

THE ANCHOR NEWS



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

DIRECTOR@SJLSC.ORG

WWW.SJLSC.ORG

HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM

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

APRIL 2025



**"April showers bring
May flowers."**

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. 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 more variety, better quality, and quantity of the veggies we grow. In order to complete this feat we need your help to implement these improvements and maintain the garden. 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.**



THANK YOU TO OUR VOLUNTEERS!

April is National Volunteer Month, which gives us the opportunity to celebrate the impact our wonderful Volunteers have on our Senior Center. **Words cannot adequately express the gratitude that the Board and Staff wishes to convey to every one of you who have assisted us over the last year!** With our extreme growth we could not efficiently operate our Center without these incredible Volunteers. The willingness of our Volunteers to selflessly share both their time and talents speaks volumes about their strength and the quality of their characters. Over the last year we have had **256 volunteers assist us for a total of 18,586 hours!** To our Volunteers, we hope you know that your volunteerism is recognized, appreciated, valued and cherished!! To the rest of our wonderful members, the next time you see one of our Volunteers, please thank them for assisting us in keeping the wheels rolling at our Center!



The Center will be closed on April 2nd, for all activities & transportation, April 11th for our Volunteer Appreciation Breakfast, as well as April 18th in observance of Good Friday.



~Notes from the Board~

This is Denny Meadows with "Notes From the Board!" My first message is to thank you for your vote to join the SJLSSC Board of Directors last Fall. This outstanding Board has been diligent and determined to accomplish their goals in the past and they will continue forward with that same energy to make sure this Senior Center facility stays one we can all be proud of.

So appreciative of the month that always bodes us well, April has arrived! Known for flowers, romance, showers, "National Volunteer Month" and on the 18th "National Exercise Day!"

"What is the essence of life? To serve others and to do good." ~ Aristotle

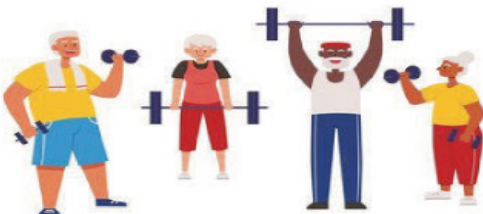
VOLUNTEER - To volunteer means to freely offer up your time and service to help!

BENEFITS OF BEING A VOLUNTEER:

- 1) "Social." Volunteering gives people a way to meet people with similar interests and values, outside of work and family.
- 2) "Finding A Purpose." Studies have found that seniors are three times more happy helping other people than they are spending money on themselves.
- 3) "Keeping Fit and Healthy." Physical health is a major determining factor for positive health outcomes among seniors.
- 4) "Reducing Isolation." Volunteerism is a great way to rejoin society, feel a sense of pride and accomplishment, and build a solid support base that will keep in regular contact.

The opportunities to volunteer have never been greater and many of those openings are listed in this newsletter each month for convenience! Examples: Art/Craft Classes, Front Door Greeters, Bingo Set up & Tear Down, Handywomen or Handymen, Newsletter Mailing, Transportation Drivers, and Wood Shop Hosts.

If you have interest in volunteering here, don't wait, call the Senior Center (269-429-7768), making that call may turn out to be one of the very best things you do this year!



To shine, Senior Center members use resistance and aerobics training in our exercise rooms to keep their health strong. They are improving their strength conditioning so carrying the groceries into one's home, vacuuming/shampooing the carpet or taking the garbage out and the trash bin to the curb aren't troublesome. Having the inability to complete normal activities each day can provide the motivation to begin an exercise routine that keeps a senior body strong and ready to shine whenever called upon.

For years, I always thought it was hilarious that I was this fitness guru, because fitness was just a tool I utilized to help people improve their confidence. "For me it's never been about fitness. It's always been about helping to empower people." ~ Jillian Michaels

Another great year for fitness awaits inside the Senior Center exercise rooms! Eight "state of the art" MATRIX resistance machines were recently installed. Shoulder Press, Chest Press, Leg Curl, Leg Extension, Leg Press, Lat Pull Down, Ab & Low Back and to strengthen balance, Hip Abduction. There's an expanded Cardio area too, plus a new room with Free Weights, Bands, Kettle Bell, Medicine Ball and body weight exercises. A stretching section has been added with a True Stretch Cage that's effective for activities like Golfing, Cycling, Paddle Sports, Yoga, Tai Chi and traditional exercise. Monitors are on duty full time in each area so whenever you have a question your Monitor will have the answer.

Just after Monitors arrive at 9 am, Monday-Friday, the exercise facility opens for your enjoyment. Closing is at 3 pm. To join, a Monitor will sign you up for 30 minutes of free orientation training.

April's warmer temperatures encourages Senior Center members to move their fitness activities outside. Just off the rear parking areas, a resurfaced Outdoor Fitness Zone offers 12 body weight resistance pieces that can be enjoyed by 24 people at one time and is accessible to wheel chairs. There's plenty of fresh air available out there along with the exercises of your choice. A canopy covers the entire zone so you can stay out of the sun and remain cool while burning calories. The Outdoor Fitness Zone is always open.

~SJLSSC Board Of Directors~
~Dennis Meadows~

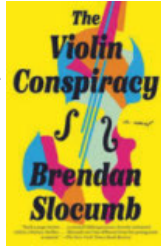


CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, April 9th, 10:00 am

The book to read for the month of April is "Violin Conspiracy" by Brendan Slocumb. Leading the discussion will be Barb Clark. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



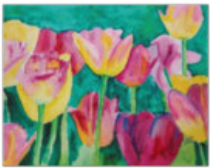
COOKIES & CANVAS

Friday, April 25th, 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 APRIL 23RD



The watercolor painting for the month of April is called "Tulips." 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, April 29th, 12:00 pm-3:30 pm

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

Make checks payable to Caryn McFall

DEADLINE TO SIGN UP IS APRIL 25TH



Come join in the fun and fellowship of the Stamp Camp with Caryn McFall. In this class you will receive 4 pre-designed Easter cards with envelopes. No

experience is necessary. There will be demonstrations and written instructions. You can work at your own pace. **You will need to bring small scissors and double stick tape for class. Sign up soon; class size is limited.**

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.



THANK YOU VOLUNTEERS

NEW MEMBERS - CIRCUIT TRAINING ROOM

The phrase, "The most difficult exercise is walking through the door, the rest is easy," is often attributed to various fitness experts and motivational speakers, emphasizing the challenge of starting a workout routine. It highlights the importance of overcoming initial barriers to exercise. Senior Center members, if you want to use the Cardio, CTR, and Free Weight rooms, **stop by in person and request the required free 30-minute orientation.**

During your scheduled appointment, an exercise trainer will show you how to use our equipment safely and effectively. **You must be a member of our Senior Center.** The training room is open 9:00 am-3:00 pm, Monday through Friday. Check in on the hallway monitor before your appointment and each time you use this room. We look forward to seeing you. **"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."** ~ Buddha

CIRCUIT TRAINING ROOM EQUIPMENT

We would like to give you a little more

information each month about our equipment in the Circuit Training Room. The illustration to the left is a Versa Converging Shoulder Press. The Versa Converging Shoulder Press station makes building and toning deltoids efficient and comfortable. An independent converging movement provides a natural path of motion, while counterbalanced pressing arms optimize resistance. It even includes dual-position hand grips for training variety. Stay tuned for next month's featured equipment!



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. **Sign up for the first class.**



TRIPS



HENDERSON CASTLE MURDER MYSTERY & KALAMAZOO VALLEY MUSEUM

Thursday, May 15th

\$135 per person, payable at sign up

TRIP MUST FILL BY APRIL 4TH

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. 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. Trip includes motor coach transportation, lunch at the wonderful Drury Lane Lucille Restaurant, show ticket and gratuities. **MODERATE ACTIVITY**



TWIN CITY CAMERA CLUB PHOTO CONTEST



Calling all photographers! Twin City Camera Club is sponsoring a photography contest. Photographers must be Senior Center members, limit 4 entries per person, and photo size should be 8x10 inches, unframed. There will be 4 categories: Nature, Architecture, People and Animals/Pets. There will be a \$25 prize for each category. **Please submit your photos by May 27th-June 3rd** and voting will take place June 16th-26th.

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



****WAITING LIST****

A BEAUTIFUL NOISE - APRIL 5TH
MACKINAC ISLAND GRAND EXPERIENCE -
MAY 13TH-MAY 16TH
CHICAGO ARCHITECTURAL TOURS -
JUNE 24TH
HAMILTON - JULY 31ST
CANADA - AUGUST 2ND-9TH



TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, unless otherwise noted. **All people signing up for our trips must be a member.** If you are signing up and paying for someone else, you must have their phone number in order to add them to the trip list. We only accept cash or checks. Most trips fill quickly, but members are highly encouraged to sign up on trip waiting lists, as there are usually cancellations prior to the trip. In cases of cancellations, if a replacement can be found, refunds less a \$10.00 administrative fee, are given. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.

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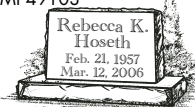
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CORNHOLE DAYS

Fridays, 2:15 pm-3:45 pm



Are you looking for a fun activity to share with friends? Enjoy the fun summer lawn game of Cornhole indoors. 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. **No sign up is necessary.**



SJLSSC SOFTBALL

Senior Softball is back! Opening day for SJLSSC Softball will be on Thursday, April 24th and will meet every Thursday from 1:00 pm-2:30 pm at Well's Field. This is located at 2214 S. State Street (by old Jefferson School, now condos). If weather is questionable, the Center will know by 11:00 am if it will be cancelled. If you haven't signed up yet, please stop at the front desk and do so.



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.



SJLSSC LIBRARY

Spring has sprung and it's finally time to soak up some of that sun we've been missing. Grab a book and head outside. Our Library offers a wide selection to choose from; fiction, nonfiction, autobiographies, mystery, suspense, magazine, and DVD movies. We are **not accepting book donations at this time**; however, we are accepting magazines, but they **should not be older than 3 months**.



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.

BABY IT'S COLD INSIDE

With warmer temperatures on the way, we will need to keep the temperatures cooler inside. We all have different body temperatures, so please dress accordingly for yours, so that you will be comfortable. We do keep the room temperatures down a bit in the Gym and Circuit Training Room because of people exercising, but all other rooms will be set at a comfortable temperature for most.



VOLUNTEERS NEEDED

We're busy and are in need of more Greeters and Front Desk Volunteers! If you have a passion for our Center, enjoy meeting new people and assisting our members, please consider training for the above Volunteer opportunities.



THANK YOU TAX VOLUNTEERS!

We would like to express a huge



THANK YOU to all of the Tax Intake and Tax Preparer Volunteers. Without all of you volunteering your time here at the Center, this just couldn't happen.

We thank you all very much for all you do!



The Garden Nook



Did you know that we have a Garden Nook? This is a quiet and colorful spot that was put together by Volunteers. It's located past the Gym and the Greeting Cards area. In the Garden Nook you will find all kinds of helpful information on gardening, birds, and flowers. It's a great spot to grab a seat and read up on the latest gardening advice, learn what birds are in our area, and many other things. Items in this area can be taken home to read, you don't need to sign them out, just please return them when you are done. Thank you!



If you would like an email reminder when the newsletter is online, please email us at assistant@sjlsc.org

DONATION OPPORTUNITIES

There are many ways to donate to our non-profit 501(c)3 corporation. 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.

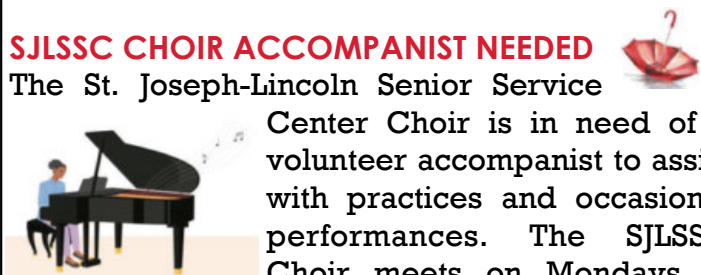
PROGRAM DONATIONS - Designate a donation for a particular program we offer at the Senior Center; exercise classes, Circuit Training Room, Wood Shop or to one of our outside areas; the Walking Trail, Friendship Garden, or the Wild Flower Trail.

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!



BINGO

Thursday, April 24th, 1:00 pm

NO BINGO ON APRIL 10TH

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

Bingo

CURRENT FUNDRAISERS

FRIENDSHIP GARDEN DONATIONS - Due to the success of the Friendship Garden harvest last year, 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.

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. 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.



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
 9:30 am - Pinochle **BEGINNING APRIL 15TH**
 10:00 am - Range of Motion
 11:00 am - Chair Drumming
 12:30 pm - Advanced Pickleball
 12:30 pm - Advanced Ukulele

REGISTRATION REQUIRED

1:00 pm - Euchre
 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 **4th week only this month**
 2:00 pm - Intermediate Pickleball **1st & 3rd week**

FRIDAYS

8:30 am - Zumba
 9:30 am - Chair Yoga **No class April 4th**
 10:30 am - Beginner Pickleball
 12:00 pm - Parkinson's Exercise
 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 Desk Receptionists
- ⇒ **Front Door Greeters**
- ⇒ Fundraising - Quilt Raffle, Super Books
- ⇒ Handymen or Handywomen
- ⇒ Light Ironing
- ⇒ Newsletter Mailing
- ⇒ Transportation Drivers
- ⇒ Wood Shop Hosts



If you are interested in volunteering, please call the Center.

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

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



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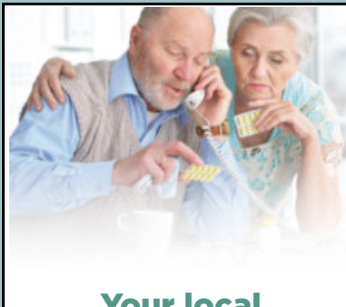
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15-0754

IMPORTANT REMINDERS

- ◊ We are asking that everyone exit our Center by 3:45 pm so the Staff can securely close our building. **All doors will be locked at 3:00 pm, EXCEPT for the main entrance, (door #1).** We appreciate your cooperation!
- ◊ **Remember to sign in when entering the building for any reason, even to sign up for a trip, returning a library book or signing up for a program.** You need to go through the screens until you find the activity/activities you are here to attend and remember to hit **FINISH** when done so it will log your day's activities.
- ◊ Please remember to sign up for all programs that you'd like to attend. Thank you!
- ◊ If you cannot attend a program you've signed up for, please call and cancel.
- ◊ Please arrive at least **10 minutes** before a program is due to begin so you are not interrupting a program by arriving late.
- ◊ 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.
- ◊ Please remember if you have robo call blocker, you will not receive our calls.
- ◊ **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.
- ◊ To be eligible to use the services at our Senior Center, you or your spouse need to be 60 years of age or older. You need to be in our service area to use our transportation, run for our Board of Directors and/or vote in our Annual Board Election.

WOOD SHOP INFORMATION

Below is some general information about how our Wood Shop operates. For more details please call or stop at the front desk.

CURRENT HOURS/DAYS OF OPERATION

Monday-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.



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

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 more about dementia. **Please sign up at the front desk if you would like to attend.**



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.**



PINOCHLE IS BACK!

Tuesdays, 9:30 am-11:30 am Beginning April 15th

Pinochle is returning to the Senior Center! We would love to have more players, so gather your group of 4 and join us. The more the merrier!



PLACEMAT CLASS

Tuesday, April 15th, 9:00 am-11:00 am

\$12 per person, payable at sign up - NO REFUNDS
Make checks payable to SJLSSC

Learn how to make your own placemats! Join the Quilting Group for this fun class where you will learn the skills needed to make and take home four of your own placemats. Class includes pre-assembled kits with everything needed to make the placemats. If you have your own transportable sewing machine, please bring it with you. **Class size is limited and advanced registration is required.**



MICHIGAN SECRETARY OF STATE MOBILE OFFICE VISIT

Monday, May 5th, 10:30 am-2:30 pm

The Secretary of State Mobile Office brings services directly to the residents of Michigan through partner organizations. The streamlined mobile office offers a vast majority of Secretary of State services. **Registration is required for this event.**



TORNADOES & DOWNBURSTS

Monday, April 21st, 10:30 am

Please join us as Tim Pschigoda, who taught science at St. Joe High School, Lake Michigan College, and at Western Michigan University for over 30 years, will be here to give a presentation on the natural processes that cause tornadoes and downbursts. Tim is a trained Skywarn Spotter. **Please remember to sign up to attend.**



VIRTUAL REALITY BOOK PROGRAM

**Brian Johnston, Lincoln Township
Public Library**

Tuesday, April 22nd, 10:30 am-12:00 pm

Each month members read an "assigned" book and then meet as a group to discuss the novel. Along with discussion, participants will have a chance to experience aspects of the book through LTPL's new virtual reality (VR) goggles. April's book is The Grapes of Wrath by John Steinbeck. Book copies are limited and will be available the last week of March at the Center. **You must register, so remember to sign up soon!**



PHOTO EDITING

**Monday, April 28th, 9:00 am-10:30 am
or 10:30 am-12:00 pm**

The Twin City Camera Club is hosting a 1-1/2 hour hands-on photo editing class focused on teaching attendees how to adjust the brightness, contrast and color of their photos, as well as adding text to images, converting photos to black and white, and cropping and resizing for printing. There will also be a demonstration of Snapseed, a free smart photo editing app. **Please indicate which session you'd like when registering for this class.**

BENEFITS OF OSTEOPATHIC MANIPULATIVE TREATMENT (OMT)

Tuesday, May 6th, 10:30 am

Doctors of Osteopathic Medicine (DOs) receive unique training in Osteopathic manipulative treatment (OMT), a hands-on approach to health and healing. Join Dr. Raul Torres, D.O. as he discusses techniques that treat a range of conditions. The focus of OMT is on treating the whole person. **Registration is required.**

DEMENTIA CAREGIVERS SERIES

Tuesdays, April 22nd, 29th & May 6th

1:00 pm-2:30 pm

This Dementia Caregiving workshop is a 3-session program for those caring for a person with dementia or Alzheimer's. Join Julie Schwarz from the Area Agency on Aging as she assists caregivers in reducing stress by providing useful tools. **Please plan on attending all 3 sessions. Class size is limited and registration in advance is required.**



TOOLING LEATHER CLASS - KEY FOB

Tuesday, April 22nd, 1:00 pm-3:00 pm

Due to a fantastic response to our Leather Class interest inquiry, we will be offering a fun Leather Tooling class for beginners. Join David Plumhoff as he instructs students on leather stamping and staining a beautiful key fob. This class will be held in the SJLSSC Wood Shop. **Class size is limited and advanced registration is required.**

BASEBALL HISTORY PRESENTATION

"JUST A LITTLE BASEBALL"

Tuesday, April 29th, 10:30 am

"Just a Little Baseball" takes a look at the National Pastime and gives a fascinating historic overview of the game. Join Garry Lange, founder of the Biggest Little Baseball Museum as he also discusses town teams, area big leaguers, card collecting, Little League, and much more. **Please sign up at the front desk if you are interested in attending this fun and informative program.**

ART CO-OP WORKSHOP

Monday, May 5th, 12:30 pm-3:00 pm

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

Make checks payable to Matt Payovich-Limit 12



Matt Payovich will teach the basics of drawing facial features. This is a class suitable for beginners. A live model will be our subject. Materials are provided. **Matt's classes are popular, don't wait to sign up!**



GENEALOGY CLASSES

Thursdays, May 8th, 15th, 22nd & 29th

1:00 pm-2:30 pm



Join Aloma Custer for this 4-day session where you will learn how to use the FamilySearch website to research and build your family tree. Students are asked to bring their own laptop, if possible. This is a 4-series session of classes, where consecutive lessons will be taught each week. **Please plan on attending ALL classes when you sign up. Registration is required.**

HOTEL WHITCOMB:

CROWN JEWEL OF THE MIDWEST

Monday, May 12th, 10:30 am

From the log lodge to an opulent hotel, the Whitcomb has a long and rich history. The Whitcomb recalls mineral baths enjoyed by scores of people, a moving sidewalk, a breathtaking view of Lake Michigan, more than 200 hotel rooms, a dining room for 800 guests, and a Marine Bar resembling a ship. Join historian, Tim Moore, for a look at the Whitcomb, St. Joseph's own "Crown Jewel" that made the National Register of Historic Places in 2021. **Please sign up at the front desk to attend.**



HOME SAFETY & SECURITY

Tuesday, May 13th, 10:30 am

Learn the top five most common hazards in your home, including the main causes of house fires, how to deter criminals, the current statistics of home invasions in your area and more. Join safety & security experts, Steve & Jill Phenegar, for this presentation with interactive discussions and demonstrations. **Class size is limited and advanced registration is required.**



THE TRUTH ABOUT HOSPICE

Wednesday, May 14th, 10:30 am

With so many myths about hospice care, join Angela LaBarca of Corewell health Hospice & Palliative Care for an opportunity to learn about the specialized care provided by local hospice care teams. Information on how care is paid for, primary care in the home, grief healing and education, veteran support services, and the benefits of early admission will be provided. **Please remember to sign up to attend this program.**

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MEALS on WHEELS

— OF SOUTHWEST MICHIGAN —

Senior Nutrition Services Region IV

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

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

CHANGE LUNCH RESERVATIONS

Meals are Funded in part by



Area Agency on Aging, Inc.
SPECIALISTS IN AGING

Served in partnership with the Senior
Center and Senior Nutrition Services,
DBA Meals on Wheels of SW Michigan.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Biscuits & gravy	2 Pulled pork sandwich	3 Salisbury steak	4 Whitefish & rice
7 Turkey pot pie	8 Beef soft tacos	9 Salsa corn chowder	10 Honey lime chicken	11 Tortellini
14 Chicken & broccoli	15 Pancakes w/syrup	16 Turkey burger	17 Spiral ham	18 CENTER CLOSED
21 Stuffed green peppers	22 Cheesy turkey taco	23 Lentil stew	24 Chicken mashed potato bowl	25 NO LUNCH CENTER IS OPEN
28 Vegetable lasagna	29 BBQ roast beef	30 Warm chick. Salad		

27th ANNUAL SENIOR EXPO

Friday, May 9th, 10:00 am-3:00 pm Website: <https://areaagencyonaging.org/senior-expo/>

Mendel Center at Lake Michigan College, 1100 Yore Avenue, Benton Harbor

Admission is free - Presented by Region IV Area Agency on Aging & The Herald-Palladium

From the vendor booths and information, entertainment, art projects, health pavilion, class demonstrations and so much more, the Annual Senior Expo provides an opportunity for older adults, people with disabilities and caregivers to make connections with each other and stay connected to their community. This year's theme, Flipping the Script on Aging, offers an opportunity to reflect on the ways we don't have to conform to the norms of aging. Enjoy entertainment that reflects the theme, and explore everything the Expo has to offer, like volunteer and employment opportunities, education and classes, in-home care programs, banking solutions, veteran and county resources, and more. Our hope is these community resources can help you create a life on your own terms as you age!

WOOD SHOP CLASSES

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.**

BAND SAW BOX CLASS

Wednesday, April 16th OR Tuesday, May 13th 12:00 pm-3:00 pm - Instructor Tom McDonough

Open to SJLSSC Wood Shop members only (max 6) \$20 per person, payable at sign up-NO REFUNDS

Build a band saw box from a single piece of wood. Makes a great treasure or trinket box.

PEN TURNING CLASS

Monday, April 21st, 9:00 am-12:00 pm - Instructor Tom Hurst

Open to all SJLSSC members (max 6) \$20 per person, payable at sign up-NO REFUNDS

Learn to use the mini lathe to make pens. Each student will make to pens.

PEPPER GRINDER CLASS

Friday, May 9th 9:00 am-12:00 pm - Instructor Doug Somers

Open to SJLSSC Wood Shop members only (max 2) \$30 per person, payable at sign up-NO REFUNDS

Make an 8" pepper grinder. Must have some lathe turning experience.

*A Heartfelt Thank You
TO ALL OF OUR
AMAZING VOLUNTEERS!
We couldn't do it without you!*

To everyone who brings goodies or snacks: Lisa Hilton, Jaci Brenneke, Adolf Pelzer, Rachel Kaufman, Cheryl Ryno, Janet Smiedendorf, Betty Ramsey, Sandy Andert, Millie Carney, Celina Bevelhymmer, Phyllis Herod, Sally Matzke, Ann Niedbala, Dolores Frantz, Mike Carmichael, Erna Felgner, Carrie Fisher and Judy Stelter.

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

Sandra Kay's Bakery, Walgreens - Stevensville, Valerie Kowderduck, Peggy Hanley, Cheryl Ryno, Gregg & Kim Blanchard, Joyce Zerbe, Pattie Keith, Kara Kerkemeyer - In Memory of James Costigan, Connie Yore, Deb Johnson, Anne Odden, Mary Anne Mabry, Pam Whitehead, Phyllis Herod, Janet Taylor, Celeste Pauley, Fred Born, Bill Cox, Diane Petlick, Celina Bevelhymmer, Dolores Frantz, Kay McLeese, Susie Meny, Lydia Dearing, Judy Stelter, Marcia Hess, Agnes Peabody and Norm Sauser.

MONETARY CONTRIBUTIONS:

- * Erlinda Huntington, Bob & Janet Hahn, Lydia Dearing and Anonymous Donors made Donations to our Transportation Program.
- * Anneliese Keehn, Karen Schiltz, Jeffery Boes, Phay & Son Hong, Michigan Masonic Charitable Foundation (Eastern Star), Jo Ann Scates and Joyce Vance made a Donation to the Building Fund.
- * Barbara Clark, Cynthia Neumann, Debbie Liggett, Virginia Aydelott, Tami Kerr, Jeanette Barker, Janna Riley, Ada Greene, Djera Mucia, Eddie Woodley, Patricia Hill, Vergie Wolfe, Jo Ann Ingraham, Chuck & Jan Albright, L.J. Sadler, Judy Remington, Patricia Wenzlaff, Dorothy Zuber, Charles Koch, Erna Felgner, Cheryl Ryno, Lenn Murdock, Maxine Mock and Mary Jane Hiler made a Donation to the Building Fund Program.
- * James Thompson and Stan Comstock made a Donation to Parkinson's Exercise.
- * Elsa Mensinger made a Donation to Various Exercise Programs.
- * Onalee Hartman and Anonymous Donors made a Donation to the Circuit Training Room.
- * Barry Bischoff made a Donation to the Wood Shop.
- * Anonymous Donors made a Donation to the Pickleball Program.
- * Suzanne Howard and Nancy Bunker & Lucy DeVries made a Donation to our Brick Fundraiser.
- * Emil Wiedmann made a Donation to the Loan Closet.
- * June Rollinger and Ann Niedbala made a Donation to Friendship Garden.
- * Anonymous Donor made a Donation to the Choir Program.
- * Amy Reutlinger made a Donation to the Choir Program for Piano Tuning.
- * Carole Kinsting & David Wiersbe made a Donation of Thrivent Choice Dollars.
- * Barbara Durlinger, Robert Lindley, Ed Simmons, Maro & Mikayel Semerciyan, Kim & Marcia McCavit, Friends of the Public Library and Diane Cronk made a Donation in Memory of Dave Mundy.
- * Robin Allen made a Donation in Memory of Dave Mundy with heartfelt sympathy for his family.
- * Mark Matzke made a Thrivent donation to Purchase a New Medical Grade Digital Scale for our Circuit Training Room.

-Thank you Professional Hearing & Base Bowls & Company for sponsoring our Volunteer Breakfast!

-Thank you Central County Senior Center for donating a band saw to our Wood Shop.

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

BINGO & LUNCH - SPONSORED BY THE WHITCOMB

Thursday, May 8th, 1:00 pm - \$1

The Whitcomb Senior Living Tower will sponsor Bingo and provide a **free lunch for everyone playing Bingo.** Lunch will be served at 12:00 pm, followed by a short presentation by Sue Veldman, Director of Marketing & Community Outreach at The Whitcomb. Bingo will start at 1:00 pm. **Space is limited, so you must sign up by May 1st.**

HAPPY EASTER!

The Board of Directors and Staff of SJLSSC wish all of you a Happy Easter full of sunshine, warmth, and the beauty of spring all around you!



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



Serving the Community Since 1975

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

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President	Bob Hopkins
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Treasurer	Subhas Dhodapkar



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Receptionist	Chriss Lyon
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

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APRIL ACTIVITIES

2 STAFF DAY - CENTER IS CLOSED

3 Dementia Friends 1:00 pm-2:30 pm

7 Art Co-Op Watercolor 12:30 pm-3:00 pm

9 Book Club 10:00 am

11 Volunteer Appreciation Breakfast 9:00 am

**CENTER CLOSED FOR
ALL OTHER ACTIVITIES**

14 Fraud Prevention Strategies 10:30 am

14 Wood Shop Shaker Oval Box 12:00 pm-3:00 pm

15 Placemat Class 9:00 am-11:00 am

15 New Beginner Ukulele Class 2:00 pm

16 Wood Shop Band Saw Class 12:00 pm-3:00 pm

17 Board Meeting 10:00 am

18 GOOD FRIDAY - CENTER CLOSED

21 Wood Shop Pen Turning Class 9:00 am-12:00 pm

21 Tornadoes & Downbursts 10:30 am

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

22 Dementia Caregiver Series 1:00 pm-2:30 pm

22 Tooling Leather Class 1:00 pm-3:00 pm

24 Bingo 1:00 pm

25 Commodities 9:00 am-11:00 am

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

28 Photo Editing 9:00 am or 10:30 am sessions

29 Just a Little Baseball 10:30 am

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

30 Newsletter Mailing **8:30 am NEW TIME!!**



April Showers Bring May Flowers

