

# 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**



**OUR VOLUNTEERS ARE SUPERHEROES!**

**Friday, April 11th, 9:00 am**

**Sign up by April 3rd**



**"Our Volunteers are Superheroes!"** and also the backbone of our organization, giving their time, skills and compassion. We cannot thank you enough for all that you give, but we

can try! We'd like to celebrate you at our Volunteer Appreciation Breakfast. If you have volunteered within the last year, please join us.

**Please remember to sign up by April 3rd.**

We look forward to seeing you!



**The Center will be closed on Friday, April 11th, for our Volunteer Appreciation Breakfast.**

## **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.

## **CHAN'S GARDEN FUNDRAISER**

We are having a restaurant fundraiser and we hope that you will support us once again. Please go to Chan's Garden during this 4-day event. The proceeds from this fundraiser will be used to support our programs. All you need to do is come to our Center and **get a voucher for this event**, or clip it from page 14 of this newsletter, and take it to Chan's Garden, located at 310 State Street on March 18th-21st, 11:30 am-7:30 pm. You can use this voucher to dine-in or takeout for lunch or dinner and we will receive 15% less tax and gratuity. You can call (269) 983-2609 to place a takeout order. It is mandatory that you have this voucher, no photos will be accepted. These vouchers are for anyone to use, so pick some up for friends!



~Notes from the Board~

March is the transition month between Winter and Spring. The most celebrated day of the month is St. Patrick's Day. There is a common saying **"The luck of the Irish."** However, Senior Center members don't have to be Irish to be **lucky** - your key tag is your good **luck** charm!

And we are ALL so **lucky** - or maybe we should substitute the word "blessed," to have such a wonderful place to come each weekday. A place that is so welcoming and brimming with exciting, interesting, educational and fun things to do.

There is another saying that can be applied to our Senior Center operations - **"Luck is where opportunity meets preparation."** Our Center provides us with numerous opportunities as outcomes of the Staff's great attention to preparation. As such a well-run organization, Center Staff and Program Leaders are always positioned to make the most of opportunities for the development of new programs, and for strengthening popular existing programming for us all to enjoy. **Luck** is not a coincidence here.

Another key element of this well-run organization is our dedicated "army" of Volunteers who work so harmoniously to deliver excellence. Last year, there were an **AMAZING 249** Member Volunteers who gave a combined total of **18,616** hours of their time to assist with Center operations! We are so **lucky** to have such caring and dedicated Members with a giving spirit.



Now is a good time for you to become a Member of this "army," if you aren't already. There are so many and varied opportunities - some of which are listed on page #8 of this publication. Just like flowers, as the weather turns, many outdoor opportunities will be popping up.

Some examples are gardens preparation and new plantings, Wildflower Trail maintenance, Friendship Garden planting and care to name a few. Check out these opportunities. You can also see daily Volunteer listing opportunities on the Volunteer bulletin board at the main entry, just behind the Greeter Station, or simply visit Sharyl Freehling, Volunteer Coordinator, in her office next to the East Entry hallway. Help us to stay **lucky** by sharing your time and talent to make our Senior Center the best it can be.

**"The best luck of all is the luck you make for others."**

~SJLSSC Board Of Directors~  
~Dennis McCarthy~



**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, March 12th, 10:00 am**

The book to read for the month of March is "Gimpel The Fool" by Isaac Bashevis Singer. Leading the discussion will be Mae Green. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



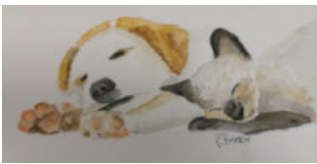
### COOKIES & CANVAS

**Friday, March 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 MARCH 19TH**



The watercolor painting for the month of March is called "Best Friends." 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, March 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 MARCH 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."

### BEGINNER UKULELE

**Tuesday, April 15th, 2:00 pm**

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



### 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 orientation. This cannot be scheduled over the phone. Hours of orientation will be Monday through Friday, 10:00 am-1:00 pm. **You must be a member of our Senior Center** and then you can sign up for orientation. 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. 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 they **should not be older than 3 months**. Thank you!



# TRIPS

## HENDERSON CASTLE MURDER MYSTERY & KALAMAZOO VALLEY MUSEUM

Thursday, May 15th

\$135 per person, payable at sign up

**TRIP MUST FILL BY APRIL 5TH**



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

**TRIP MUST FILL BY MAY 1ST**



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**  
**CHICAGO ARCHITECTURAL TOURS -**  
**JUNE 24TH**  
**HAMILTON - JULY 31ST**



## CANADA - MONTREAL, QUEBEC CITY & OTTAWA

August 2nd-9th, 2025

\$1,381 per person, double occupancy

\$1,361 per person, triple occupancy

\$1,700 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**

## CALIFORNIA DREAMIN'

Friday, September 19, 2025

Saugatuck Center for the Arts

\$116 per person, payable at sign up

California Dreamin' features music of your favorite bands and artists from the 60s/70s and stories from the Laurel Canyon neighborhood in LA that brought them all together as friends. Some of the artists featured include Joni Mitchell, Leonard Cohen, Carly Simon, James Taylor, Carole King, Crosby, Stills, Nash and Young, The Mamas and the Papas, Fleetwood Mac, The Eagles, and many more. This trip includes round trip motor coach transportation to downtown Saugatuck where travelers will have time to purchase dinner, and enjoy shopping before the performance.



**MODERATE ACTIVITY - NEW TRIP**



"We Have the Home Storage Solution for You"



## VALUE SHEDS

**Bill Rohm**  
(269) 921-0929

*True Mennoite & Amish Craftmanship*

4032 M-139 (next to True Value)

St. Joseph, MI 49085 (I-94 Exit 28, turn South)



[www.sunrise-structures.com](http://www.sunrise-structures.com)



**Passaro, Kahne, Taylor,  
DeFrancesco & Thompson**

LAW OFFICES *your local common-sense legal team*

685 West Main Street, Benton Harbor, MI 49022 | (269) 983-0325 | [passarokahne.com](http://passarokahne.com)  
17656A US Highway 12, New Buffalo, MI 49117 | (269) 469-5297 | Fax: (269) 983-0328

### Serving Seniors...

- Medicaid Applications
- Veterans Benefits • Real Estate
- Wills, Trusts, Powers of Attorney
- Estate Administration

Contact Lori M. Thompson  
for additional information:

**269-983-0325**

[lori@passarokahne.com](mailto:lori@passarokahne.com)



## Starks

Family Funeral Homes & Cremation Services

St. Joseph

Dowagiac

Berrien Springs

South Haven

[www.starksfamilyfh.com](http://www.starksfamilyfh.com) 269-556-9450

## JOHN'S GUTTER SERVICE

GUTTER CLEANING • MICRO-MESH COVERS • FREE GUTTER CLEANING WITH COVERS  
25 YEAR WARRANTY!

**888-827-5353**

**John Manning**  
Owner/Installer

**35 YEARS'**  
**EXPERIENCE**

**\$95 ANY RANCH**  
**GUTTER CLEANING**

Anchor news St Joe Michigan code 15-0754



**Legacy  
Counsel** PLC  
TRUST & ESTATES LAW

Gwendolyn Powell Braswell

- Wills & Trusts
- Powers of Attorney
- Avoid Probate
- Flat legal fee -  
No surprise billing!

**269.222.7480**

[www.legacy-counsel.com](http://www.legacy-counsel.com)

500 Renaissance Dr., Ste. 104A, Saint Joseph, MI 49085



employee owned | established 1917

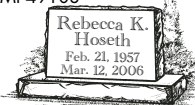
[www.sunburstmemorials.com](http://www.sunburstmemorials.com)

- In Person & Virtual Meetings
- Designed with you, by you, for you

**Brian Shembarger**  
Monument Dealer

Cell: **269-815-2033**

Email: [brianshembarger@yahoo.com](mailto:brianshembarger@yahoo.com)  
Berrien Springs, MI 49103



INSURANCE MANAGEMENT SERVICE

**Auto-Owners**  
INSURANCE

LIFE • HOME • CAR • BUSINESS

501 Main Street St. Joseph, MI  
269-983-7101

214 N. 4th Street Niles, MI  
269-683-4900



**(269) 930-0257**

**@properties**

**ANNE ODDEN**

CHRISTIE'S  
INTERNATIONAL REAL ESTATE

**Live**  
WITHOUT LIMITS

Independent Living | Assisted Living | Memory Care  
Personalized Care Service | Restaurant-Style Dining  
269-944-7480  
509 Ship Street • Downtown St. Joseph  
[www.whitcombretirement.com](http://www.whitcombretirement.com)



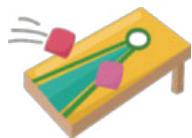
For ad info. call 1-800-477-4574 • [www.mycommunityonline.com](http://www.mycommunityonline.com)

15-0754



## CORNHOLE DAYS

**Tuesdays, March 11th & March 18th  
10:00 am-12:00 pm (30 minute slots)**



Are you 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 2-4 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 2 "courts" set up with 30 minute time slots per court. **Registration is required. Every Friday in March & April, from 2:15 pm-3:45 pm, will be open courts for Cornhole - No registration required.**



## 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.



## SPRING AHEAD - DAYLIGHT SAVINGS TIME

Don't forget to set your clocks ahead one hour on Sunday, March 9th, or Saturday night, March 8th, before you go to bed! It's also a great time to replace the batteries in your smoke/carbon monoxide detectors as well.

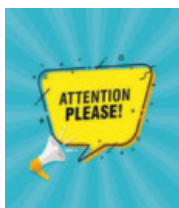


So Lucky  
to Have you

**Words cannot express  
how LUCKY we are to  
have our wonderful  
Volunteers! Thank you for  
EVERYTHING you do!**

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.

## ATTENTION MEMBERS - TIME TO UPDATE



Once a year we ask all members to update their personal information with us. **If your phone number, email address, home address or emergency contact information has changed, please take a moment and let us know.** Every month we receive newsletters back due to a change in address, and we do get charged for each newsletter that is returned to us. Also, if you have changed your mind about receiving the newsletter in the mail and would rather just pick it up here at the Center or receive notification through your email when it is available to view online, please let us know so we can make that change for you. Thank you in advance for your cooperation.



## PLEASE SLOW DOWN



Please remember to slow down when entering and exiting our parking lot. When classes get out the parking lot can become congested, so take a few extra minutes when leaving. Look both ways and look behind you when backing up and pulling out of your parking space. Your safety is important to us!



## SJLSSC SOFTBALL



Did you know that the Center has a softball team? Softball begins in April, so if you would be interested in playing, stop at the front desk and leave your name and number. Details to follow!



## HEALTHY EATS



Do you get hungry while at the Center, forgot to eat breakfast, need an idea for lunch, want to catch up with a friend? Stop into Friendship Hall and grab a bite to eat at Healthy Eats, brought to you by Base Bowls.

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 CHOIR ACCOMPANIST NEEDED**



The St. Joseph-Lincoln Senior Service Center Choir is in need of a volunteer accompanist to assist with practices and occasional performances. The SJLSSC Choir meets on Mondays at 1:30 pm in Friendship Hall. Previous experience as a choir accompanist is preferred. Please see Jamie Bingaman, SJLSSC Program Coordinator if you're interested in volunteering to help with this fun program!



### **EMERGENCY DOOR NUMBERS**

We have recently installed numbers over the doors in our building to assist members in case of an emergency.



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

**CHAN'S GARDEN FUNDRAISER** - We are having a Chan's Garden Fundraiser from March 18th-21st, 11:30 am-7:30 pm. Don't forget your voucher. The proceeds from this fundraiser will be used to support our programs. Thank you in advance for your help.

**FRIENDSHIP GARDEN DONATIONS** - Due to the success of the Friendship Garden harvest last year that many of our members enjoyed, Volunteers have been making strategic plans to make improvements. To do this, we need your help! Donations are greatly needed and appreciated!

**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 September 2025, will be available in October 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.



### **SJLSSC CHOIR**

New to the Center beginning in 2024 is the SJLSSC Choir. They meet here at the Center on Mondays at 1:30 pm in Friendship Hall for rehearsals. They are having a lot of fun and if you are interested in joining the Choir, stop in on a Monday at 1:30 pm. They have performed at the Whitcomb Towers (top picture) and at Crown Pointe (bottom picture).



### **BINGO**

Thursday, Mar. 13th, 1:00 pm \$1  
Thursday, Mar. 27th, 1:00 pm

**NO BINGO ON APRIL 10TH**

**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 **No class on April 21st**  
 1:45 pm - Intermediate Line Dancing



### TUESDAYS

9:00 am - Resistive Exercise  
 10:00 am - Range of Motion **No class until March 25th**  
 11:00 am - Chair Drumming **No class until March 25th**  
 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 - NO CLASS ON APRIL 10TH**

12:30 pm - Scrabble

12:30 pm - Hand & Foot Cards

1:00 pm - BINGO **2nd & 4th week**

2:00 pm - Intermediate Pickleball **1st & 3rd week**



### FRIDAYS

8:30 am - Zumba  
 9:30 am - Chair Yoga **No class March 28th & April 4th**  
 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**

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

## WHAT WE HAVE TO OFFER

- ♦ Arts/Crafts
- ♦ Betty Kohn Outdoor Fitness Zone
- ♦ Book Club
- ♦ Cards/Games
- ♦ Circuit Training Room **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
- ⇒ 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.**





### "For All Your Future Construction Needs"

Roofing • Siding • Flat Roofs  
Fascia & Soffit • Gutters

269-983-1500 269-463-ROOF 269-468-3804

Senior discounts • Serving all SW MI • Licensed - Insured - Bonded  
*Family owned and operated for over 60 yrs!*

**Mention this ad at time of estimate for special discount**

### WE ARE HERE TO HELP



Contact us for information, options, and services for older adults, younger persons with disabilities, and care partners.



Serving Berrien, Cass & Van Buren Counties - Offering Choices for Independent Lives

Information Line: (800) 654-2810

AreaAgencyOnAging.org

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Scan to contact us!

Engaging, ad-supported print and digital newsletters to reach your community.

Visit [ipicommunities.com](http://ipicommunities.com)

HEATING AND COOLING  
REPAIR SINCE 1963!

[BoelckeHeating.com](http://BoelckeHeating.com)

Call us for all  
your HVAC &  
Plumbing Needs!

269-429-9261

**BOELCKE**  
HEATING • AIR CONDITIONING • PLUMBING



Your local  
**MEDICARE** agent is  
here to help you

Call your local agent

**Tom Rivette**  
**269-208-1940**



## Questions about Medicare?

I'm here to help. Call me to learn more about your Medicare options.



**Michael K Ashbrook**  
**(269) 468-4894 (TTY: 711)**  
8:00 AM to 5:00 PM, Mon. - Fri.  
A licensed agent will answer your call.  
[wolvs1@hotmail.com](mailto:wolvs1@hotmail.com)

©2024 Aetna Inc.  
Y0001\_NR\_34539\_2023\_C  
3564019-01-01

**Tri-State**  
HEALTH AND WELLNESS

**Confused by Medicare?**

**Talk to me!**

**Jeff Armstrong**  
**269-605-9173**

<https://www.3statehealth.com/>



## LET'S GROW YOUR BUSINESS

Place Your Ad Here and Support  
Our Parish!

**CONTACT ME Terry Sweeney**

[tsweeney@ipicommunities.com](mailto:tsweeney@ipicommunities.com) (800) 477-4574 x6407

**Beaudoin**  
**Electrical**  
**Construction**  
Incorporated

Maintaining Today's Equipment  
Installing Tomorrow's Technology  
INDUSTRIAL • COMMERCIAL

**"Service with Excellence 24 Hours A Day"**

Electrical Construction • Design/Engineering • Substation Maintenance  
Custom Controls & Factory Automation • Tele-Data Network • Lighting

(269) 925-4815  
Fax (269) 925-6849

<http://www.BeaudoinElectric.com>

3042 Pipestone Rd.  
Sodus, MI 49126-9793



For ad info. call 1-800-477-4574 • [www.mycommunityonline.com](http://www.mycommunityonline.com)

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. Also, **birthday cards for:** daughter, daughter-in-law, son, son-in-law, granddaughter, grandson, niece, and by age (but we do not need any for 80 years of age). No **Christmas cards at this time.**
- ◇ 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 closed on Mondays until March 11th.**

**Tuesdays opens at 12:00 pm until March 11th.**

**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
- \* \$30 monthly fee for couples
- \* \$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.**





### IRISH STICK CHAIR CLASS

**Tuesdays, March 4th, 11th, 18th & 25th (4-day class) 3:00 pm-6:00 pm - Instructor Tom Hurst**  
**Open to SJLSSC Wood Shop members only (max 4)**

**\$350 per person, payable at sign up-NO REFUNDS**

Traditionally known for its unique design, the Irish Stick Chair is characterized by simple, rustic elements recalling authentic Irish folk art. This is an advanced craftsmanship project. Students must be a Wood Shop member and have extensive, well-rounded wood shop experience. It is recommended students park in the circle drive at the front of the building, as you will be exiting out the front exterior doors (by the Wood Shop). **MUST ATTEND ALL 4 CLASSES**



### 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.**



### BANDSAW BOX CLASS

**Tuesday, March 18th, 9:00 am-12:00 pm**

**Instructor Tom McDonough**

**Open to SJLSSC Wood Shop members only (max 4)**

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

Make a bandsaw box from a single piece of wood.

### HISTORIC WHITCOMB - YESTERDAY, TODAY & TOMORROW



**Monday, March 17th, 10:30 am**



Join Sue Veldmen, Director of Marketing & Community Outreach at The Whitcomb Senior Living Tower, for an engaging presentation on the fascinating history, exciting present, and bright future of The Whitcomb. Learn how this iconic downtown landmark has evolved from a historic hotel into a vibrant senior living community. We'll explore historic photos, recent renovations and future plans, with interactive discussions along the way. Whether you're planning for the future or just curious about this St. Joseph treasure, **sign up for this wonderful program in advance.**

### PEN TURNING CLASS



**Monday, March 17th, 3:00 pm-6:00 pm**

**Open to all SJLSSC members (max 6) - Instructor Tom Hurst**

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

Learn to turn on the lathe and make two beautiful writing pens. It is recommended students park in the circle drive at the front of the building, as you will be exiting out the front exterior doors (by the Wood Shop).

### ANNE'S REAL ESTATE ROUND TABLE, FEATURING NATE TRIPP - LAKE MICHIGAN REAL ESTATE LIQUIDATORS

**Thursday, March 20th, 1:00 pm**



Wondering if you need an estate sale, tag sale, auction, or perhaps just internet sales? Join real estate broker Anne Odden for Anne's Real Estate Round Table with guest Nate Tripp, as he discusses the experience of his family's 3rd-generation company, Lake Michigan Estate Liquidators. Nate understands that every condition is unique and will discuss options for the many different situations his company has experienced. **Advance registration is required, so don't forget to sign up.**





## VIRTUAL REALITY BOOK PROGRAM

**Brian Johnston, Lincoln Township Pubic Library**

**Tuesday, March 25th, 10:30 am-12:00 pm**

The Lincoln Township Public Library (LTPL) has launched an exciting new program that brings literary classics into the 21st century. Running January-April, each month SJLSSC members will read an "assigned" book and then meet as a group to discuss the novel. The book for March is *The Great Gatsby* by F. Scott Fitzgerald. A limited number of book copies will be available at the Senior Center the last week of February.

**Class size is limited, so register soon!**



## AARP SMART DRIVER COURSE

**Mondays, March 31st & April 7th 8:00 am-12:00 pm**

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-only course, taken over 2 days. 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. **Registration is required and there is a limit on class size, so please remember to sign up to attend this class.**



## FRAUD PREVENTION STRATEGIES

**Monday, April 14th, 10:30 am**

With fraud targeting seniors 60 and older, Rachel Tompkins, UFCU Fraud Manager and the United Federal Credit Union Fraud team will be presenting information on current scams, fraud trends, how to avoid being scammed, and basic advice on fraud from the Credit Union.

**Advanced registration is required.**



## SHAKER OVAL BOX CLASS

**Monday, April 14th & Tuesday, April 15th (2-day class) 12:00 pm-3:00 pm - Instructor Glen Peterson**

**Open to SJLSSC Wood Shop members only (max 6)**

**\$40 per person, payable at sign up-NO REFUNDS**  
Students will make two beautiful oval Shaker-style boxes. **Must attend both classes.**



## BOOK TALK - GORILLA IN THE ROOM AND OTHER STORIES



**Thursday, March 27, 1:00 pm**



Join us for a captivating book talk with Ed Tracy, author of *Gorilla in the Room and Other Stories* (Koehler Books 2021), a poignant and inspiring memoir that delves into the author's battle with late stage cancer. An award-winning television and webcast producer, program host and Chicago theatre critic, Ed Tracy brings his storytelling and theater expertise to the page, offering a unique blend of humor and insight. In this discussion, Ed will share the inspirations and experiences behind his work, and offer a deeper look into the writing and publishing process. **Please sign up at the front desk to attend.**



## DEMENTIA FRIENDS

**Thursday, April 3rd, 1:00 pm-2:30 pm**



Established in 2017, Dementia Friends Michigan (DFM) is a 1-hour informational session designed to help you understand how to better communicate and support those with dementia. Join Julie Schwartz from the Area Agency on Aging as she helps you learn: dementia-friendly practices, how to take action in your community, what it's like to live with the disease, and effective communication and support. **Please sign up at the front desk if you would like to attend.**



## ART CO-OP WATERCOLOR WORKSHOP

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

**\$30 per person, payable at sign up - NO REFUNDS**

**Make checks payable to Alexandra Hibshman**

**Limit 15**



Join us for another watercolor class. Alexandra Hibshman returns to teach "Seascapes" - techniques for painting water, waves and beaches. All materials are provided. **Remember to sign up if you'd like to participate.**



## Place Your Ad Here and Support our Parish!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[4lpi.com/adcreator](http://4lpi.com/adcreator)

**THRIVE**  
LOCALLY



### TRI CITY VILLAGE APARTMENTS

541 N Main  
Watervliet, MI 49098

62 & Over  
or Mobility Impaired.  
Low income based community.

**We are now accepting applications for our waiting list.**

Office hours: Mon., Wed., and Fri.  
9:00 AM to 4:00 PM

**Call for an appointment today.**

**269-463-4543**



EQUAL HOUSING OPPORTUNITY



*A Rehabilitation and Extended Care Community*

**Our Goal Is To Get You Back To Living Your Life!**



Our Return to Home Rehabilitation Unit promotes quick recovery

We accept medicare, most private insurance and medicaid.

Call for more information or stop in for a tour  
288 Peace Blvd., St. Joseph, MI 49085 • 269-556-9050

## HARTMAN CHIROPRACTIC

Dr. Brian Hartman, D.C.

**(269) 235-4024**



712 Comings Ave.  
St. Joseph, MI



BCM ORGANIZING, LLC  
- FOR THE HOME -

(269) 769-8272

[www.bcmorganizing.com](http://www.bcmorganizing.com)

**DECLUTTER  
ORGANIZE  
UNPACK**



**SUPPORT OUR ADVERTISERS!**



**FREE**  
AD DESIGN  
with purchase  
of this space

**CALL 800-477-4574**

## Provision Living at St. Joseph

Assisted Living | Memory Care



**Discover the Provision Living Difference today!**



3351 Niles Rd., St. Joseph, MI 49085

(810) 370-8864 | [provisionliving.com](http://provisionliving.com)

## FLORIN FUNERAL SERVICE

*Honoring Family. Celebrating Life.*

**JOHN C. FLORIN**  
Funeral Director

[staff@florin.net](mailto:staff@florin.net)  
[www.florin.net](http://www.florin.net)

St. Joseph - Benton Harbor - Coloma - Watervliet 269-983-1514

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

Davidson Chapel - 249 E. Center, Coloma 269-468-3181



For ad info. call 1-800-477-4574 • [www.mycommunityonline.com](http://www.mycommunityonline.com)

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**  
**MARCH**








**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
3 Honey lime chicken Cilantro rice Rustic root veggies Blueberry compote	4 <b>FAT TUESDAY</b> Not too spicy gumbo Red beans & rice Banana pudding	5 Meatball sub Baked diced sweet pots. Mushrooms Fruit cocktail	6 Chicken teriyaki chow mein Oriental vegetables Mandarin oranges	7 Meatless goulash Beans Broccoli Apple slices
10 Smothered pork loin Rice pilaf Asparagus cuts Apple crisp	11 Shepherd's pie Diced beets Creamed spinach Tropical mixed fruit	12 Spinach salad with chicken Cornbread Yogurt & strawberries	13 Spanish chicken/rice Mixed veggies Carrot coins Peaches	14 Baked potato Black beans & cheese Broccoli florets Mandarin oranges
17 Corned beef/ cabbage, red potatoes & carrots Biscuit Irish fluff	18 Sweet & sour chik'n Rice Oriental veggie blend Pineapple tidbits	19 Lentil stew Whole wheat bread Tossed salad w/ranch Fruit crisp	20 Cheeseburger Potato wedges Green peas Berry applesauce	21 Chickpea spaghetti Marinara sauce Italian green beans Fruit crisp
24 Meatloaf Mashed potatoes Broccoli Peaches	25 Chicken alfredo Spinach Green beans/peppers Tropical fruit mix	26 White bean chicken chili/carrot coins Crackers Warm cinnamon apples	27 Beef & cheese enchiladas Veggie blend/peas Pineapples	28 Vegetable frittata Sweet potato hash Banana Birthday cake
31 BBQ pork ribette Mac & cheese Italian green beans Fruit cocktail				
			<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>

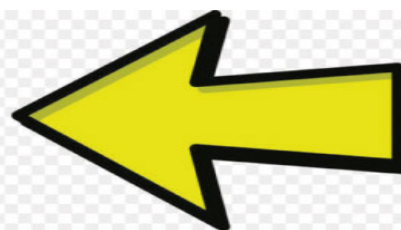
Please support the St. Joseph-Lincoln Senior Service Center by attending this event. Everyone is welcome!

Chan's Garden  
310 State Street, St. Joseph  
March 18th-21st  
Hours: 11:30 am-7:30 pm  
Phone: 269-983-2609  
Dine-In or Takeout  
Offer valid only on these dates.



SJLSSC will receive 15% of your food purchase.  
Tax and gratuity are not included.  
**THANK YOU FOR SUPPORTING THE CENTER!**

**If you are unable to make it into the Center to pick up a voucher, just snip this one from our newsletter and present it upon purchase of your meal. Need more than 1 voucher? Feel free to make a copy of this one. We thank you in advance for supporting the St. Joseph-Lincoln Senior Service Center.**







**To everyone who brings goodies or snacks:** Carrie Fisher, Jane Jeffery, Millie Carney, Adolf Pelzer, Joyce Wood, Connie Yore, Sharon Kabel, Debra Muhlhauser, Lani Agens, Lisa Hilton, Mary Jane Hiler, Celina Bevelhymmer, Sandy Andert, Janet Smiedendorf, Sally Matzke, and Dolores Frantz.

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



Sandra Kay's Bakery, Walgreens - Stevensville, Vickie Nordberg, Tim Kragt, Peggy Miller, John Hylok, Chris & Judy White, Deb & John Terry, Jane Jeffery, Coreen Collier, Lee Wolford, D. Steel, Ginny Steinman, Christine Goyer, Deb Johnson,

Anonymous, Chris Wright, Mary Jane Hiler, Jane Marshall, Pauline Fox, Diane Wollenslegel, Bob Hauch, George Turner, Dolores Frantz, Jane Marshall, Mina Halsey, Deb Bodine, and Kim & Gregg Blanchard.

### **MONETARY CONTRIBUTIONS:**

- \* Erlinda Huntington, Ruth Betker and Anonymous Donors made Donations to our Transportation Program.
- \* Joe Mikowski and Celina Bevelhymmer made a Donation to the Building Fund.
- \* Stan Comstock made a Donation to Parkinson's Exercise.
- \* Shirley Johnson made a Donation to our Brick Fundraiser.
- \* Charles & Lorraine Jespersen, Sharon Nystuen, Merrily Mahon & Suzanne Jewell made Donations to our Growth Endowment Fund through the Berrien Community Foundation.
- \* Pauline Fox, Aileen VandeKoppe, Jill Kerby, Mary Sundblad, Denny & Terri Swanson, Merrily Mahon, J.W. & K.A. Hanley, Donald & Karen Brown, Jim Thompson, Dea Carle, Steve & Deda Winkler, Gary & May Sisson, Mark & Cynthia Herzog, Gary & Diane Kurek, Gayle Coon and Marcie Kelly made a Donation in Memory of Joe Ferrier.
- \* Bob & Gloria Hopkins and Donna Lippert made a Donation of Thrivent Choice Dollars.



Many thanks to Tom & Lisa Swank for initializing the January Challenge in the Circuit Training Room for members to donate disinfectant wipes. We received 64 containers and through a Thrivent donation that number was matched. We should have enough disinfectant wipes for a while!



**WISH LIST:** Muffins, individually wrapped candy, store bought breakfast pastries, coffee cakes, and bottled water.



### **FRIENDSHIP GARDEN**



We're growing! Due to the success of the Friendship Garden harvest last year that many of our members enjoyed, volunteers have been enthusiastically making strategic plans on how to improve the 2025 season. After working diligently throughout the winter, we have devised a total renovation of the Friendship Garden that will be even more beautiful and bountiful. The new design is aimed to provide you with more variety, better quality, and quantity of the veggies we grow. In order to complete this feat and serve you more, we need your help to implement these improvements and maintain it. Unfortunately, money is the one thing we cannot grow!

**DONATIONS** are greatly needed and appreciated! Please take your donations to the receptionist and specify that it is for the **FRIENDSHIP GARDEN**. Thank you in advance ~ **Friendship Garden Volunteers.**



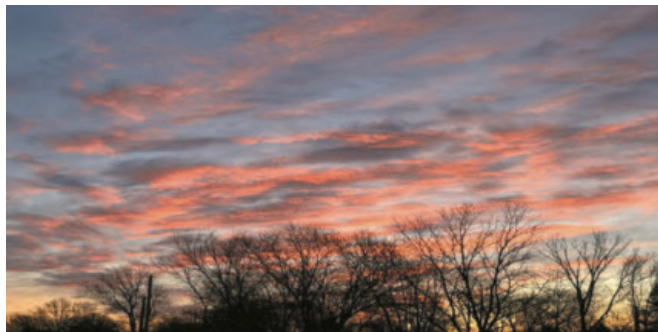
### **SJLSSC GOLF 2025 CO-ED GOLF LEAGUE**



You must be a member of the Center to join this league. Not a member? Visit us and sign up at the front desk. We play individuals, instead of teams, at Pebblewood Golf Course in Bridgman. 2025 league fees are \$240 unless you're a Pebblewood member, then it's free. Make your check payable to Bob Hopkins by the end of March. You can drop it off at the SJLSSC front desk. You can play at Pebblewood without green fees on Tuesdays as long as the course is open. Our scheduled foursome tee times will begin at 10:00 am Tuesday mornings beginning April 29th. In our 20-week season, you'll be scheduled to play against 20 different players, men and women. Women play from the red tees, and men who are 75 and older also play from the red tees. Younger men play from the gold tees. Each match is played over 9 holes with 100% handicap. Handicap is the average of your last 5 rounds. Bob Hopkins will be accepting new league members up until April 18th. Married couples can choose to always play in the same foursome, **OR** 1 spouse can choose to play in the following foursome. That way you'll only need 1 cart. Anyone signing up after April 18th will be added to our subs list. Subs don't have to pay to join, and will get lots of opportunities to play. To join the league or get more information, contact Bob by email at [hopkins6314@gmail.com](mailto:hopkins6314@gmail.com). It's time to dig out those clubs!!



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



**Serving the Community Since 1975**

Non-Profit Org.  
U.S. Postage Paid  
St. Joseph, MI 49085  
Permit 416

**DATED MATERIAL DO NOT DELAY  
RETURN SERVICE REQUESTED**

This newsletter mailed @ St. Joseph Post Office on 02-26-25



**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**

**President** Bob Hopkins  
**Vice President** Rocco Pavese  
**Secretary** Patty Nordberg  
**Treasurer** Subhas Dhodapkar

**Board Directors**

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

**Staff**

**Executive Director** Cindi McLaughlin  
**Program Coordinator** Jamie Bingaman  
**Support Associate** Sharyl Freehling  
**Receptionist** Julie Hartman  
**Administrative Assistant** Sandy Draper  
**Building Custodian** Tai Huynh  
**Sr. Nutrition Manager** 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



**MARCH ACTIVITIES**

3 Art Co-Op Offsite 1:00-3:00 pm  
4 Wood Shop Irish Stick Chair 3:00 pm-6:00 pm  
5 Life Care Planning 1:30 pm  
6 Organized by Design 1:00 pm  
11 Cornhole Days 10:00 am-12:00 pm  
11 Wood Shop Irish Stick Chair 3:00 pm-6:00 pm  
12 Book Club 10:00 am  
13 Bingo 1:00 pm - \$1  
17 Wood Shop Pen Turning Class 3:00 pm-6:00 pm  
18 Wood Shop Band saw Box 9:00 am-12:00 pm  
18 Cornhole Days 10:00 am-12:00 pm  
20 Board Meeting 10:00 am  
20 Anne's Real Estate Round Table 1:00 pm  
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  
26 Newsletter Mailing **8:30 am NEW TIME!!**  
27 Bingo 1:00 pm  
27 Book Talk 1:00 pm  
31 AARP Smart Driver Course 8:00 am-12:00 pm



**The Center will be closed on Tuesday, April  
2nd, for all activities & transportation.**