

THE ANCHOR NEWS



ST. JOSEPH-LINCOLN SENIOR SERVICE CENTER

3271 Lincoln Avenue
St. Joseph, MI 49085

HOURS OF OPERATION

Monday thru Friday, 8AM to 4 PM

All doors except for main entrance
(Door #1) will be locked at 3 PM

CONTACT INFORMATION

(269) 429-7768

director@sjlsc.org
www.sjlsc.org



ELECTION FOR BOARD OF DIRECTORS

It's time again to begin the process of electing new St. Joseph-Lincoln Senior Service Center Board Members to serve a three-year term. If you have a passion for our Center and can volunteer your time for meetings and projects, you may want to consider running for our Board of Directors. Monthly Board meetings are held at 10:00 am on the third Thursday of every month. Please see the schedule below for additional information regarding the nomination/election process:

- **August 8th:** Applications available at the front desk
- **August 14th:** Applications due by 3:45 pm
- **September 18th:** Presentation of Nominees to the Board
- **September 19th:** Candidate interviews
- **October 6th, 7th & 8th:** Absentee voting 8:00 am-3:00 pm
- **October 9th:** Board Election - 8:00 am-3:00 pm
- **October 16th:** Board Meeting with Elections of Officers - 10:00 am
- **October 17th:** Annual Breakfast 9:00 am - Open to all Members (**MUST SIGN UP BY 10/10**)

WALK-A-THON FUNDRAISER

The second annual SJLSSC Walk-A-Thon fundraiser is scheduled for **Wednesday, September 3rd from 10:00 am-2:00 pm** on our beautiful paved walking trail. Official envelopes will be available



soon at the front desk for those walkers that wish to collect donations from supporters. Donations are appreciated, but not required to participate in this event. Check the August issue of the Center Newsletter for more exciting news about this awesome fundraiser!



LET'S CELEBRATE OUR 50TH ANNIVERSARY!



The doors of the St. Joseph Lincoln Senior Service Center first opened on August 25, 1975. Although much has changed with the Center since that time, it has continued to serve as a beacon of support for seniors and an anchor in our community for 50 years! We are inviting our members and our community to commemorate this milestone by joining us on **August 25, 2025** for an Anniversary Celebration to include tours, light refreshments, a review of our history and remarks from community leaders. **Doors will open at 9:30 am, with our celebration program beginning at 10:00 am**, and tours and light refreshments to follow. This celebration is open to both members and non-members, so invite your friends, family and neighbors! Members are asked to please sign up at the front desk in advance if you are planning to attend, to better provide us with an approximate attendance count. The Senior Center will be closed that day for all other activities.



AROUND THE CENTER

Notes

From the

Board

"WITH MALICE TOWARD NONE; WITH CHARITY FOR ALL...LET US STRIVE ON TO FINISH THE WORK WE ARE IN; TO DO ALL WHICH MAY ACHIEVE AND CHERISH A JUST AND LASTING PEACE AMONG OURSELVES, AND WITH ALL NATIONS."

-ABRAHAM LINCOLN, 1865

Happy July to all of our members! Summer is here and the time is right for celebration. July is our country's independence month. How lucky we are to live among the free. Our Center is a tremendous gift for you all to enjoy. The programs, trips, classes, equipment, education, socialization and beauty inside and out. Make sure you take the time to enjoy yourself, but also, enjoy those around you here at our Center.

Mr. Lincoln was referring to a war at hand, but to me, the above quote corresponds to the path our Center is traveling. We are a group of people investing our time, money, knowledge and energy

into the future of this Center. **WE NEED YOU!** We must move forward with only love and kindness in our hearts. Let us band together and forge ahead, conquering all obstacles in our way, in order to build a Center that embraces and enhances all those who enter its doors.

During the 21 years that I have served our Center, I have seen great changes and formidable obstacles. Yet, we have continued to conquer and grow without despair. I remind you all that this is YOUR Center. The members utilizing it are more like family than friends. We will continue to face challenges and I am confident we will continue to prevail. The future of our Center depends on you. Our Board members and staff cannot succeed alone. Please, using love and kindness, continue to strive to finish the work we are in...Thank you.



Rocco Pavese

Rocco Pavese
SJLSSC Board of Directors

MEET OUR NEW STAFF MEMBER

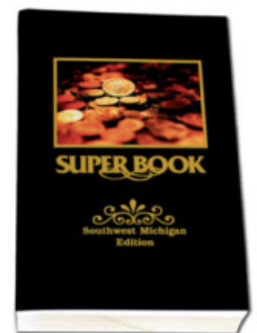


Please join us in welcoming Jill Soghomonian as Support Associate! Jill and her husband are parents to two grown children and to their cocker spaniel, Daisy. As an empty nester, Jill loves surrounding herself with flowers, plants and music, as well as collecting driftwood on her beach walks. Please stop

by Jill's office to introduce yourself and welcome her to the Center!

SUPERBOOKS

Super Books are expected to be here near the end of June. Please call the Center to have your name put on a list and we will call you when they have arrived. Super Books will be \$40 and for every Super Book sold at our Center, we receive \$8.00. We thank you in advance for your support!



ENJOY THE GAME ROOM!

Grab your friends and head to the SJLSSC Game Room! Located in the first room next to the main entrance, the Game Room offers an array of board games for members to enjoy when the room is not in use for the weekly Hand & Foot and Dominoes games. Choose from the board games: UNO, Sorry!, Chess, Checkers, Connect 4 and Aggravation. Members are asked to please keep the play of board games in the Game Room.



CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, July 9th, 10:00 am

The featured book for the month of July is *The Longest Ride* by Nicholas Sparks. This novel tells the intertwined love stories of Ira and Ruth, an elderly couple, and Luke and Sophia, a young couple. It shows how love transcends time and the obstacles that come with it. Leading the discussion will be Kim Pozivilko.



COOKIES AND CANVAS

Friday, July 18th, 12:00-3:00 pm

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



Make checks payable to Roy Hruska

DEADLINE TO REGISTER IS JUNE 16TH

The watercolor painting for the month of July is titled "Sailboat" and is on a 9"x12" canvas. All materials needed for this class are provided. Class size is limited and registration is required.

STAMP CAMP

Tuesday, July 29th, 12:00-3:30 pm

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



Make checks payable to Caryn McFall

DEADLINE TO REGISTER IS JULY 25TH

Join in the fun and fellowship of the "Christmas in July"-themed Stamp Camp with Caryn McFall. In this class you will be making eight hand-stamped cards (with envelopes). All materials, including envelopes, papers, embossing supplies, punches, decorative scissors and stamps will be supplied. Students will need to bring small scissors and double-sided tape to class. No experience is necessary. Class size is limited and registration is required.

FOOT CLINIC

By Appointment Only

Blessed Feet, LLC performs Foot Clinics at our Center two times per month. Please contact Jane Sherwin at 269-240-3437 for appointments and with any questions about the service. This service is available to our members, but is not a function of our Senior Center.

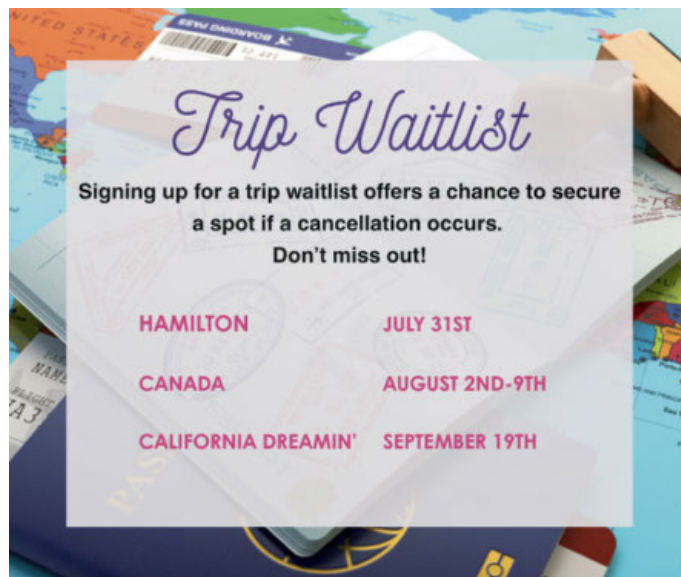


TRIPS

INTERNATIONAL TRIP SURVEY RESPONSE



Throughout the month of May, the St. Joseph-Lincoln Senior Service Center conducted a member survey regarding interest in international trips. The response was tremendous! We are currently working on combing through the responses and compiling data to better assess the feedback, as well as our options. Stay tuned to future issues of our newsletter for more information on the survey responses and results.



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.

LET'S GET PHYSICAL

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, Circuit Training, 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

Designed for efficiency and versatility, the Versa Ab/Low Back station makes a great core workout accessible to virtually anyone. An angled seat and lumbar pad make use comfortable, while low handle positioning offers easy entry, easy exit and enhanced stability. Clearly indicated adjustments make use intuitive, and multi-position foot placement accommodates a variety of users. Remember to always ask for assistance if you are in question of how to properly use any of the equipment in our Circuit Training Room.



CORNHOLE IS STAYING!



Get out of the unpredictable weather and head inside for some FUN! Due to the popularity of the program, Cornhole will now be available every Friday in the Gym from 2:15-3:45 pm. This is a great activity to share with old friends or meet new friends - no experience or registration required! Enjoy the fun summer lawn game indoors without the worry of extreme temps. Join in on the fun - no registration is required.

CIRCUIT TRAINING ROOM SURVEY

Last year we received a grant from the Frederick S. Upton Foundation to expand your Circuit Training Room. A requirement of this grant is to complete an evaluation to determine the effects the expansion had on the need for the grant. We have prepared a survey and ask all Circuit Training Room participants to please take a moment to fill it out to assist us in gaining this important information. Thank you!



WE ♥ OUR VOLUNTEERS!

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
- **Photographer**
(for Senior Center events/activities)
- Transportation Drivers
- Wood Shop Hosts

If you are interested in volunteering, please call Jill, our Volunteer Coordinator.



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

VOLUNTEERS - Please remember to both sign in at the monitors and record your hours when volunteering. This helps with Volunteer stats, as well as recording our daily number of people in the building.

IN THE LAST TWELVE MONTHS, THE CENTER HAS HAD **266** AMAZING VOLUNTEERS DONATE **18,572** HOURS OF SERVICE.



THANK YOU VOLUNTEERS,
WE APPRECIATE YOU!

DID YOU KNOW?

BENEFITS OF VOLUNTEERING

Volunteering offers numerous benefits for individuals and communities, including personal growth, skills development, community engagement, and social impact. Volunteering also supports organizations and contributes to a stronger, more resilient society.

BENEFITS FOR YOU:

- **Personal Growth:** Volunteering can boost self-esteem, confidence, and life satisfaction by allowing individuals to make a difference and feel a sense of accomplishment.
- **Mental and Emotional Well-Being:** Volunteering can help reduce stress, anxiety, and loneliness, while also promoting a sense of purpose and social connection.
- **Social Interaction:** Volunteering provides opportunities to connect with others, build friendships, and expand social networks.

BENEFITS FOR COMMUNITIES:

- **Support for Nonprofits:** Volunteer time is a valuable resource for nonprofits, helping them to provide services and support to those in need.
- **Stronger Communities:** Volunteers contribute to a culture of service, build bridges between different groups, and strengthen local economies.
- **Increased Resilience:** Communities with high rates of volunteering tend to be more resilient in the face of economic downturns or other challenges.



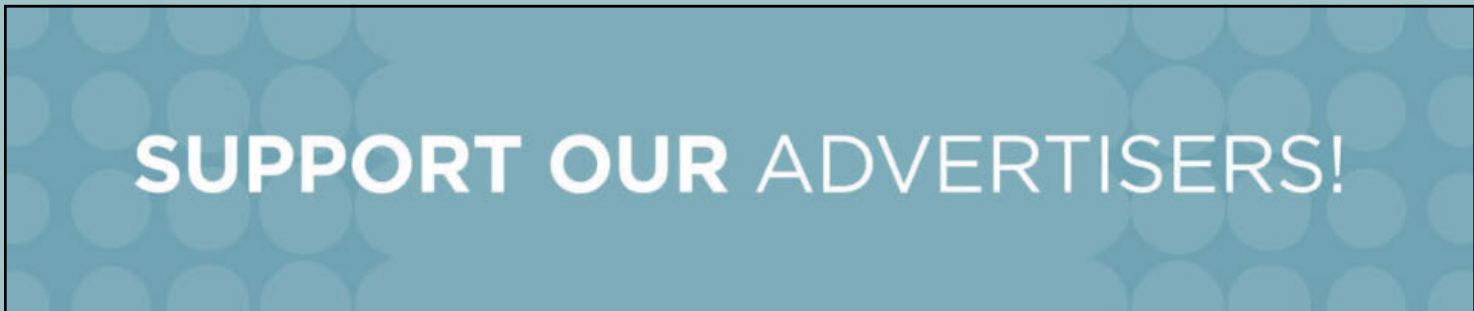


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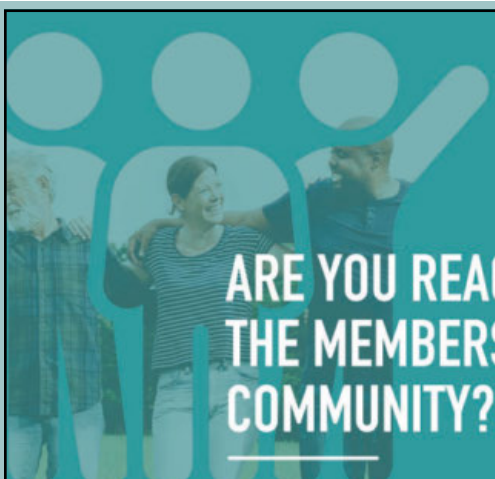
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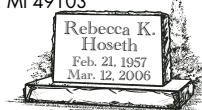
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CENTER NEWS

CENTER COMMUNICATION



The Senior Center sends robo calls to our members for a variety of reasons - a class or trip is cancelled, trip reminders, and at times, just general information about our Center. If you have a spam blocker on your phone or we do not have your correct phone number because it has changed, you will not receive these calls. It is also imperative to sign into all of the classes/programs that you are attending, as we use these attendance lists to send important calls about specific classes or events. Other than our newsletter, these calls are our main form of communication. We strive to keep our members as informed as possible and appreciate your assistance in making this goal possible. Thank you!



BABY IT'S COLD INSIDE!

With warmer temperatures finally here, we will need to keep the indoor thermostats set on cool. We all have different body temperatures, so please dress accordingly for yours in order for you to 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.

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.

GET YOUR STRIKE ON!

Are you a Center member looking for a fun, engaging way to stay active and socialize? A SJLSSC Bowling League is being considered for this fall. Why bowl? Bowling combines physical activity with social interaction. It is a low-impact sport for everyone, regardless of experience. This league would be open to all skill levels and will be developed based on interest response. Please sign up at the front desk if you would be interested in joining a fall league. Hope to see you on the lanes!



2025 COMMUNITY RECYCLING EVENTS

Events coordinated by Berrien County Parks Department, for Berrien County residents only. Waste from businesses is not accepted.

- **Saturday, September 13th, 9:00 am-1:00 pm**
 - Silver Beach County Park, 101 Broad Street, St. Joseph
- **Saturday, October 5th, 8 am-12 pm**
 - Southeast Berrien County Landfill Recycle Center, 3200 Chamberlain Road, Buchanan



QUILT RAFFLE

The St. Joseph-Lincoln Senior Service Center Quilters have created another beautiful work of art. The 2025 Quilt Raffle piece is titled, "Quilter's Sampler" and is on display near the Center front desk. Raffle tickets for this 80" x 90" quilt are available for \$1 each or 6 for \$5. Entries for the raffle will end on August 27th at noon. Each week between now and the August 27th deadline date, a winner will be drawn from all ticket sales 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.

CELL PHONE USAGE

We ask that when you enter the Center, please put your cell phone on silent mode. This will help to avoid any disturbances to classes already in progress. We also ask members to please avoid using your speaker phone while in the Center. Whether it be for video watching or private conversation, using the speaker phone can be disturbing to other members as well as Center staff. Thank you!

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!

CURRENT FUNDRAISERS

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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 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.

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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 MISSION STATEMENT

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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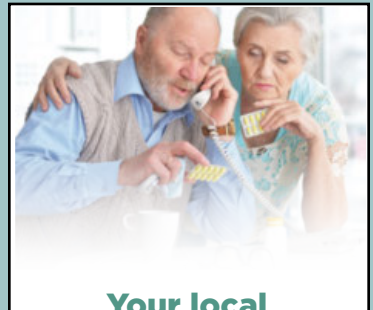
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PROGRAMS

SJLSSC ART SHOW

SPONSORED BY THE ART CO-OP

July 1st - July 15th

Display your artwork for visitors to enjoy! Label work with the artist's name, art work title and media and place on the Art Show display table. Open to all Center members. All art is to be picked up in the Art Room by July 18th. There will be no guest instructor workshop for July.

ALEXANDER HAMILTON: THE INFANT REPUBLIC'S ECONOMIC CZAR

Monday, July 14th, 10:30 am

The United States in the early 1790s needed someone who could stabilize its finances and help make the three-branch government created by the Constitution of 1787 function effectively. That someone was Alexander Hamilton, the Treasury Secretary whose policies righted the economic ship, but also led to the first political parties in American history and to his premature and tragic death in 1804 at the hands of the U.S. Vice President. Join historian Tim Moore for a look at the American immigrant who rose to great heights of political power and established a financial partnership between the national government and the country's wealthiest men. This program is open to all Center members and may be of interest to those attending the Hamilton musical trip. **Please sign up to attend.**

PEACE OF MIND

Tuesday, July 15th, 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 host Mark Casey of the Starks Funeral Homes as he discusses pre-arrangements, Veteran's benefits, cremation, burials, and more. **Please sign up to attend.**

I&M HOME ENERGY CHECKUP

Thursday, July 17th, 11:00 am

A Home Energy Checkup from Indiana Michigan Power (I&M) is an easy, hassle-free way to find energy savings throughout your home. When you schedule a FREE checkup, you're on your way to improving the comfort of your home and lowering your energy bills. Join Kristi DeKraker from I&M as she shares information about this program and discusses the benefits for seniors. **Please sign up to attend.**



OUTDOOR CONCERT

Thursday, July 17th, 12:00-2:00 pm

Grab your lawn chair and head to the Senior Center for a fun afternoon of good music and delicious food. Pick up lunch from Healthy Eats and join us under the Outdoor Fitness Zone canopy as Sally Goodwin Stine shares her amazing voice. Sally's impressive setlist includes everything from old classics to more recent chart toppers. Finish up with a sweet ice cream treat from the Watervliet Ice Box truck. In case of inclement weather, the concert will be moved indoors. **Please bring your own lawn seating.**



PUBLIC BENEFITS FOR OLDER ADULTS

Tuesday, July 29th, 10:30 am

Join Jo Ann Flowers from AARP, as she demonstrates how you or a loved one can help supplement your income and decrease your spending by securing the essentials, eligible benefits, discounts, and crucial refunds. This program will cover the Supplemental Nutrition Assistance Program, Affordable Connectivity Program, Low-Income Home Energy Assistance Program, Medicare Savings Programs, and the Medicare Extra Help Plan. Attendees will also be provided access to helpful resources that will aid with program applications. **Registration is required.**



ART CO-OP WORKSHOP (OFF-SITE CLASS)

Monday, August 4th, 1:00 pm-3:00 pm

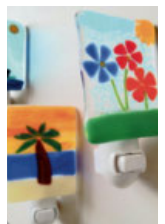
\$30 per person, payable at sign-up.

NO REFUNDS.

Make checks payable to Linda Kincade

DEADLINE TO REGISTER IS JULY 28th

Work with a Water Street Glassworks instructor to make a fused glass night light. This class will take place at Water Street Glassworks (140 Water Street, Benton Harbor - parking & entrance at the back of the building), where students will learn to safely cut glass, design and make their own piece. Work will then be fused in their kilns and returned to the Senior Center at a later date for pick-up. **Class size is limited and advance registration is required.**



PROGRAMS

VIRTUAL REALITY: A TRIP TO BEAUTIFUL ARIZONA

Tuesday, August 12th, 10:30 am

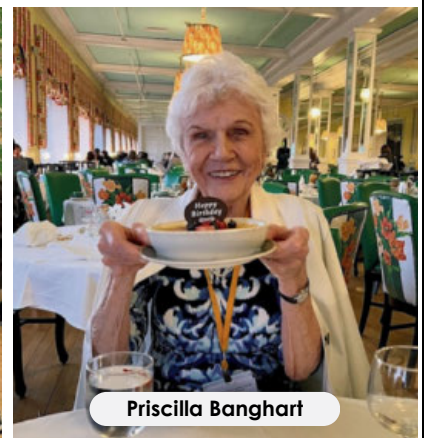
Join Brian Johnston from the Lincoln Township Public Library as he highlights the wonders of travel to beautiful Arizona. Brian will describe the captivating experience of hiking the many trails in the Phoenix region of the state, as well as visiting Major League Baseball Spring Training, and visiting Sedona and the Grand Canyon. Brian will discuss proper trip planning, as well as share photos and videos of the area using Virtual Reality (VR) headsets - VR experiences can simulate real-world environments, allowing users to explore locations and engage in activities. It will feel like you truly are there! Come join us for this unique way to explore Arizona! Space is limited. **Registration is required.**



OH, THE PLACES WE'LL GO!



Mackinac Travelers



Priscilla Banghart



Fine Dining



Trip Leaders Kat and Chris



Ready for the Murder Mystery



On the Way to Henderson



Room With a View



Grand Diners



Henderson Castle

GRANT WRITING CONTEST WINNER!

During the St. Joseph-Lincoln Senior Service Center 2025 MParks Grand Experience trip to Mackinac Island in May, the Grand Hotel held a writing contest themed "You'll never guess who I saw while shopping on Mackinac Island". SJL Senior Center member Mary Baker won first place out of seventeen entries with a "T'was the Night Before Christmas"-themed tale about seeing Saint Nick on the Island. A copy of the piece is available for members to read in the SJLSSC library.



IMPORTANT REMINDERS

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.

Please **call ahead** if you need loan equipment.

In our Game Room we have bookcases in the back of the room that we refer to as our "**Community Resource Center.**" You will find information about assisted Living Facilities, bereavement counseling, senior care, veterans, MMAP, safe pill disposal, recycling events and more.

If you cannot attend a program you've signed up for, **please call and cancel.**

If you **misplaced a personal item** such as a book, eyeglasses, or clothing, **please stop at the front desk** and we will point you in the direction of our Lost & Found.

We are **in need of sympathy cards and light colored envelopes.** Please no Christmas cards at this time.

We have a **large Library** filled with fiction and non-fiction books as well as current magazines, and DVR tapes . Please check these items out at the front desk.

We only accept **cash or checks for all payments** to our Senior Center.

Our **Library is not presently accepting book donations,** however we are accepting magazines which should not be older than 3 months.

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

DON'T FORGET

Please **check the Recurring Schedule page 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.

THIS SPECIAL DAY MARKS THE CELEBRATION OF AMERICAN INDEPENDENCE, COMMEMORATING THE ADOPTION OF THE DECLARATION OF INDEPENDENCE ON JULY 4, 1776. THE HOLIDAY IS A TRIBUTE TO THE SPIRIT OF FREEDOM AND UNITY, AND IT SERVES AS A REMINDER OF THE NATION'S FOUNDING IDEALS.

HAPPY
4th of July

IMPORTANT REMINDERS

Our newsletter is our **major line of communication** with our members. We strive to provide you with up-to-date information when the newsletter goes to print, which is about two weeks before we mail it. Please take the time to look at this newsletter each month so that you can stay informed on all of the important happenings at our Center.

We are **not accepting fabric donations** at this time.

Remember to **sign in when entering the building** for any reason, even to sign up for a trip, return a library book or sign 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.

We are **not accepting puzzles over 500 pieces.**

Please remember if you have robo call blocker, **you will not receive our calls.**

IMPORTANT

Please remember that **you will only receive robo call updates on programs that you have signed up for in advance or classes you have checked in for in the last six months.**

Class descriptions are **available at the front desk, on our website and on the bulletin board** by the gym entrance.

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!

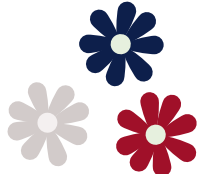

Please **remember to sign up** for all programs that you'd like to attend.

Please **arrive at least 10 minutes before a program begins** so you are not interrupting a program by arriving late.

PLEASE SLOW DOWN!

Please remember to slow down when entering and exiting the Center parking lot. The lot can become congested and it's important to be aware of pedestrians and other drivers, look both ways, and double check behind you when backing up and pulling out of your parking space. Please be safe and smart!

RECURRING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	8:30 am - Zumba
9:30 am - Quilting Group	9:30 am - Pinochle	9:00 am - Greeting Card Making	10:00 am - Range of Motion	9:30 am - Chair Yoga
10:00 am - Calisthenics	10:00 am - Range of Motion	10:00 am - Calisthenics	11:00 am - Tai Chi	10:30 am - Beginner Pickleball
10:00 am - Jokers and Marbles	11:00 am - Chair Drumming	11:00 am - Balance Class	12:30 pm - Beginner Pickleball <small>1st and 3rd week</small>	12:00 pm - Parkinson's Exercise <small>REGISTRATION REQUIRED</small>
11:00 am - Balance Class	12:30 pm - Advanced Pickleball	11:45 am - Cardio Drumming	12:30 pm - Scrabble	12:00 pm - Intermediate Pickleball
12:00 pm - Tai Chi	12:30 pm - Advanced Ukulele	12:00 pm - Parkinson's Exercise <small>REGISTRATION REQUIRED</small>	12:30 pm - Hand & Foot Cards	1:00 pm - Euchre
12:30 pm - Hand & Foot Cards	1:00 pm - Euchre	12:30 pm - Dominoes	1:00 pm - BINGO <small>2nd, 4th & 5th week</small>	2:15 pm - Cornhole
1:00 pm - Bridge	2:00 pm - Beginner Ukulele	1:00 pm - Mah Jongg	2:00 pm - Intermediate Pickleball <small>1st and 3rd week</small>	
1:00 pm - Art Co-Op <small>See bulletin board for weekly topic.</small>	<div> <p>• Class descriptions are posted on the bulletin board outside the gym and additional information is available at the front desk.</p> </div>	1:00 pm - Advanced Pickleball		
1:15 pm - Beginning Line Dancing		1:00 pm - Stitch & Chat		
1:30 pm - Choir Class		2:30 pm - Intermediate Pickleball		
1:45 pm - Intermediate Line Dancing				

WHAT WE HAVE TO OFFER

- Arts & Crafts
- Betty Kohn Outdoor Fitness Zone
- Board Games
- Book Club
- Cards/Games
- Circuit Training Room - **Open 9:00 am-3:00 pm**
- 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)
- 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**

WOOD SHOP

WOOD SHOP GENERAL INFORMATION



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 schedule an appointment for a mandatory Safety Orientation Class, **which are on Wednesdays only.** Orientation Classes are \$20 and last approximately three hours. Appointments can be made at the Center front desk at least two business days in advance of the class. **The class fee includes a 1-month membership, which begins on the first business day after the orientation, as well as the materials and instruction needed for a wood shop project, 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 the Wood Shop operates. For more details on the Wood Shop please call or stop at the front desk.

WOOD SHOP PROGRAMS

BASIC LATHE TURNING

Wednesday, July 16th,

9:00 am-12:00 pm

Instructor: Ed Koehler

Open to SJLSSC

Wood Shop members only

\$10 per person, payable at sign-up

NO REFUNDS



Working on a lathe, you will learn basic equipment safety and set the foundation for your future turning projects. You will learn how to turn a square piece of wood into a perfect cylinder, how to turn basic shapes; beads (convex), coves (concave) and straight lines. **This class is a prerequisite for an upcoming turning class. Eye protection is required.**

SCRABBLE WALL TILES

Thursday, July 17th,

12:00-3:00 pm

Instructors: Rick Freridge

and Sarah Melcher

Open to SJLSSC

Wood Shop members only

\$20 per person, payable at sign-up

NO REFUNDS



Create wall art out of 5x5 Scrabble Tiles. In this class, we will demonstrate how to use a table saw sled to create accurate repetitive cuts, round over sharp corners on the router table and set up and engrave the letters using the Xtool engraver. **The Wood Shop will provide the materials needed for six wall tiles,** additional material can be purchased for \$2.00 a tile. **Eye protection is required.**



PRIORITIZING WOOD SHOP SAFETY

Our wood shop prioritizes safety

with two SawStop table saws.

For over 20 years, SawStop's

Active Injury Mitigation (AIM)

system has used conductivity to prevent serious injuries. In less than 5 milliseconds, the saw's electrical signal detects skin, triggers a brake, stops the motor, and drops the blade. It's truly amazing how fast it can save a finger!






JULY

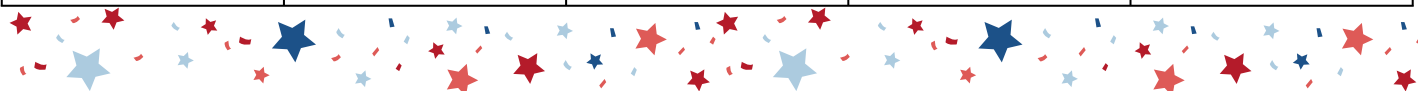


Meals are funded in part by



LUNCH IS SERVED 11:15 AM-12:00 PM, WITH VEGETARIAN MEALS ALSO AVAILABLE. MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE CALL (269) 921-0136 TWO DAYS IN ADVANCE TO MAKE OR CHANGE LUNCH RESERVATIONS.

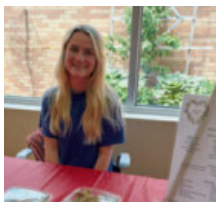
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Salsa Chicken over Steamed Rice	2 Chicken Caesar Pasta Salad	3 Hamburger on a Bun	4 CENTER CLOSED 
7 Baked Chicken with Salsa	8 Spaghetti Bake	9 Oven Fried Chicken	10 Pulled Pork on a Bun	11 Baked Breaded Cod
14 Sausage Mushroom Ragu	15 Veggie Frittata	16 Taco Salad with Ground Beef	17 Mediterranean Chicken	18 Teriyaki Meatballs with Brown Rice
21 Honey Mustard Chicken	22 Sloppy Joe on a Bun	23 Brat on a Bun	24 Pizza Pasta	25 BBQ Chicken
28 Beef and Black Bean Soft Tacos	29 Creamy Garlic Chicken over Angel Hair Pasta	30 Cobb Salad with Ham	31 Teriyaki Pineapple Chicken over Rice	



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

HEALTHY EATS: EXCITING NEW MENU ITEMS!

Looking for a delicious and healthy bite to eat? Visit Healthy Eats presented by Base Bowls & Company. Located in Friendship Hall Mondays-Thursdays from 10 am-1 pm and from 11 am-1 pm on Fridays. Healthy Eats offers soup and sandwiches, and NEW FOR JULY, will also feature BUILD YOUR OWN SALADS! There will also be specials running for the month of July, including SLOPPY JOE TUESDAYS, July 1st through July 22nd and a BUILD YOUR OWN TACO BAR on July 3rd and July 17th. FRUIT SMOOTHIES WILL NOW BE OFFERED every Tuesday and Thursday! The method of payment is cash only. There are no beverages available for sale, but you are welcome to bring your own. Please remember to check in to Healthy Eats on the computer when you use this service at our Center.



LIVELY STEPPERS

Join our walking program!

June 1st – Aug. 31st

Keep it simple, have fun!

It's not too late to start. Individualize it to fit your schedule and physical abilities.

Simply track your steps or miles and turn them in at the end of each month to the brown box, across from the gym.

Let's all be healthy together!

THANK YOU DONORS!

TO EVERYONE WHO BRINGS GOODIES OR SNACKS:

Sandra Kay's, Walgreens, Woodland Terrace, Jack Clark, Ann Niedbala, Adolf Pelzer, Cheryl Ryno, Betty Ramsey, Sharon Kabel, Phyllis Herod, Sally Matzke, Dolores Frantz, and Jeanne Shuler

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

Jerry Hanes, Celina Bevelhymmer, Else Elsner, Janet Smiedendorf, Cheryl Ryno, Peggy Platts Estate, Sylvia Toth, Mary Jane Hiler, Brenda Fuller, Debra Shelby, Debbie Johnson, Derrick Wilkins & Sylvia Toth, Roger Swierbut & Patti S., Marla Hutchinson, Ed Baginske, Lisa Hilton, Mary Seymour, Glenn Laing, Don & Fredonna Kempf, Christine Goyer, Melissa Wendt, Daniel Tonkl, Betty Ramsey, Aileen Vandekoppel, and Anonymous.

MONETARY CONTRIBUTIONS:

- **Donations to our Transportation Program:** Elfie Krebs and Timothy Hart
- **Donations to the Building Fund:** Rick Freridge, Martin Hoesley & Martha Keller, June Rollinger, Anneliese Keehn, Karen Schultz, and Anonymous Donors
- **Donation to Parkinson's Exercise:** Stan Comstock
- **Donation to Resistive Exercise:** Barbara Gray-Maruk
- **Donations to the Wood Shop:** Jacob Toering and Beverly Carlson
- **Donations to the Loan Closet:** Alice McBride, Suellen Russell, John Lidstrom, Cindy Hamblet, Susan Johnson, and Mike & Kathy Phipps
- **Donation to the Library:** Alice McBride
- **Donation to the Pickleball Program:** Anonymous
- **Donation to the Circuit Training Room:** Anonymous
- **Donation to the Wild Flower Trail:** Celina Bevelhymmer
- **Donations in Memory of Peggy Platts:** Phyllis Herod and Mary Sundblad
- **Donation in Memory of James Chartrand:** Casimir & Kathleen Drabik

ADDITIONAL CONTRIBUTIONS:

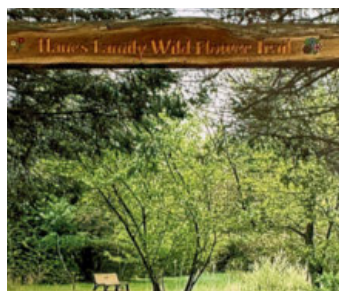
- A special thank you to Rick Freridge for donating his award provided by the Frederick S. Upton Foundation as the recipient of the Margaret B. Upton Volunteer Leadership Award to our Building Fund.

WISH LIST

Muffins
Individually-wrapped candy
Store-bought breakfast pastries
Coffee cakes
Bottled water
AA and AAA batteries

WILD FLLOWER TRAIL GOLF CART RIDES

If you have not had the opportunity to see our beautiful Wild Flower Trail because of mobility issues, we would be happy to arrange a golf cart ride. This ½ mile trail offers a relaxing atmosphere surrounded by wild flowers that bloom most of the year. If you would like to schedule a golf cart ride, please call Jill, our Volunteer Coordinator to make arrangements.



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

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SERVING THE COMMUNITY SINCE 1975



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Program Coordinator Jamie Bingaman

Administrative Assistant Sandy Draper

Staff Assistant Julie Hartman

Support Associate Jill Soghomonian

Receptionist Chriss Lyon

Building Custodian Tai Huynh

Sr. Nutrition Manager Bill Schiffbauer



AND OUR WONDERFUL VOLUNTEERS!

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

JULY ACTIVITIES

1-8 Art Co-Op Art Show

4 INDEPENDENCE DAY - CENTER IS CLOSED

9 Book Club 10:00 am

10 Bingo \$1 1:00 pm

14 Alexander Hamilton: Economic Czar 10:30 am

15 Peace of Mind 10:30 am

16 Wood Shop: Basic Lathe Turning 9:00 am-12:00 pm

17 I&M Home Energy Checkup 11:00 am

17 Outdoor Concert: Sally Goodwin Stine
12:00-2:00 pm

17 Wood Shop: Scrabble Wall Tiles 12:00-3:00 pm

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

24 Bingo Christmas in July-\$2 wrapped gift 1:00 pm

29 Public Benefits for Older Adults 10:30 am

29 Stamp Camp 12:00-3:30 pm

30 Newsletter Mailing 8:30 am

31 Bingo 1:00 pm



HELPFUL PHONE 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