

THE ANCHOR NEWS



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**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



NEW FRONT DESK RECEPTIONIST



Chriss Lyon is an “almost” lifelong resident of St. Joseph, having retired in 2020 from the Berrien County Public Safety Communications Center after a 25-year career as a 911 Supervisor. Her passion has always been researching local history, and you may have attended

one of her historical lectures at the Senior Center. Chriss is the author of three novels, “A Killing in Capone’s Playground,” “Fred ‘Killer’ Burke,” and “Final Call,” which are all available in our library. Her household consists of four dogs who provide endless unconditional love along with plenty of hair. Please stop by and say hello to Chriss.

QUILT RAFFLE



The St. Joseph-Lincoln Senior Service Center Quilters have created another beautiful work of art. This quilt is called, “Quilter’s Sampler” and the size is 80” x 94”. Please come into the Center to see the actual quilt, which is hanging by the front desk. The raffle will end on August 27th at noon. You could be the lucky winner by purchasing tickets which are \$1 each or 6 for \$5. A winner will be drawn from all tickets sales each week to receive 5 free tickets. If you would be interested in helping to sell raffle tickets, please let us know. Many thanks to the quilting ladies for all of your hard work and creativity.

USED TOOL & LOAN CLOSET SALE

Saturday, May 24th, 9:00 am-2:00 pm

Please assist us in raising money for our Wood Shop. There will be a large selection of tools to purchase and if you would like to donate any of your tools that are just sitting around, we would be happy to take those donations until May 21st. We will also be selling loan equipment, a refrigerator and dishwasher. Stop by, you might just find something you need.



27TH ANNUAL SENIOR EXPO

Friday, May 9th 2025, 10:00 am-3:00 pm

Mendel Center at Lake Michigan College



WE ARE NOT OUR PARENTS' GENERATION

Growing up, we often thought of people in their 60s and 70s as "old." But look at us now!

Not too long ago, the Center was known primarily for bingo, cards, and lunch. Today, we are bursting at the seams with energy, enthusiasm, and an ever-growing list of activities. Our exercise classes alone have multiplied—just take a look at our schedule!

When the Circuit Training Room was first proposed, the big question was: *Will anyone use it?* Fast forward to today, and we just completed an expansion that increased its size because demand was so high. On any given day, the training room is one of the busiest parts of the Center, averaging over 100 users out of the 340 people who walk through our doors daily. The same excitement can be seen in our Wood Shop, where up to 10 people at a time are busy making pens, kitchen utensils, storage boxes, furniture, and even engraving their work with a laser. Creativity is thriving here!

Our Center has transformed into a lively hub. The parking lot is packed, and every room is filled with people engaged in a wide range of activities—Pickleball, Line Dancing, Zumba, several different card games, Book Club, Golf and Softball Leagues, crafting, Ukulele classes, Outdoor Fitness Zone, paved and unpaved Walking Trails thru gardens and woods, multiple diverse exercise classes and even a newly formed Choir.

We are also inspired by members like Bill Riekels, who well into his 90s was still bicycling to the Center and using the weight room. Stories like his remind us that age is just a number! With over 9,000 members and nearly 100 new sign-ups each month, we continue to grow beyond what we ever imagined. Looking ahead, we may need to seriously consider expanding our

building, parking lot, or even adding another outdoor pavilion.

Of course, such growth requires funding. Our current county mileage barely covers operating costs, and without our generous donors, we wouldn't be where we are today. We are incredibly grateful for their support and hope to continue building a future that matches our community's energy and ambition.

We are the generation that refuses to sit still in our golden years!

In addition to our growing list of activities, we also offer essential services to support our SJLSSC community. Our loan closet is stocked with walkers and bathroom aids, available for free to those in need. And if you need a ride to a doctor's appointment—even with a wheelchair—our dedicated drivers are here to help.

As we continue to expand and evolve, we are grateful for the support that makes it all possible. Together, we are redefining what it means to age—staying active, engaged, and connected every step of the way!

~SJLSSC Board Of Directors~
~Ted Post~



NEW STAFF ASSISTANT

We wanted to let you know that Julie Hartman who was our Front Desk Receptionist has now taken the position of Staff Assistant. We are happy to say that although she has moved to a different part of our building, she is still here assisting our members and Staff in her usual friendly way. Stop in and say hi to Julie in her new office across from the gym.



CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, May 14th, 10:00 am

The book to read for the month of May is "Below Stairs" by Margaret Powell. This memoir of her time in service is a remarkable story. This book was recommended by Claire Gillespie and leading the discussion will be Shirley Miller. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



COOKIES & CANVAS MAY - MALLARDS COOKIES & CANVAS JUNE - SUNRISE/SUNSET



May: Friday, May 16th

June: Friday, June 13th

12:00-3:00 pm

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

Make checks payable to Roy Hruska

MAY DEADLINE TO REGISTER IS MAY 14TH

JUNE DEADLINE TO REGISTER IS JUNE 11TH



The paintings are on a 9"x12" canvas and all materials needed

for this class are provided. Class size is limited and registration is required.

STAMP CAMP

Tuesday, May 27th, 12:00-3:30 pm

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

Make checks payable to Caryn McFall

DEADLINE TO REGISTER IS MAY 23RD



Join in the fun and fellowship of Stamp Camp with Caryn McFall. In this class you will receive four pre-designed cards (with envelopes) for a male's birthday, Father's Day and Thinking of You. Additional papers, embossing supplies, punches, decorative scissors and stamps will also be available. No experience is necessary. **Students will need to bring small scissors and double stick tape to class.** Class size is limited and registration is required.



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

The Versa Converging Chest Press is just one of the fantastic pieces of equipment in the SJLSSC Circuit Training Room. This machine makes building and toning major chest muscles efficient and comfortable for virtually anyone. It's specifically designed for easy entry and exit, and an adjustable start position helps you find the right range of motion. It includes independent converging movement for a path of motion that's both natural and comfortable.



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 our Senior Center.



TRIPS

THE DA VINCI CODE

Thursday, May 29th, 2025

Drury Lane Theatre - Oakbrook, IL

**\$140 per person, payable at sign-up
MUST SIGN UP 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 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 motorcoach transportation, lunch at the wonderful Drury Lane Lucille Restaurant, show ticket & gratuities. **MODERATE ACTIVITY**



ARE YOU READY FOR AN INTERNATIONAL ADVENTURE? WE WOULD LOVE YOUR FEEDBACK!

Our Senior Center is currently considering offering international trips to our members! These trips would be guided, and include most meals, logistics, accommodations, local guides, cultural immersion, activities, and air travel. We could use your help - please consider responding to a survey about your trip interests. Surveys are available at the Senior Center, or email Jamie at coordinator@sjlsc.org for an electronic copy. Deadline for returning surveys is May 30th.



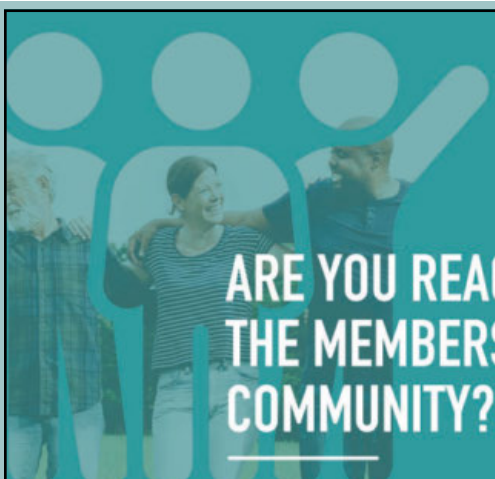
TRIP REMINDERS

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.

This Memorial Day...

As the sun dips towards the horizon, casting long shadows across the memorials, we carry their memory with us. Not as a burden, but as a sacred trust, a promise to never forget the depth of their sacrifice and the enduring value of the peace they helped secure. In the gentle lapping of the waves against the shore, we hear a quiet thank you, a heartfelt tribute to those who gave their all.

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



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CORNHOLE IS STAYING!

Due to the popularity of the program, we have added Cornhole to our Friday recurring schedule going forward. This is a great activity to share with old friends or meet new friends! Enjoy the fun summer lawn game indoors and without the worry of unpredictable weather or extreme temps. Join in on the fun - no registration is required.



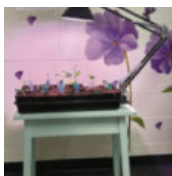
ENJOY THE GAME ROOM!



We have officially christened the first room next to the main entrance as the Game Room! In addition to the regularly scheduled Dominoes and Hand & Foot games that take place there every week, fun board games like UNO, Sorry!, Chess, Checkers, Connect 4 and Aggravation have been added for members to enjoy when the room is not in use. Members are asked to please keep all board games in the Game Room.

FRIENDSHIP GARDEN SPROUTS

This year, the Friendship Garden team will be adding plants to our gardens that were started from seeds at the home of one of our members. Bob Apthorpe offered to germinate and grow a variety of seeds in his basement using special soils, lighting and lots of TLC. Stop by outside of the Activity Room and take a look at the sample selection of vegetables, flowers and herbs!



PINOCHLE UPDATE



With Pinochle returning to the Senior Center, we would love to have more players join in on the fun. We have started an interest list at the front desk for folks that may be interested in playing, but don't yet have a group of four that is needed to play. If you're looking for a group to join, stop by the front desk and sign up!

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.

REFRESHER BRIDGE IS BACK

Mondays @ 1:00 PM

Starting Monday, April 14th Refresher Bridge has returned to SJLSSC. Refresher Bridge is open to any Center member with previous Bridge experience that would like to brush-up on their playing skills. Join the group in the Card Room for basic instruction and fun playing!



SJLSSC SILVER TONES CHOIR



Enjoy the talents of our SJLSSC Silver Tones Choir at their May off-site performance on Thursday, May 8th at 1:00 pm at the Whitcomb Senior Living Tower, St. Joseph. This performance is free and open to Senior Center members.

SJLSSC SOFTBALL

Senior Softball is back! Opening day was on Thursday, April 24th but you can still come and join in on the fun. They will meet every week on Thursdays 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.



UPDATE: LOVE IS IN THE AIR PHOTO CONTEST



Thank you to all of the SJLSSC members and staff that provided us with wonderful wedding photos to share in our "Love is in the Air" photo contest. We had a lot of great guesses on who the lovely brides and grooms were in the photos! Member Fredonna Kempf won the contest by correctly guessing nine of the 14 entries and took home a gift card to Chocolate Cafe as her prize.



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 for one of these volunteer opportunities.



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 DONATION

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!



BINGO

MAY

8th 22nd 29th

1:00 pm, Whitcomb-sponsored lunch at noon

Must sign up to attend

May 8th & 29th - \$1 (May 22 - Free)

PLEASE DO NOT ENTER THE GYM UNTIL THE ROOM IS SET UP, THANK YOU!

CURRENT FUNDRAISERS

PAPA VINO'S

We are partnering with Papa VINO's for a fundraising event June 9th-12th. Pick up a voucher from the Center and make a purchase at Papa VINO's and we will make a percentage of your total bill, less tax and gratuity. See page 14 for additional information. We thank you in advance for your support!



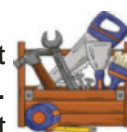
QUILT RAFFLE

Our Quilting Ladies put together another beautiful quilt to be raffled off. This next piece of work is called, "Quilter's Sampler", which is 80" x 94". The raffle will end at our picnic on August 27th at noon. Tickets are \$1 each or 6 tickets for \$5. A weekly winner will be drawn to receive 5 free tickets.



USED TOOL & LOAN CLOSET SALE

Join us in helping out the Wood Shop at our used tool sale on Saturday, May 24th. We will also have a lot of loan closet equipment for purchase, as well as a refrigerator and dishwasher. We might just have what you are looking for!



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 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, Program Coordinator if you're interested.



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 - Refresher Bridge
 1:00 pm - Art Co-Op
 1:15 pm - Beginning Line Dancing
 1:30 pm - Choir Class
 1:45 pm - Intermediate Line Dancing



IT'S BACK! See page 6.

See bulletin board for weekly topic.

TUESDAYS

9:00 am - Resistive Exercise
 9:30 am - Pinochle
 10:00 am - Range of Motion
 11:00 am - Chair Drumming
 12:30 pm - Advanced Pickleball
 12:30 pm - Advanced Ukulele
 1:00 pm - Euchre
 2:00 pm - Beginner Ukulele

IT'S BACK! See page 6.

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
 12:30 pm - Scrabble
 12:30 pm - Hand & Foot Cards
 1:00 pm - BINGO
 2:00 pm - Intermediate Pickleball

1st & 3rd week

**2nd, 4th & 5th week
 1st & 3rd week**

FRIDAYS

8:30 am - Zumba
 9:30 am - Chair Yoga
 10:30 am - Beginner Pickleball
 12:00 pm - Parkinson's Exercise
 12:00 pm - Intermediate Pickleball
 1:00 pm - Euchre
LAST FRIDAY OF EACH MONTH
 2:15 pm - Cornhole

Class descriptions are posted on the bulletin board outside the gym and additional 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
- ♦ 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
- ♦ Lending Library
- ♦ Loan Closet
- ♦ Lunch (Meals on Wheels)
- ♦ Pickleball
- ♦ Priscilla Upton Byrns Walking Trail & Gardens
- ♦ Puzzles (to take home)
- ♦ Softball (Seasonal)
- ♦ Transportation In Our Service Area
- ♦ Trips
- ♦ Ukulele Classes
- ♦ 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 9:00 am-3:00 pm



M-Th. 10:00 am-1 pm, F 11:00 am-1 pm

Open 9:00 am-3:00 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.



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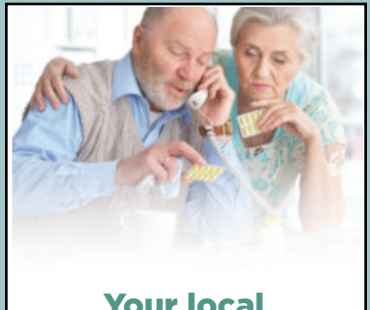
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IMPORTANT REMINDERS

- ⊗ 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."

PROGRAMS

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, including pain, congestion and digestive issues, among many others. The focus of OMT is on treating the whole person - body, mind and spirit. Registration is required.

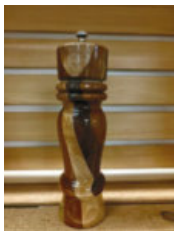
GENEALOGY CLASSES

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

1:00 pm-2:30 pm

Interested in learning more about your family history? 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. Class size is limited and registration is required.

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 a beautiful 8" pepper grinder. Must have lathe-turning experience.

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 breath-taking view of Lake Michigan, more than 200 hotel rooms, a dining room for 800 guests, a Marine Bar resembling a ship, and visits from such notables as Eleanor Roosevelt, Ann Landers, and Duncan Hines. 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. This class will help you identify the risks in your home and teach valuable tips on how to secure it. Join safety & security experts Steve & Jill Phenegar for this presentation with interactive discussions and demonstrations. Class size is limited and advanced registration is required.

BAND SAW BOX CLASS

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.

BAT NURSERY (2 CHAMBER)

Wednesday, May 14th and Thursday, May 15th

9:00 am-12:00 pm

Instructor: Henry Mora & Tom Hurst

Open to all SJLSSC members (max 4)

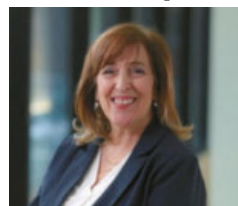
\$50 per person, payable at sign up. NO REFUNDS

Make a two-chamber bat house to house a female bat and her pups. In this two-day class, students will finish cut, saw and assemble, as well as stain the house. Installation instructions will also be provided. Registration is required.



THE TRUTH ABOUT HOSPICE

Wednesday, May 14th, 10:30 am



Understanding hospice and palliative care can be overwhelming for patients and their families. 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, including physical, emotional, psychosocial, and spiritual care for anyone experiencing serious illness. 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 also be provided.

CULINARY WOODWORKING CLASS

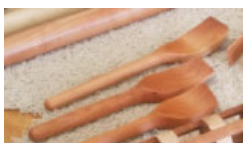
Thursday, May 15th, 12:30 pm-3:30 pm

Instructor: Tom Hurst

Open to all SJLSSC members (min 3 students, max 8)

\$40 per person, payable at sign up.

NO REFUNDS



Make beautiful wooden items you can use everyday to create great meals - salad and toaster tongs, wooden spatulas, wooden scoop, jar lids, etc. You choose what tool(s) you will make based on your previous experience. Be prepared to get dusty and make some good stuff!

TREATING KNEE AND HIP ARTHRITIS

Tuesday, May 20th, 10:30 am

Dr. Daniel Sohn, Orthopedic Surgeon at the Southwest Michigan Center for Orthopedics & Sports Medicine will be discussing treatments for hip and knee arthritis. Dr. Sohn will be sharing information on non-surgical treatment as well as the latest techniques in replacement, including anterior hip replacement surgery and kinematic knee replacement surgery. Please register to attend this informative program.

VIRTUAL REALITY: A TRIP TO NIAGARA FALLS

Tuesday, May 20th, 1:00 pm



Join Brian Johnston from the Lincoln Township Public Library as he discusses the "ins and outs" of travel to Niagara Falls. Brian

will discuss proper trip planning, as well as share photos and videos of the area using Virtual Reality (VR) headsets - it will feel like you truly are at the falls! VR experiences can simulate real-world environments, allowing users to explore locations and engage in activities. Come join us for this unique way to explore Niagara Falls! Registration is required.

PEACE OF MIND

Wednesday, May 21st, 10:30 am

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, Veteran's benefits, cremation, burials, and more. Mark Casey of the Starks Funeral Homes will be hosting this event. Please sign up to attend.



TWIN CITY CAMERA CLUB PHOTO CONTEST

Submit your photos from May 27th-June 3rd.

Calling all photographers! Twin City Camera Club is sponsoring the SJLSSC 2025 Photography Contest. Photographers must be Senior Center members, with a limit of four entries per person. Submitted photos must be 8x10" and be unframed. The four contest categories will be: Nature, Architecture, People, and Animals/Pets. Voting will be held June 16th-June 26th.



ART CO-OP WORKSHOP

Monday, June 2nd, 12:30 pm-3:00 pm

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

Make checks payable to Erica Roberts

DEADLINE TO REGISTER IS MAY 28TH



Erica Roberts will instruct the class in drawing basics for beginners and intermediate students. All materials are provided. Weather permitting, this class may be held in the

Senior Center gardens, students may want to bring a folding chair. Please report to the Art Room at the start of class. Class size is limited and registration is required.

BE HEARD EVEN WHEN YOU CAN'T SPEAK

Tuesday, June 3rd, 10:30 am

It's important to name someone you trust to speak for you if you can't speak for yourself in a medical emergency, get that plan in writing, and share it with your family and healthcare providers. Doing so ahead of a crisis is a gift to the people who love you, giving them the peace of mind that they can be your voice and honor your wishes. Join Julie Griffin, Advance Care Planning Coordinator at Corewell Health as she answers your questions and assists with developing and completing your Healthcare Power of Attorney/Advance Directive. Registration is required.

CARETEL INNS BINGO SPONSOR

Thursday, June 12th, 12:00 pm, \$1

Caretel Inns 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 Caretel Inns staff. Bingo will have a \$1 fee and will start at 1:00 pm. **Space is limited, all attendees must sign up by Thursday, June 5th.**

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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
MAY

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 Turkey Breast & Potatoes	2 Salmon Burger on a Bun
5 Cheesy Turkey Taco Pasta	6 Chicken Primavera	7 Sloppy Joe on a Bun	8 Cheese Omelette	9 Beef & Broccoli Stir Fry
12 Spaghetti w/ Meatballs	13 Chicken Mashed Potato Bowl	14 Biscuits w/ Sausage Gravy	15 Pork Loin w/ Mushroom Gravy	16 Beef Soft Tacos w/ Cheese, Lettuce, Tomato
19 Honey Mustard Chicken	20 Beef Pepper Steak over Rice	21 Brat on a Bun	22 Vegetable Lasagna	23 Turkey Burger w/ Mayo, Mustard, Ketchup
26 CLOSED FOR MEMORIAL DAY	27 Cheeseburger Casserole	28 Chef Salad w/ Turkey, Tomatoes, Cucumbers, Egg, & Cheddar w/ Italian Dressing	29 Turkey Pot Pie	30 BBQ Roast Beef on a Bun

OUR VOLUNTEERS ARE SUPERHEROES!

Thank you to the amazing SJLSSC Volunteers that attended the Volunteer Appreciation Breakfast on Friday, April 11th. You are all **SUPERHEROES** in our eyes!



PAPA VINO'S FUNDRAISER

We are partnering with Papa Vino's from June 9th-12th for a fundraising event. The proceeds will be designated to our building fund for general expenses. All you need to do is go to Papa Vino's at 1332 Hilltop Road on these days and present them with a voucher, which is available at our Senior Center. Our Center will make 20% of your total bill, less tax and gratuity. You can even pick up a couple bottles of their amazing salad dressing when you are there and it will count towards your purchase. You have several ways to show your support and contribute to our Center.

⇒ **Anyone may present a voucher or show it on their phone** when they **dine in or take out**. Call Papa Vino's at 269-983-9900 to place a takeout order.

⇒ Here's the link to the family-style online pre-order (each order feeds 4-5 people): <https://www.papavinositaliankitchen.com/sjlsc.html>. **You can also add on a donation at the end of your order and our Center will receive 100% of these donations.**

⇒ **Orders can be placed anytime from now until 4 pm the day of pick-up.**

We hope you will take this opportunity to enjoy some delicious food and support our Center. Please come to the Center and get vouchers to give to your entire family, neighbors and friends and everyone you know. Who doesn't need a break from cooking now and then? We thank you in advance for your support!

THANK YOU DONORS & VOLUNTEERS!

TO EVERYONE WHO BRINGS GOODIES OR SNACKS:

Adolf Pelzer, Mary Jane Hiler, Erika Lucius, Jonelen Faher, Susie Meny, Fredonna Kempf, Sharon Kabel, Dolores Frantz, Ann Stedman, Frank Alsup, Gretchen Hoadley, Betty Ramsey, Janet Smiedendorf, Lani Agens, and Jeannine Marks.

TO EVERYONE WHO DONATES OTHER ITEMS THAT BENEFIT THE CENTER AND MEMBERS:

Walgreens-Stevensville, Sandra Kay's Bakery, Celina Bevelhymmer, Bob Getz, Pam Olson, Anjum Gillespie, Diane Dasse, Vicki Marschke, Chriss Lyon, Sharyl Freehling, Jeff Yircott, Barbara Enders, Christine Goyer, Deloris Dickinson, Bill Graffenius, Carolyn Strzyzkowski, Diane Wollenslegel, Elaine Roberts, Connie Hildebrand, Caryn McFall, Mary Jane Hiler, Dolores Frantz, Brad Bigelow, Janet Smiedendorf, Andrew Zuber, Gregg & Kim Blanchard, Don Mezei, David Hammerschmidt, Liz Glendening, and St. Paul's Episcopal Church.

MONETARY CONTRIBUTIONS:

- ☼ **Donations to our Transportation Program:** Erlinda Huntington, Ruth Betker, and Anonymous Donors.
- ☼ **Donations to the Building Fund:** Anneliese Keehn, Dawn Burgess, Byron & Nancy Stock, and Richard Massa.
- ☼ **Donations to the Building Fund Program:** Jack & Susan Rogers, Tim & Debbie Johnson, Susan Cimaroli, Ron Bonczkowski, Pauline Fox, Willie Yates, Marcia DeMars, Barb Dorow, Marcella Rhodes, Anthony Ross, Margaret & Larry Trail, Phyllis Herod, Judy Grimmert, Bonnie Huff, Helen Metzger, Barb Levine, Hildegard Milbrandt, Jo Anne Knapp, Marguerite Current, Jeannine Marks, Peggy Radom, Diane Dasse, Kathy Baginske, Liz Ball, Regina Ritrovato, Joe Mikowski, Becky Stalnaker, Myra Wiggins, and Hong Son.
- ☼ **Donations to Parkinson's Exercise:** Stan Comstock and Ernest Lewis.
- ☼ **Donations to Friendship Garden:** Patricia Forbes, Mary Peterson, Nickoli Bernard, Janice Hicks, Susan Allen, Betty Ramsey, and Jeanne Joesley.
- ☼ **Donation to the Wild Flower Trail:** Nickoli Bernard.
- ☼ **Donations to the Wood Shop:** Phillip Whitehead, Jim Hlifka, Rocco Pavese, Barry Bischoff, Denise Westendorp, and Anonymous Donors.
- ☼ **Donations to the Loan Closet:** Cheryl Freed, and Sheryl Vander Ploeg.
- ☼ **Donations to the Chan's Garden Fundraiser:** Orlow & Myra Voth, Frank Alsup, Gertrude Krajecki, and Jo Ann Bertrand.
- ☼ **Donation to the Pickleball Program:** Dawn Burgess
- ☼ **Donations in Memory of Joe Ferrier:** Arden & Thelma Bradley
- ☼ **Donations in Memory of David Mundy:** Glenn & Kathy Ward, Ted & Diana Post, Ryan & Sherri Roth, and Carol Petros.
- ☼ **Donation to Volunteer Program:** Linda Warren
- ☼ **Donation in the Name of Jeannine Marks for her Volunteerism:** GBU Life



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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
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
Administrative Assistant	Sandy Draper
Staff Assistant	Julie Hartman
Receptionist	Chriss Lyon
Building Custodian	Tai Huynh
Sr. Nutrition Manager	Bill Schiffbauer

AND ALL OUR WONDERFUL VOLUNTEERS!



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



MAY ACTIVITIES

- 5 Art Co-Op 12:30-3:00 pm**
- 6 Benefits of OMT 10:30 am**
- 8 Lunch/Bingo 12:00 pm/1:00 pm \$1**
MUST SIGN UP TO ATTEND
- 8 Genealogy Class 1:00 pm**
- 9 Wood Shop: Pepper Grinder 9:00 am-12:00 pm**
- 12 The Hotel Whitcomb 10:30 am**
- 13 Home Safety & Security 10:30 am**
- 13 Wood Shop: Band Saw Box Class 12:00-3:00 pm**
- 14 Book Club 10:00 am**
- 14 The Truth About Hospice 10:30 am**
- 14 Wood Shop: Bat Nursery 9:00 am-12:00 pm**
- 15 Board Meeting 10:00 am**
- 15 Wood Shop: Culinary 12:30-3:30 pm**
- 16 Cookies & Canvas 12:00 pm-3:00 pm**
- 20 Treating Hip & Knee Arthritis 10:30 am**
- 20 Virtual Reality Travel Destinations 1:00 pm**
- 21 Peace of Mind 10:30 am**
- 22 Bingo 1:00 pm**
- 24 Used Tool/Loan Closet Sale 9:00 am-2:00 pm**
- 26 MEMORIAL DAY - CENTER IS CLOSED**
- 27 Stamp Camp 12:00 pm-3:30 pm**
- 28 Newsletter Mailing 8:30 am - NEW TIME!**
- 29 Bingo 1:00 pm \$1**

