caruso, and Anonymous Donors made a Donation to the Building Fund.
- \* John & Alana Steffen, Bonita Poschke, Patrick & Caroline Duncan, Patricia Smith, Pauline Fox, Lori Tucker, James & Nancy Kodis, Jo Ann Scates, Brian Berndt, Liz Ball, Diane Cronk, Otto Grunwald, Suzie Clifton, Dolores Frantz, Mark & Sally Matzke, Pam Duffy, Becky Stalnaker, Carolyn Margol, Cookie Ullig, Margaret O'Neill, Jo Ann Paul, Jane Rizzo, George Shaver, and Anonymous Donors made a Donation to the Bakeless Bake Sale.
- \* Bruce Banghart, Barry Bischoff, Pauline Fox, Suzanne Thursby, Serge Schillio, and Dennis Rasbach made a Donation to the Wood Shop.
- \* Stan Comstock made a Donation to Parkinson's Exercise.
- \* The Schiller Family Foundation made a Donation to Parkinson's Exercise in Memory of Elmer Fuller.
- \* Lynne Willadsen made a Donation to Exercise Programs.
- \* Anonymous Donors made a Donation to Pickleball.
- \* Harriett Reed made a Donation to the Newsletter.
- \* Jane Rizzo made a Donation to the Library.
- \* Pauline Fox, Melissa Clapper, Tom & Jean Oatman made a Donation to the Circuit Training Room.
- \* Mike & Amy Peirce, Jeffrey & Vanessa Cool made a Donation in Memory of Janet Spicer.
- \* Mary Sundblad, Tom & Carol Starks, Barb Dorow, Beth Wallace, and Matthew & Kimberle Reck made a Donation in Memory of Peggy Platts.
- \* Dorothy Thar made a Donation to the Bakeless Bake Sale in Memory of Peggy Platts.
- \* Mary Griffin made a Donation to the Building Fund in Memory of Peggy Platts.
- \* Fred Summerfeld made a Donation in Memory of Joe Ferrier.
- \* Elaine Bush, Cheryl Richeson & Roger Smith made a Donation in Memory of Anna Pesko.
- \* David & Mary Sundblad made a Donation in Memory of Richard Johnson.
- \* Hilda Doyle made a Donation to our Brick Fundraiser.

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

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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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**Building Custodian** Tai Huynh  
**Sr. Nutrition Manager** Bill Schiffbauer



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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



**FEBRUARY ACTIVITIES**

3 Floral Acrylic Workshop 12:30 pm-3:00 pm  
4 Cornhole Days 10:00 am-12:00 pm  
4 Jackie Was The First 10:30 am  
4 Wood Shop Pen Turning Class 3:00 pm-6:00 pm  
6 Wood Shop Shaker Oval Box 12:00 pm-3:00 pm  
7 Wood Shop Shaker Oval Box 12:00 pm-3:00 pm  
11 Cornhole Days 10:00 am-12:00 pm  
11 Cookie Decorating 12:30 pm-3:00 pm  
11 Wood Shop Kitchen Utensils 3:00 pm-6:00 pm  
12 Book Club 10:00 am  
13 Bingo 1:00 pm - \$1  
18 Mike Struwin Concert 10:30 am-12:00 pm  
18 Wood Shop Band Saw Box 3:00 pm-6:00 pm  
20 Board Meeting 10:00 am  
21 Commodities - 9:00 am-11:00 am  
21 Cookies & Canvas 12:00 pm-3:00 pm  
25 Virtual Reality Book Club 10:30 am-12:00 pm  
25 Stamp Camp 12:00 pm-3:30 pm  
25 Matter of Balance 1:00 pm-3:00 pm  
25 Wood Shop Train Whistle 3:00 pm-6:00 pm  
26 Newsletter Mailing 9:00 am  
27 Bingo 1:00 pm

