

# THE ANCHOR NEWS



## St Joseph-Lincoln Senior Service Center

3271 Lincoln Avenue  
St Joseph, MI 49085  
(269) 429-7768

[DIRECTOR@SJLSC.ORG](mailto:DIRECTOR@SJLSC.ORG)

[WWW.SJLSC.ORG](http://WWW.SJLSC.ORG)

HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM

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



### PAPA VINO'S FUNDRAISER



We are partnering with Papa Vino's for a fantastic fundraising event! Visit Papa Vino's at 1332 Hilltop Road from June 9th to June 12th, present the SJLSSC fundraising voucher when you place your order and the Senior Center will receive 20% of your total bill, less tax and gratuity.

All purchases using the voucher, including dine-in or take out, will count towards the fundraiser. **Vouchers are available at the Senior Center** and can be given to family, friends and neighbors to use in support of our Senior Center.

Papa Vino's has also graciously offered the option of adding a donation to SJLSSC at the time of payment - our Center will receive 100% of these donations.

Orders can be placed anytime from now until 4 pm the day of pick-up. Call Papa Vino's at 269-983-9900 to place a takeout order.

Proceeds from this fundraiser will be designated to the SJLSSC building fund for general expenses. We hope you will take this opportunity to enjoy some delicious food and support our Center. Who doesn't need a break from cooking now and then? We thank you in advance for your support!



### QUILT RAFFLE

The SJLSSC Quilters have created another beautiful work of art! This quilt is called "Quilter's Sampler" and is 80" x 94". The raffle will end on August 27th at noon. You could be the lucky winner by purchasing tickets for \$1 each or 6 for \$5. A winner will be drawn from all weekly ticket sales to receive 5 free tickets. If you are interested in helping to sell raffle tickets, please let us know; many thanks to the quilting ladies for all your hard work and creativity.

### SUPER BOOKS

Super Books are expected to arrive by 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 book sold at our Center, we receive \$8.00. We thank you in advance for your support!



### BIGGER AND BETTER NEWSLETTER!

You might have noticed that our newsletter has increased to 20 pages this month! With all of the amazing activities happening at our Center, expanding the newsletter was necessary to keep our members well-informed. We are also working on plans to update the appearance of the newsletter over the next few months. Please read it every month so you don't miss out on our Center's many life-enhancing opportunities!

*Sorry We're*  
**CLOSED**

The Center will be **closed for a Staff In-Service Day on Friday, June 27th** for all activities and transportation, **as well as Friday, July 4th** in observance of Independence Day.



# AROUND THE CENTER

Notes

From the

Board

**"LIVES OF GREAT MEN ALL REMIND US,  
WE CAN MAKE OUR LIVES SUBLIME,  
AND, DEPARTING, LEAVE BEHIND US,  
FOOTPRINTS IN THE SAND OF TIME."**

As we welcome another beautiful month at our Senior Center, we want to thank each of you for the joy, laughter, and wisdom you bring to our community. Whether you are at the Senior Center for fitness classes, game days, educational talks, gardening work, making wooden items, walking the trails, or just a cup of coffee and conversation, your presence makes this Center so special. Your voice and usage help the Center grow.

What you love and enjoy at the Center would not be possible without the diligence of two groups of dedicated workers. First, the volunteers. Their time, compassion, and unwavering commitment bring joy, warmth, and a sense of belonging to our cherished seniors. Whether it is through friendly conversation, organizing activities, working for the success of those activities, or offering a helping hand, their efforts make a meaningful difference in the lives of everyone here. Their endeavors create a space filled with kindness, dignity, and love.

Second, the staff. The staff demonstrates exceptional dedication and professionalism every day. Their tireless efforts create a warm, safe, and enriching environment where our seniors feel appreciated. From performing their essential responsibilities to organizing engaging activities, they go above and beyond not only to meet the needs of each and every individual but also to create an atmosphere where each individual feels valued and cared for. Their commitment has a profound effect on those they serve; for them, it is not work but a true labor of love.

Members who utilize our Senior Center frequently or occasionally, the volunteers who give their time often or at times, and the staff that works part-time or full-time, all of them leave behind imprints for others to follow.

***"Footprints, that perhaps another,  
Sailing o'er life's solemn main,  
Seeing, shall take heart again."***



**Subhas Dhodapkar**  
**SJLSSC Board of Directors**

## ENHANCED FRIENDSHIP GARDEN

Our busy group of Friendship Garden volunteers have been hard at work enhancing this area so that we can offer a larger variety of vegetables this season. Volunteers dug out bushes, hauled away old planters and trellises, built new planters, set up trellises, shoveled rocks and dirt, and spread mulch, to name a few of their tasks. Many others provided materials needed in the garden or throughout the season. These volunteers have put much time and effort into planning garden updates and experimenting with different planting methods over the winter months. They have put much time into designing and installing drip water systems and starting seedlings. They can now grow cherry tomatoes, pole beans, cucumbers, and squashes. With new, deeper planters, they are hoping to achieve better results, especially with root vegetables like beets, radishes, and carrots. **Thank you to all the volunteers and the donors who made our new Friendship Garden a reality!**





## CONSISTENT MONTHLY PROGRAMS

### BOOK CLUB

**Wednesday, June 11th, 10:00 am**

The featured book for the month of June is "What She Left Behind" by Ellen Marie Wiseman. This novel weaves together riveting stories of past and present, exploring the strength of women in two different times as they face adversity in two very different ways. Leading the discussion will be Jill McConnell-Worth. If you have a passion for reading, then please join us on the 2nd Wednesday of the month.



### COOKIES & CANVAS

**Friday, June 13th 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 11TH**



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

### FOOT CLINICS

**By Appointment Only**

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



**There will be no Stamp Camp for the month of June.**  
Please check the July newsletter for information on the upcoming "Christmas in July" themed class.

## TRIPS

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



The St. Joseph-Lincoln Senior Service 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 Center, or email [coordinator@sjlsc.org](mailto: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.



# 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, 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*

## FREE WEIGHT ROOM

The addition of our Free Weight Room to our facility has opened up a whole new way of exercising at our Center where it isn't necessary to take an hour class to achieve results, as long as you perform your work out on a continuous basis. Below is the new equipment available and the benefits that each piece can provide to our members.

**Dumbbells, Medicine Balls, and Kettlebell Training:** Can reverse age-related muscle loss, improve osteoarthritis, bone health, and improve cardiovascular health. It can also help maintain a healthy weight and allow you to work more muscles. Body weight training is also available.

**Resistance Bands:** Improves muscle strength and tone, as well as flexibility and joint mobility. Resistance bands will also enhance balance and stability, reducing the risk of falls and injuries.



**True Stretch Cage:** Suitable for users of all fitness levels and is designed to provide a safe, effective way to stretch a variety of muscle groups. Traditional stretching can also be achieved with mats and instructions.



## 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!



## CIRCUIT TRAINING ROOM EQUIPMENT



The Versa Leg Extension can assist you in achieving your health benefits. It focuses on the major muscles of the upper leg. The angled seat and back pad encourage full quadriceps contraction, while clearly marked pivot points optimize user alignment. The self-adjusting tibia pad provides comfortable support, and the back pad easily adjusts from a seated position. Remember to always ask for assistance on how to properly use any of the equipment in our Circuit Training Room.



# 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 insure the safety of our members and for the credibility of our Center.

**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.

## father

[fah-th er] noun

keeper of the wallet; coach of all sports; teacher of all things.

**HAPPY  
FATHER'S  
Day**

See also: *superhero, role model.*



## 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 Hand & Foot games and Dominoes that take place there every week, fun board games like Chess, Checkers, Connect 4, Uno, Sorry! and Aggravation are available for members to enjoy when the room is not in use. Members are asked to please keep all board games in the Game Room.



## GARDEN NOOK



Are you familiar with our Garden Nook? Located just past our Gym towards the area of the Center where the Wood Shop is located, find comfortable furniture to relax and look at one of the many books and magazines on bird conservation and gardening. If there is a magazine or book you'd like to take home for a bit, feel free to enjoy it and return it to the Garden Nook when you are done. A lovely area to relax, read, or catch up with a friend, we hope you will take the time and enjoy this beautiful space.



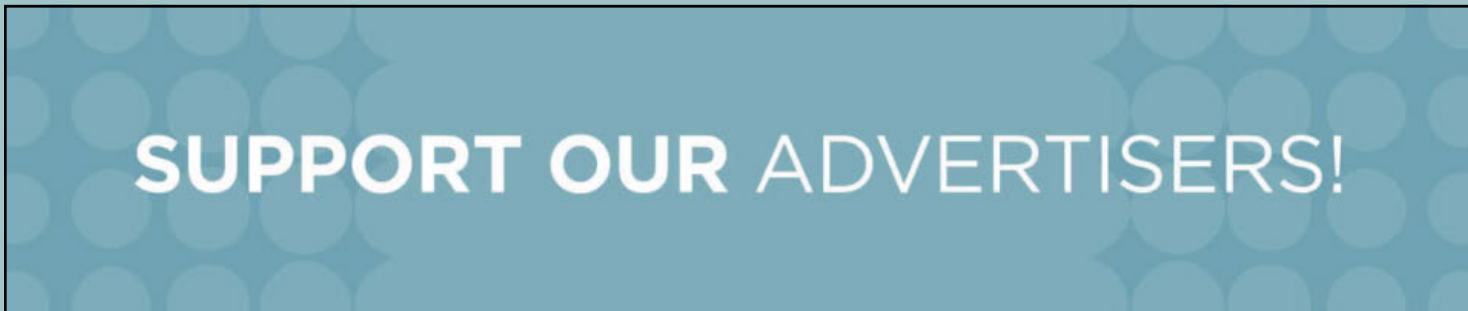


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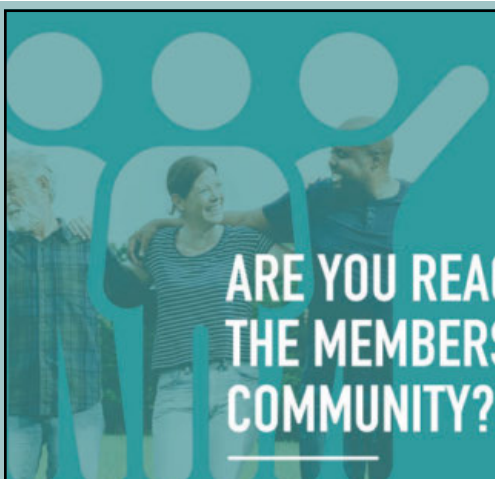


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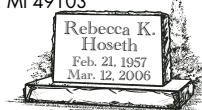
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# CENTER NEWS

## ROBO CALLS/SPAM BLOCKER/SIGN IN



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!



## 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.**

## SENIOR SOFTBALL

Softball has begun! Join this fun group of people at Well's Field, 2214 S. State Street (by the old Jefferson School, now condos), every Thursday at 1:00 pm, until fall. If weather is questionable, give us a call, we will know by 11:00 am if it will be cancelled.

## SJLSSC LIBRARY

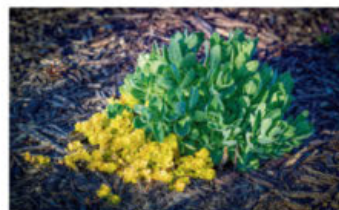


Did you know our Senior Center Library offers books in biography, fiction and nonfiction genres, as well as audio books and large print? We also have many magazines and periodicals, DVD's of movies, musicals, television and documentaries. Stop by and "check out" all our Library has to offer!

## WILD FLOWER TRAIL GOLF CART RIDES



If you have not had the opportunity to see our beautiful Wild Flower Trail due to mobility issues, we would be happy to arrange a golf cart ride. This ½ mile trail lovingly tended to by our amazing volunteers 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 our Center and we will make arrangements.





## 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

### 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 the front page of this issue 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 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.

### 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.

### SUPER BOOKS

Super Books are expected to be here by 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 we will receive \$8 for every Super Book sold at our Center. Thank you in advance for your support!



## 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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# PROGRAMS

## 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, Corewell Health Advance Care Planning Coordinator, as she answers your questions and assists with developing and completing your Healthcare Power of Attorney/Advance Directive. Advanced registration is required.

## TWIN CITY CAMERA CLUB PHOTO CONTEST

**Submit your photos until 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 8"x10" and be unframed. The four contest categories will be: Nature, Architecture, People, and Animals/Pets and photos will be posted for voting in the Center hallways. Member voting will be held June 16th-June 26th.

## BEGINNING FLORAL ARRANGING

**Tuesday, June 10th, 10:00 am**

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

**Make checks payable to Linda Stone**

**DEADLINE TO REGISTER IS THURSDAY, JUNE 5th.**

Join florist Linda Stone as she guides students in creating a spring floral arrangement. Learn basic floral design, flower preparation and preparing your containers using floral foam to hold your greenery and flowers in place. Container and flowers are included in the price of the class. Students are asked to bring sharp scissors or pruners to cut stems. Advanced sign-up required.

## THE MOST DANGEROUS MAN ALIVE IN 1929: FRED "KILLER" BURKE

**Tuesday, June 10th, 1:30 pm**

Local author Chriss Lyon will discuss the research and background to her book "Fred 'Killer' Burke: The Hunt for the Most Dangerous Man Alive" and the links between Al Capone's gang and Southwest Michigan. "Bloody Chicago" was the name given to America's most corrupt city after the 1929 St. Valentine's Day Massacre. Ten months later, the murder of a St. Joseph, Michigan Police Officer led to the local hideout of Fred Burke, a suspect in the St. Valentine's Massacre and the most wanted man in the nation. Books will be available for purchase. Advanced registration for this program is required.

## CARETEL INNS BINGO SPONSOR

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

**DEADLINE TO REGISTER IS THURSDAY, JUNE 5TH**

Caretel Inns will sponsor Bingo and provide a free lunch. Lunch will be served at 12:00 pm, followed by a short presentation by Caretel Inns staff. **You must attend the lunch to attend Bingo this day. Advanced sign-up is required.**

## THE MASTER BUILDER: FRANK LLOYD WRIGHT AND THE GENIUS OF HIS ARCHITECTURE

**Monday, June 16th, 10:30 am**

Architect Frank Lloyd Wright designed more than 1,000 buildings, including the Fallingwater House in Pennsylvania, the Guggenheim Museum in New York City, The Rookery in Chicago, and the Howard Anthony residence in Benton Harbor. His designs were revolutionary and captivating, but his personal life was tempestuous. Join historian Tim Moore for a look at the life of this fascinating architect. This program is open to all Senior Center members and will offer great information for those attending the Chicago Architectural Tours trip. Please sign up in advance.

## INTRODUCTION TO HYDROPONICS

**Tuesday, June 17th, 10:30 am**

Hydroponics is a method of growing plants without soil, using a nutrient-rich water solution, this technique allows for efficient and controlled plant growth, providing plants with direct access to necessary nutrients and potentially increasing yields. Hydroponic production systems are used by small farmers, hobbyists, and commercial enterprises. Join gardener Bob Apthorpe as he discusses the basics of the Kratky method of Hydroponic gardening, a simple and budget-friendly method that will be displayed and demonstrated. Advanced sign-up required.

## OUTDOOR CONCERT

**Thursday, June 19th, 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 Ron Robb's Acoustic Buffet plays a variety of folk, country, classic rock, island rock, and Americana that will have you humming at times and tapping your feet (or on your feet!) at other times. 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.

## MICHIGAN SECRETARY OF STATE

### MOBILE OFFICE VISIT

**Monday, June 23rd, 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, including processing driver's license and state ID applications, corrections and renewals; disability parking placard applications, renewals and replacements; and vehicle title and registration transactions. The SoS Mobile Office will be available to meet with St. Joseph-Lincoln Senior Service Center members only. Registration is required for this event.

Dads teach us lots of lessons,  
but the real lesson is always love.



## PROGRAMS

### **SJLSSC ART SHOW** **SPONSORED BY THE ART CO-OP**

**July 1st - July 8th**

Display your artwork for visitors to enjoy! Label work with the artist's name and media of choice and place on the Art Show display table. There will be no guest instructor workshop for July. Open to all Center members.

### **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.



## **SJLSSC Silver Tones in Concert**

TUESDAY, JUNE 3RD  
1:00 PM  
FREE TO SENIOR  
CENTER MEMBERS

CROWNPOINTE SENIOR  
LIVING COMMUNITY  
4232 RED ARROW HIGHWAY  
STEVENSVILLE, MI

## CENTER MEMOS

### PLEASE SLOW DOWN

Please remember to slow down when entering and exiting our parking lot. When classes get out the parking lot can become congested, so keep your eyes open, look both ways, and look behind you when backing up and pulling out of your parking space. Please be safe and be smart!



St. Joseph-Lincoln Senior Service Center

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 that you **do not use your speaker phone** while in the Center for the sake of our members and staff. We thank you in advance.



If you would like an email reminder when the newsletter is online, please send us an email to the below address.

[support@sjlsc.org](mailto:support@sjlsc.org)



# 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.

Flag Day is a day honoring the national flag, which is observed on June 14th. This holiday commemorates the date in 1777 when the United States approved the design for its first national flag. Each year the U.S. President delivers an address that proclaims the week of June 14th as National Flag Week, and all Americans are encouraged to fly U.S. flags during that week. Happy Flag Day!





# 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](mailto:support@sjlsc.org).

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.

**DON'T FORGET**

Juneteenth, officially Juneteenth National Independence Day, is a federal holiday in the United States. It is celebrated annually on June 19 to commemorate the ending of slavery in the United States. The holiday's name refers to June 19, 1865, the day when Major General Gordon Granger ordered the final enforcement of the Emancipation Proclamation in Texas at the end of the American Civil War.

**JUNE  
TEENTH**

0-0-0-0  
JUNE  
19



# 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 <b>1st and 3rd week</b>	12:00 pm - Parkinson's Exercise <b>REGISTRATION REQUIRED</b>
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 <b>REGISTRATION REQUIRED</b>	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 <b>2nd &amp; 4th week</b>	2:15 pm - Cornhole
1:00 pm - Bridge	2:00 pm - Beginner Ukulele	1:00 pm - Mah Jongg	2:00 pm - Intermediate Pickleball <b>1st and 3rd week</b>	
1:00 pm - Art Co-Op <b>See bulletin board for weekly topic.</b>		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**



## BRIDGE

**Mondays @ 1:00 PM**

Starting Monday, June 2<sup>nd</sup>, the Card Room will be open to Center members interested in playing Bridge.





# 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 1st 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 our Wood Shop operates. For more details on the Wood Shop please call or stop at the front desk.



### BAT NURSERY (2 CHAMBER)

Monday, June 9th and Tuesday, June 10th (2 days)

9:00 am-12:00 pm

Instructors: Henry Mora and Tom Hurst

Open to all SJLSSC members

\$50 per person, payable at sign up.

**NO REFUNDS**



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

### BANDSAW TREASURE BOX

Wednesday, June 11th

9:00 am-12:00 pm

Instructor: Tom McDonough

Open to SJLSSC Wood Shop members only

\$25 per person, payable at sign up **NO REFUNDS**



In this hands-on class students will get an overview of the process and procedures needed to make a treasure box using only the bandsaw. The class begins with a short orientation with samples, process overview, then it's into the shop with the goal of completing your functional Bandsaw Box. The Wood Shop will provide all the tools, equipment and a wooden blank to complete your treasure box. Standard and accepted safety rules are to be followed. **Hearing and eye protection is required.** Filter/mask and shop apron are optional.

### BASIC LATHE TURNING

Wednesday, June 18th OR

June 25th, 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, students will learn basic equipment safety and set the foundation for future turning projects. Instructions will include turning a square piece of wood into a perfect cylinder and turning basic shapes : beads (convex), coves (concave) and straight lines. This class is a prerequisite for the plate turning class being offered in July. **Eye protection is required.**

### CUSTOMIZED LEASH/KEY HOLDER

Monday, June 30th, 10:00 am-12:00 pm

Instructor: Sarah Melcher

Open to SJLSSC Wood Shop members only

\$10 per person, payable at sign up **NO REFUNDS**



Using unique pieces of wood, students will use the drill press, bandsaw, router and X-Tool laser engraver to create customized leash/key holders to help you organize your belongings. The wood shop will provide all the materials needed to complete the leash/key holder. **Eye protection is required.**

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










**JUNE**



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 UP TO 2 DAYS IN ADVANCE TO MAKE OR CHANGE LUNCH RESERVATIONS.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sloppy Joe on a Bun	3 Black Bean Chicken	4 BBQ Pork on a Bun	5 Turkey Breast	6 Fish Creole over Rice
9 Italian Baked Chicken	10 Beef Veggie Spaghetti Bake	11 Taco Salad with Ground Beef, Cheddar Cheese, Tomatoes, Black Olives, & Ranch Dressing	12 Veggie Frittata	13 Teriyaki Pineapple Chicken over Rice
16 Sausage Mushroom Ragu	17 BBQ Chicken	18 Pasta Fagioli Soup	19 <b>SENIOR NUTRITION CLOSED. SENIOR CENTER IS OPEN</b> 	20 Beef Soft Tacos w/ Cheese, Lettuce, Tomato
23 Honey Mustard Chicken	24 Pork Fried Rice	25 Brat on a Bun Ketchup & Mustard	26 Butternut Squash & Black Bean Enchilada Skillet	27 <b>CENTER IS CLOSED</b>
30 Cheeseburger Casserole				

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

## ENJOY HEALTHY EATS



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 on Fridays from 11 am-1 pm, Healthy Eats offers soup, sandwiches, and salads from \$4-\$6. The menu changes daily but can also include Greek yogurt parfaits, fruit cups, fruit salad, and more. Once the weather is constantly warm they will bring back their popular fruit smoothies on Thursdays. 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 Healthy Eats on the computer when you use this service at our Center.

## JOIN LIVELY STEPPERS!



The SJLSSC Lively Steppers Walking Program is back! Studies show that daily walking can effectively reduce the risk of chronic conditions such as diabetes, sleep apnea, AND hypertension as well as reduce stress, anxiety, and depression symptoms. The program will collectively track every participant's walking miles and report our Center totals throughout summer. Pick up the June calendar across from the Gym and start tracking your miles on June 1st. At the end of each month, turn your completed calendar (don't forget to include your name!) into the box across the hall from the Gym and pick up next month's calendar. Let's work together from June 1st through August 31st and encourage one another to be as healthy as we can be.



# THANK YOU DONORS!

## TO EVERYONE WHO BRINGS GOODIES OR SNACKS:

Sandra Kay's, Mike Carmichael, Sally Matzke, Mary Jane Hiler, Dolores Frantz, Betty Ramsey, Madelyn Huelsberg, Fay Pressnitz, Adolf Pelzer, Beth Ramsey, Marilyn Stevens, Sharon Kabel, Celina Bevelhymmer, Janet Smiedendorf, and Grace Lutheran Church

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

Sharon Kabel, Elsa Elsner, Ken McKeown, Gregg & Kim Blanchard, Walgreens, Darcy Stuck, Brenda Lyons, Allen & Rebecca Sebrechts, Pam Rutherford, Christel Becker, Jeannette Jeske, Beth Ramsey, Daniel Stachowiak, and Linda Weigel

## MONETARY CONTRIBUTIONS:

- **Donations to our Transportation Program:** Anonymous Donors, Elfie Krebs, Ruth Betker, and Erlinda Hungtington
- **Donation to Parkinson's Exercise:** Stan Comstock
- **Donation to Resistive Exercise:** Ruth Betker
- **Donation to Friendship Garden:** John Kolb
- **Donations to the Wood Shop:** Barry Bischoff, Sue Langbehn, and Rocco Pavese
- **Donations to the Loan Closet:** Julia Webb and Mary Moran
- **Donation to the Library:** Lynette Wright
- **Donation to the Wild Flower Trail:** Dolores Shearer
- **Donation to the Friendship Garden in Recognition of Rick Freridge for receiving the United Way Margaret B. Upton Volunteer Leadership Award:** Sue Plummer
- **Donation in Memory of Peggy Alsup:** Frank Alsup
- **Donation in Memory of Mary Ellen Hicks:** Ray Hicks

## ADDITIONAL CONTRIBUTIONS:

- Thank you to Adolf Pelzer for donating our Herald-Palladium subscription.
- Thank you to Tracey Lynn Coombs for making a Donation of Thrivent Choice Dollars.

## Wish List

Muffins  
Individually-wrapped candy  
Store-bought breakfast pastries  
Coffee cakes  
Bottled water

## RICK FRERIDGE WINS THE MARGARET B. UPTON VOLUNTEER LEADERSHIP AWARD!

Anyone that has spent time around the Center knows or has seen Rick Freridge. Rick is the type of volunteer that any organization feels extremely blessed to have. Not only is he the driving force behind our Wood Shop, but Rick is involved in several projects around the Center and serves on our Building/Long Range Planning Committee. Rick not only gives so much of himself to our Center, but also to many other organizations in our community and has been doing so since his youth.

This year, after being nominated by the St. Joseph-Lincoln Senior Service Center, Rick was selected for the Margaret B. Upton Volunteer Leadership Award. This prestigious lifetime achievement award is presented to one volunteer in Berrien County, Michigan who demonstrates more than 10 years of long-standing volunteer contributions in Berrien County; diversity of volunteer experience with multiple organizations or a significant contribution to a single organization; teamwork and leadership experience and various levels of volunteer experience including physical, clerical and/or service at the board level. As the winner of this great honor, Rick has selected the SJLSSC Building Fund as the recipient of the \$5,000 award provided by the Frederick S. Upton Foundation. Thank you Rick for being that shining example of an amazing volunteer!



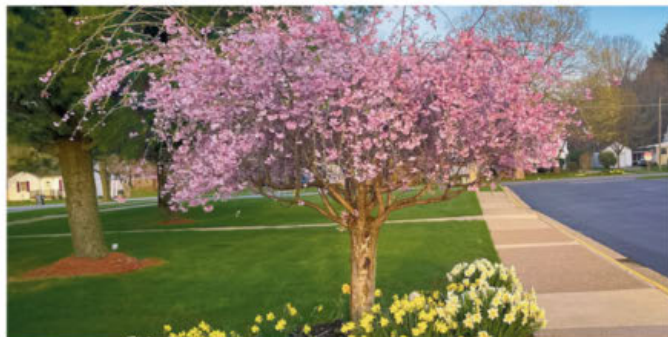


St. Joseph – Lincoln  
Senior Service Center  
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St. Joseph, MI 49085

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**SERVING THE COMMUNITY SINCE 1975**



**EXECUTIVE BOARD MEMBERS**

<b>President</b>	Bob Hopkins
<b>Vice President</b>	Rocco Pavese
<b>Secretary</b>	Patty Nordberg
<b>Treasurer</b>	Subhas Dhodapkar
<b>Board of Directors</b>	Dennis Meadows, Jim Hlifka, Tim Kragt, Cheryl Ryno, Dennis McCarthy, Ted Post, Celina Bevelhymmer, and Mark Johnson



**STAFF**

<b>Executive Director</b>	Cindi McLaughlin
<b>Program Coordinator</b>	Jamie Bingaman
<b>Administrative Assistant</b>	Sandy Draper
<b>Staff Assistant</b>	Julie Hartman
<b>Support Associate</b>	Jill Soghomonian
<b>Receptionist</b>	Chriss Lyon
<b>Building Custodian</b>	Tai Huynh
<b>Sr. Nutrition Manager</b>	Bill Schiffbauer



**AND ALL OUR WONDERFUL VOLUNTEERS!**

**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

**JUNE ACTIVITIES**

- 2 Art Co-Op** 12:30-3:00 pm
- 3 Be Heard When You Can't Speak** 10:30 am
- 3 Twin City Camera Club Photo Contest Images Due**
- 9 Wood Shop: Bat Nursery** 9:00 am-12:00 pm
- 10 Beginning Floral Arranging** 10:00 am
- 10 The Most Dangerous Man Alive in 1929: Fred "Killer" Burke** 1:30 pm
- 11 Book Club** 10:00 am
- 11 Wood Shop: Band Saw Box Class** 9:00 am-12:00 pm
- 12 Lunch/Bingo** 12:00 pm - \$1
- MUST SIGN UP BY JUNE 5<sup>TH</sup> TO ATTEND**
- 13 Cookies & Canvas** 12:00 pm-3:00 pm
- 16 The Master Builder: Frank Lloyd Wright and the Genius of His Architecture** 10:30 pm
- 17 Introduction to Hydroponics** 10:30 am
- 18 Wood Shop: Basic Lathe Turning** 9:00 am-12:00 pm
- 19 Board Meeting** 10:00 am
- 19 Outdoor Concert** 12:00-2:00 pm
- 23 MI Secretary of State** 10:30 am-2:30 pm
- 25 Newsletter Mailing** 8:30 am **NEW TIME**
- 25 Wood Shop: Basic Lathe Turning** 9:00 am-12:00 pm
- 26 Bingo** 1:00 pm
- 27 Staff In-Service Day - CENTER IS CLOSED**
- 30 Wood Shop: Customized Leash/Key Holder** 10:00 am-12:00 pm

**BABY IT'S COLD INSIDE!**

With summer upon us, it is about to get a little bit warmer. We all have different body temperatures, so we ask that you dress accordingly for yours, so that you can be comfortable. We keep the room temperatures down a little in the Gym and Circuit Training Room because of people exercising, but all other rooms will be set at a comfortable temperature for most.