

# 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](mailto:director@sjlsc.org)  
[www.sjlsc.org](http://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 below schedule 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:** Early voting 8:00 am - 3:00 pm

**October 9th:** Board Meeting with Election of Officers - 10:00 am

**October 16th:** Board Meeting with Election of Officers - 10:00 am

**October 17th:** Annual Breakfast 9:00 am - Open to all Members (**MUST SIGN UP BY 10/10**)

### LET'S CELEBRATE OUR 50TH ANNIVERSARY!

# 50<sup>th</sup>

**Monday, August 25th**  
**Doors open @ 9:30 am**

**Celebration program begins at 10:00 am with tours and light refreshments to follow.**

The doors of the St. Joseph Lincoln Senior Service Center first opened on August 25, 1975. Although much has changed with our 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 for an Anniversary Celebration to include tours, light refreshments, a review of our history and remarks from community leaders. This celebration is open to both members and non-members, so invite your friends, family and neighbors! To provide us with an approximate attendance count, members are asked to **please RSVP at the front desk by August 18th if you are planning to attend. The Center will be closed that day for all other activities.**

### FUNDRAISER AT SANDBAR & GRILLE

Sandbar & Grille is partnering with our Center to raise funds for the SJLSSC Building Fund, to assist with increasing expenses. **Visit Sandbar & Grille at 2701 Lakeshore Drive, St. Joseph, from September 8th to September 11th, present the SJLSSC fundraising voucher when you place your order, and the Senior Center will receive a percentage of your total bill, less tax and gratuity.** Vouchers are available at the Senior Center and can be shared with family, friends and neighbors. It is mandatory that a physical voucher is presented with your purchase, no voucher photos will be accepted. All purchases using the voucher, including dine-in or take-out, will count towards the fundraiser. Take-out orders can be placed at 269-983-9977.



## AROUND THE CENTER

Notes

From the

Board

### CELEBRATING 50 YEARS OF SERVICE

August 25, 2025, will mark the 50th anniversary of the St. Joseph-Lincoln Senior Service Center – a significant milestone. Congratulations!

The St. Joseph-Lincoln Senior Service Center is committed to providing a welcoming, safe, and friendly environment for senior citizens. We support our members' independence by offering social, educational, cultural, and recreational programs and services.

Spring was a season of new beginnings and transformation with much to do both inside and outside the Center. The grounds feature the Betty Kohn Outdoor Fitness Zone, with 12 wheelchair-accessible exercise stations. Opened in November 2018 and funded by Robert and Betty Kohn, the fitness zone offers numerous benefits, including improved physical and mental health, increased social interaction, and access to fresh air and sunlight.

Also located on the grounds are the Priscilla Upton Byrns Trail and Gardens, completed in September 2019. Inspired by the vision of our former board President, Priscilla Upton Byrns – who had a passion for gardening and flowers – this project was made possible through a grant from the Lakeland Health Foundation, a generous donation from Priscilla's children, and a grant and matching grant from the Frederick S. Upton Foundation.

Through challenge grants, multiple fundraisers, and generous contributions from our members, we purchased picnic tables, benches, and landscaping to create a 1/6-mile paved walking trail, accompanied by 13 colorful, vibrant flower beds. Priscilla would have loved to see her vision become a reality. We know she is smiling from Heaven whenever we enjoy the trail and gardens.

In March 2023, Jerry Hanes donated 6.9 acres of land to the Center, giving us the opportunity to extend the Walking Trail. Development began with clearing the land, planting wildflowers, laying wood chips, and shaping the trail. The beautiful wooden signs along the path were handcrafted by members of our Wood Shop. Thanks to the hard work of our volunteers, this property is now home to a breathtaking 1/2-mile loop trail – a peaceful setting to watch bees, butterflies, wildflowers, and trees, and to listen to birds singing.

In September 2024, 25 dwarf apple trees were planted by two volunteers and two coordinators. Today, they are thriving with vibrant, tender leaves. We are proud to provide yet another resource for our community to enjoy.

The wildflower trails create natural spaces and corridors that support local plant and animal species, providing vital habitat for pollinators. These trails and gardens also offer opportunities for walking and other outdoor activities, provide recreation and enjoyment of nature, and deliver numerous physical and mental health benefits – including improved cardiovascular health, reduced stress, and enhanced mood.

As we celebrate the 50th anniversary of the St. Joseph-Lincoln Senior Service Center, we have so much to enjoy – and even more to be thankful for.

Special thanks to our coordinators, volunteers, and generous donors.



*Celina Bevelhymer*

**Celina Bevelhymer**  
SJLSSC Board of Directors

### MEET OUR NEW STAFF MEMBER: JAN SCHMALTZ



Please join us in welcoming Jan Schmaltz as Staff Associate! Jan is a previous employee of Whirlpool Corp, retiring in 2018. She is married and has two grown sons. More recently, they have added two puppies, Angie and Zoey to their family, keeping them very busy. Jan spends her spare time shopping, working out, gardening, and listening to good music while enjoying the beautiful weather in the back yard. Please stop by Jan's office to introduce yourself and welcome her to the Center!



## CONSISTENT MONTHLY PROGRAMS

### BOOK CLUB

**Wednesday, August 13th, 10:00 am**

The featured book for the month of July is Miss Benson's Beetle by Rachel Joyce. This novel tells the story of Margery Benson, a schoolteacher who embarks on a journey to New Caledonia in search of a mythical golden beetle. She is joined by the unlikely companion, Enid Pretty, and their adventure explores themes of friendship, resilience, and self-discovery. Leading the discussion will be Sally Matzke.



### COOKIES AND CANVAS

**Friday, August 15th, 12:00-3:00 pm**

**\$20 per person, payable at sign up**

**NO REFUNDS**

**Make checks payable to Roy Hruska**

**DEADLINE TO REGISTER IS AUGUST 13**

The watercolor painting for the month of August is titled "Magnolia" 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, August 26th, 12:00-3:30 pm**

**\$15 per person, payable at sign up**

**NO REFUNDS**

**Make checks payable to Caryn McFall**

**DEADLINE TO REGISTER IS AUGUST 22ND**

Join in the fun and fellowship of Stamp Camp with Caryn McFall. In this class you will receive four pre-designed birds and/or nautical-themed cards (and envelopes), with your choice of greeting. Additional papers, embossing supplies, punches, decorative scissors and stamps will also be available. No experience is necessary. There will be demonstrations and written instructions. All participants will work at their own pace. **Students will need to bring small scissors and double stick tape to class. Class size is limited and registration is required.**



### FOOT CLINIC

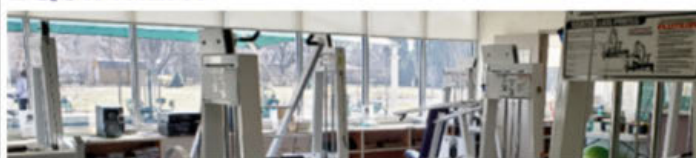
**By Appointment Only**

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.



## LET'S GET PHYSICAL

### USING SJLSSC INDOOR EXERCISE EQUIPMENT



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.



### CIRCUIT TRAINING ROOM EQUIPMENT

The Aura Rotary Hip is a piece of exercise equipment designed for strengthening hip muscles. It allows for standing hip exercises, promoting better alignment and increased muscle engagement. The machine features adjustable starting positions in 15-degree increments across a 270-degree rotation range, accommodating different user heights and preferences. 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.



**"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear." -Buddha**



# 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 Door Greeters**
- Fundraising - Quilt Raffle, Super Books
- Handyman or Handywomen
- Light Ironing
- Newsletter Mailing
- **Photographer**  
(for Senior Center events/activities)
- Transportation Drivers
- Wood Shop Hosts

If you are interested in volunteering, please contact 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.

Tracking volunteer time is crucial for non-profits. It provides valuable data that can be used to support grant applications and funding requests, as well as provide organizations the opportunity to understand how resources are being utilized to better identify areas where improvements can be made.



**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.





# TRIPS

## INTERNATIONAL TRIP SURVEY: THE RESULTS ARE IN!

Throughout the month of May, the Center conducted a member survey regarding interest in international trips, and the response was tremendous. With over 75 surveys completed and returned, we were able to determine the following information from those members interested in international travel (top responses provided):

- Preferred length of time traveling: 10+ days
- Would prefer a trip combining both city and nature stays
- Would prefer a trip combining historical tours and leisure
- Top five places to visit (in alphabetical order): Australia, England, France, Italy, Scotland
- Time of year preferred for travel: Fall

After compiling responses and assessing the survey feedback with our contact at Collette Tours, SJLSSC is thrilled to announce that we will be offering our members a British Landscapes tour in the fall of 2026, featuring England, Scotland and Wales! Additional information about this fabulous trip is included on this page. Thank you to everyone that took the time to respond to the survey!

## TRIP WAITLIST

Signing up for a trip waitlist offers an opportunity to secure a spot if a cancellation occurs. Most trips have last-minute cancellations that we often go through the entire wait list trying to fill. If you are interested in a trip that is full, we HIGHLY recommend joining the waitlist.

- **CANADA - AUGUST 2ND-9TH**
- **CALIFORNIA DREAMIN' - SEPTEMBER 19TH**

## UPDATED TRIP POLICIES

The St. Joseph-Lincoln Senior Service Center has updated both our TRIP POLICY and our TRIP WAIT LIST policy. Please visit the trips page on our website, or the trips board at the Center for updated policy details.

## TRIP POLICY REMINDERS

- **UPDATE:** As of July 1, 2025, all SJLSSC trips depart from 2807 S. State Street, St. Joseph (located behind St. Joseph McDonald's)
- All SJLSSC trips are for seniors 60+ and their spouses, unless otherwise noted
- All people signing up for trips must be a member and complete all required documents
- 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
- **UPDATE:** As of August 1, 2025, any cancellations made within 48 hours of a trip departure will not be filled and refunds will not be provided
- In cases of approved cancellations, if a replacement can be found, refunds less a \$10.00 administrative fee are given
- Trip participants are required to stay with the Center group for all planned activities during the trip

## MEIJER GARDENS HOLIDAY TRADITIONS EXHIBIT

**Grand Rapids - Tuesday, December 9th**

**\$64 per person, payable at sign up.**

Assisted by the Docents of Meijer Gardens, you will enjoy the stunning Christmas & Holiday Traditions Exhibit, honoring cultures and holiday traditions from around the world - an indoor exhibit that has grown to 46 unique displays, including winter plantings, adorned Christmas trees, cultural displays and the decorated Railway Garden. You will arrive at the Gardens late morning and have two hours for self-guided tours. This trip includes round-trip motor coach transportation, admission to Frederik Meijer Gardens, and a self-guided tour of the Tropical Conservatory, Arid Garden and Victorian Greenhouse. On the way home the group will stop at Russ' Restaurant in Grandville. Attendees will be able to purchase lunch from their expansive menu of homemade meals.

**MODERATE ACTIVITY**

## THE LION KING BROADWAY MUSICAL

**Grand Rapids - Saturday, April 25, 2026**

**\$174 per person, payable at sign up.**

"The Lion King" on Broadway is an award-winning musical adaptation of the classic Disney animated film. The musical is known for its elaborate costumes, puppetry and staging, which bring the African savanna to life. The show features music by Elton John and Tim Rice, including iconic songs like "Circle of Life" and "Hakuna Matata". This trip includes round trip motor coach transportation to DeVos Performance Hall in downtown Grand Rapids where travelers will have time to purchase lunch, enjoy shopping and/or museums before the show. There will be a stop at Culvers on the way home for attendees to purchase dinner.

**MODERATE ACTIVITY**

## BRITISH LANDSCAPES FEATURING ENGLAND, SCOTLAND AND WALES

**October 18-27, 2026**

**Double - \$5,329; Single - \$6,329**

Join representatives from Collette Tours at the St. Joseph-Lincoln Senior Center for a British Landscapes Trip presentation on Tuesday, September 9th, 1:00 pm. **All registration for this trip will be through Collette.**

An adventure fit for a Shakespearean tale takes you from green hillsides to bustling British cities rich with culture. Explore Edinburgh's historic ambiance along the Royal Mile and visit Edinburgh Castle. Enjoy medieval York and its historic Minster. See the castle of Conwy in Wales. Walk in the footsteps of the Bard in Stratford-upon-Avon, visiting the childhood home of William Shakespeare. Personalize your tour with a choice of excursions in Oxford and see the quintessential sights of London with a local guide. Sleepy villages, grassy slopes, mountainside lakes, and cities built upon layers of history - these are the landscapes of Britain. Your tour includes: 5 handpicked accommodations, 12 meals, local guides, Dinner theater in Stratford-upon-Avon, and much more.



## 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

### 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.

### SANDBAR & GRILLE

Sandbar & Grille is partnering with our Senior Center to raise funds for the SJLSSC Building Fund to assist with increasing expenses. Visit Sandbar & Grille at 2701 Lakeshore Drive, St. Joseph, from September 8th to September 11th, present the SJLSSC fundraising voucher when you place your order, and the Senior Center will receive a percentage of your total bill, less tax and gratuity. See the front page of this issue for more information. We thank you in advance for your support!

### 2ND ANNUAL WALK-A-THON

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 are available 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.

### SUPER BOOKS

Super Books are expected to be here soon. 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!

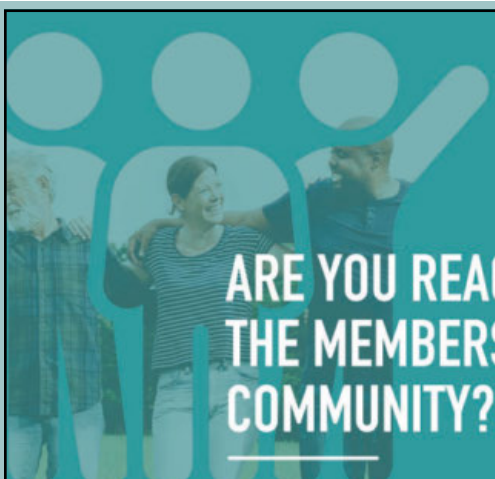
### WALKING TRAIL BRICKS

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.





## ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

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# CENTER NEWS

## 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 through August 15th if you would be interested in joining a fall league. Hope to see you on the lanes!

## INDOOR LAWN GAME FUN!

Looking for a fun way to stay active, but these August temps are just TOO HOT? Get out of the unpredictable weather and head inside for some bag tossing! Due to the popularity of the program, Cornhole will now be available every Friday in the Gym from 2:15-3:45 pm. Enjoy the easy summer lawn game indoors without the worry of extreme temps. Stop by the Center on a Friday afternoon and join in on the fun - no experience or registration is required.

## 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 and 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!



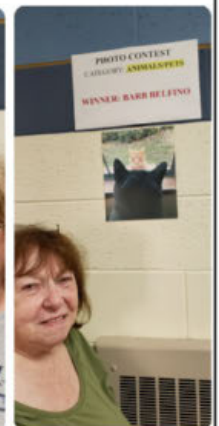
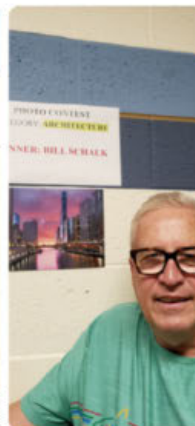
**Our Senior Center has an Abuse Prevention Policy that prohibits any form of violence, abuse or harassment including verbal, sexual or emotional abuse. Copies of the policy are posted at the Center. Please report any incidents to the Executive Director.**

## BABY, IT'S COLD INSIDE!

With warmer temperatures 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.

## TWIN CITY CAMERA CLUB PHOTO CONTEST WINNERS!

With 61 photos submitted for the 2025 Twin City Camera Club Photo Contest, the 78 members who voted had an amazing selection of art to choose from. The winners in the four contest categories were: Mike Doroh - Nature, Bill Schalk - Architecture, Sandra Andert - People, and Barb Belfino - Animals/Pets. Each category was awarded a \$25 prize from the Twin City Camera Club. Thank you to everyone that participated and a huge thank you to the event sponsor, Twin City Camera Club!





## CENTER NEWS

### WILD FLOWER 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 by appointment. This ½ mile trail offers a relaxing atmosphere surrounded by wild flowers that bloom most of the year. If you are interested in scheduling a tour, please call Jill at the Center.



### WALKING TRAIL & FITNESS ZONE

If you haven't been out on the Walking Trail or exercised in the outdoor Fitness Zone lately, please take a walk outside the Center and see all of the beautiful flowers that are in bloom, sit a spell on a bench and take in the surroundings. You could bring lunch and share some time with a group of friends that you haven't seen in a while. This area was made possible by several generous donors so everyone could exercise, enjoy nature, get some fresh air and take a little time out of your life to unwind. Be sure to take a look at the brick pavers by the flag pole and consider purchasing a brick in honor or memory of someone special that has made a difference in your life. The proceeds from the brick sales will continue to make this magnificent area a place for our community to enjoy for years to come.

### 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. Please support this fundraiser by 1) walking the event, 2) giving a donation to a walker, or 3) volunteering to help. Walkers will need to pick up donation envelopes at the front desk. Contact your friends, neighbors and relatives to obtain donations before the event. Envelopes will be returned to a Volunteer the day of the event. If you are interested in volunteering at the Walk-A-Thon, please leave your name and phone number at the front desk and a SJLSSC Fundraising Committee member will contact you. If you are unable to walk, come join in the festivities by cheering on our walkers and enjoying concessions, music and games. Hope to see you there!

### GIFTS FROM FRIENDSHIP GARDEN

Our Volunteers have been hard at work cultivating the beautiful Friendship Garden and are seeing the rewards of their efforts in a harvest of fruits, veggies and herbs. Although the garden is accessible for all members to tour, we do ask that you be respectful of what is grown in Friendship Garden and **please do not help yourself**. Our Friendship Garden Volunteers will harvest the produce and bag the vegetables, which will be available inside the Center.



## Community Recycling Events

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



**Saturday, September 13**

9:00 am-1:00 pm  
Silver Beach County  
Park, 101 Broad Street,  
St. Joseph



**Saturday, October 5**

8 am-12 pm  
Southeast Berrien County  
Landfill Recycle Center,  
3200 Chamberlain Road,  
Buchanan







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# 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! **Registration is required.**

## BEGINNING FLORAL ARRANGING

**Tuesday, August 19th, 10:00 am**

**\$30 per person, payable at sign up**

**NO REFUNDS**

**Make checks payable to Linda Stone**

**DEADLINE TO REGISTER IS  
AUGUST 14th**



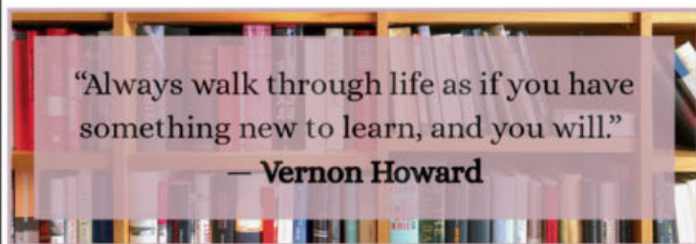
Join florist Linda Stone in the Art Room as she guides students in creating this wonderful summer floral arrangement. Learn basic floral design principles, flower preparation and preparing your containers using floral foam to hold your greenery and flowers in place. Containers and flowers are included in the price of the class. **Students are asked to bring sharp scissors or pruners to cut stems. Space is limited and advance registration is required.**

## STRATEGIES TO REDUCE INFLAMMATION & SUPPORT HEART HEALTH

**Tuesday, August 19th, 10:30 am**



Discover practical techniques to control inflammation using daily nutritional choices. Prevent heart disease and reduce the risk of chronic diseases with healthy food habits. Dr. Jane Oelke, ND PhD from Natural Choices, Inc. will be leading this class. **Registration is required.**



## MOSAIC JEWELRY CLASS

**Thursday, August 21st, 1:00-3:00 pm**

**\$20 per person, payable at sign up**

**NO REFUNDS**

**Make checks payable to Barb Freridge**

Barb Freridge returns to teach you the art of making mosaic jewelry. In this class you will be making a pendant necklace using beads and metals. If you have a tiny piece of keepsake jewelry, feel free to bring it. Beads, bezel and cord will be provided. **Space is limited, so be sure to sign up!**

## DIZZY TO STEADY: MOVING WITH CONFIDENCE

**Tuesday, August 26th, 10:30 am**

This program aims to help improve balance, reduce dizziness and vertigo symptoms, and enhance overall stability by targeting the vestibular system—a key part of the inner ear responsible for maintaining equilibrium. If you are experiencing dizziness, imbalance, vertigo, or are looking to reduce fall risk and move more confidently in daily life, join Hannah Miller, Physical Therapist and Clinic Director at Armor Physical Therapy- St. Joseph as she teaches key techniques and exercises to focus on balance and stability. This class will provide participants with vestibular rehabilitation exercises, including: gaze stabilization, head/eye coordination drills, balance retraining, functional movement practice, and strength & flexibility exercises to support joint stability. **Registration is required for this class.**

## PEACE OF MIND

**Tuesday, September 2nd, 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 Starks Funeral Homes as he discusses pre-arrangements, Veteran's benefits, cremation, burials and more. **Please sign up to attend.**

## COPING WITH GRIEF

**Thursday, September 4th, 1:00 pm**

What is grief and why is it important to mourn? Let's talk about this and all things grief related. Stephanie Kohler-Pagan, the Executive Director at Lory's Place, will join us to share resources and conversation about grief in our community and the grief that lives within us. Whether you have experienced a significant death in your life or care for someone who has, we will work through healthy strategies to support ourselves and others. **Please register in advance.**



# PROGRAMS

## ART CO-OP WORKSHOP

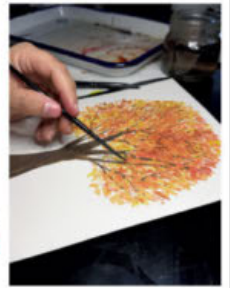
Monday, September 8th, 12:30 pm-3:00 pm

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

Make checks payable to Alexandra Hibshman

**DEADLINE TO REGISTER IS SEPTEMBER 3RD**

Alexandra Hibshman returns for a watercolor workshop! Our subject will be "Autumn Leaves". All materials are provided and students of all skill levels are welcome. **Class size is limited and advance registration is required.**



## ORGANIZED BY DESIGN

Tuesday, September 9th, 10:30 am

Professional Organizer, Becky Martin, returns for another illuminating workshop on the art of home organization. Fall is the perfect time to clean out your home and unclutter your mind. In this comprehensive workshop, you will gain insights into the world of decluttering and organizing. **Space is limited, so please sign up in advance.**

## BRITISH LANDSCAPES - FEATURING ENGLAND, SCOTLAND AND WALES

Tuesday, September 9th, 1:00 pm

Join representatives from Collette Tours at the St. Joseph-Lincoln Senior Service

Center for a British Landscapes Trip presentation and the opportunity to learn more about the upcoming British Landscapes trip (October 2026). An adventure fit for a Shakespearean tale takes you from verdant hillsides to bustling British cities rich with culture. Sleepy villages, grassy slopes, mountainside lakes, and cities built upon layers of history - these are the landscapes of Britain. See the TRIPS page in this issue for more information about this 2026 trip. **Advance registration for this presentation is required.**

**collette**

# AROUND THE CENTER



## SJLSSC ART SHOW

### SPONSORED BY THE ART CO-OP

Thank you to the sixteen talented artists that participated in the 2025 SJLSSC Member Art Show that ran from July 1st through July 15th. With media ranging from pastels to oil, watercolor to acrylics, fabric art to woodwork, ceramics to sculpted glass and clay, the artwork was stunning and appreciated by our entire membership!





# 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.



**National Book Lovers Day is celebrated on August 9th.** It's a day for bibliophiles to celebrate their love of reading and all things related to books. This unofficial holiday encourages people to pick up a book, find a cozy reading spot, and enjoy the world of literature!



# 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).

**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.



Missed the custom leash holder class? Watch the display case by the front desk for unique leash holders or key holders that will be available to buy as a shop fundraiser.



# 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 - 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 &amp; 4th week</small>	2:15 pm - Cornhole <small>NOT SCHEDULED FOR 8/25</small>	
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>• <b>Class descriptions are posted on the bulletin board outside the gym and additional information is available at the front desk.</b></p></div>	1:00 pm - Advanced Pickleball	<div><div><b>BINGO</b></div><div><p>Please do not enter the Gym until the room is set up. Thank you!</p></div><div><div><div>14TH</div><div>\$2 Bingo</div></div><div><div>28TH</div><div>Bingo is free</div></div></div></div>		
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
- Educational Programs
- Fitness Classes
- Foot Clinic
- Friendship Garden (Seasonal)
- Garden Nook
- Golf League (Seasonal)
- Hanes Family Wild Flower Trail
- Healthy Eats - **August hours M-F 11:00 am - 1:00 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 Circuit Training Room & Fitness Zone 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.



### RED APRONS

The volunteers wearing the red aprons are the Wood Shop Hosts. As a Wood Shop Host, they are responsible for helping our members with their personal projects and assuring the Wood Shop is safe for everyone. They also participate in monthly Host meetings, shop clean up days, and assist with our shop fundraisers. When working in or visiting the Wood Shop, say hi to the shop Host and thank them for the work they do to keep the wood shop running!

## WOOD SHOP PROGRAMS

### LATHE TURNING II - SPINDLE CANDLESTICK CLASS

**Monday, August 11th**

**9:00 am-12:00 pm**

**Instructor: Tom Hurst**

*Open to SJLSSC Wood Shop members only*

**\$20 per person, payable at sign-up**

**NO REFUNDS**



Students will learn how to produce a unique candlestick with a faceplate mounted base and between centers turning. The class will cover; preparing wood blanks for consistent shaping, using calipers and reference points to ensure symmetry, turning smooth clean profiles using gouges, parting tool, scrapers and skew chisels, as well as sanding and finishing your candlestick.

**Basic Lathe Turning course completion or proven turning experience is required for this class.** Class size is limited. **Eye protection and advance registration are required.**

### PEN TURNING

**Thursday, August 14th**

**12:00-3:00 pm**

**Instructor: Tom Hurst**

**Open to all SJLSSC members**

**\$25 per person, payable at sign-up**

**NO REFUNDS**



During the pen turning class, students will learn basic woodturning techniques, including tool and lathe safety, how to set up and use a pen mandrel, sizing wood blanks, drilling of the wood blanks for brass tubes to be inserted and applying a finish to your two completed pens. Class size is limited. **Eye protection and advance registration are required.**

### COMING SOON

Here is a little teaser of some of the classes we will be offering in the next few months:

- Bandsaw Scoop Class
- Cedar Bird Feeder Class
- Kumiko Woodworking Class
- Picture Frame Class

We are also planning a couple fundraisers that will be perfect Christmas gifts. More information coming in the September newsletter.





# AUGUST



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 Spanish Rice with Beef and Beans
4 Baked Quiche with Cheese and Broccoli	5 Creamy Beef & Garlic Butter Pasta	6 Egg Salad Sandwich	7 Pork Tenderloin	8 Salmon Patty over Steamed Rice
11 Chicken & Broccoli Alfredo Bake	12 French Dip with Swiss Cheese on a Hoagie	13 Spinach & Mixed Greens Salad with Chicken	14 Buttermilk Pancakes with Blueberry Compote	15 Ratatouille Ground Beef Skillet
18 Stir Fried Rice with Chicken	19 Zucchini Boats with Ground Turkey	20 Tuna Salad Sandwich with Lettuce & Sliced Tomato	21 Meatloaf & Mashed Potatoes	22 BBQ Chicken
25 Salisbury Beef with Mushroom Gravy over Pasta	26 Street Corn Pasta Salad with Chicken	27 Baked Ziti	28 Teriyaki Pineapple Chicken over Rice	29 Pulled Pork on a Bun



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

## HEALTHY EATS: AUGUST HOURS AND MENU SPECIALS!

Looking for a delicious and healthy bite to eat? Visit Healthy Eats presented by Base Bowls & Company. Located in Friendship Hall, **the hours for the month of August will be Mondays-Fridays from 11:00 am-1:00 pm.** In addition to salads and sandwiches, Healthy Eats will also feature Tuna Salad, Egg Salad and Sloppy Joes every day for the month of August, as well as Fruit Smoothies 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 - running through Aug. 31st

**Update for June - 15 people participated - with a total of 1,109.4 miles walked!**

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

Keep it Simple - track your steps/miles and turn them in at the end of each month to the brown box, across from the gym.

**Let's all have fun & be healthy together!**



# THANK YOU DONORS!

## TO EVERYONE WHO BRINGS GOODIES OR SNACKS:

Sandra Kay's, Stevensville Walgreens, Mary Jane Hiler, Amy Reutlinger, Jill Post, Ann McDowell, Dolores Frantz, Claire Gillespie, Lani Agens, Bob Hopkins, Betty Ramsey, Beatrice Davis, Bill & Robyn Graffenius, Janet Smiedendorf, Lisa Hilton, Adolf Pelzer, Sharon Kabel, and Anonymous Donors

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

Crystal Springs (Rob McLaughlin), Betty Ramsey, Lisa Hilton, Wyona Douglas Family, Elsa Elsner, Celina Bevelhymmer, Claire Gillespie, Tim Johnson, Leigh McAnany, Barb Morgan, Becky Beach, Lilliah Nieh, Ann Hunnell, Amy Reutlinger, Jenn Neumann, Jerry B., Kathy Walker, Linda Becker, Don & Fredonna Kempf, Dale Spencer, Linda Steinke, Cathy Dalrymple and Eileen Chapman

## MONETARY CONTRIBUTIONS:

- **Donations to our Transportation Program:** Ruth Betker, Elfie Krebs, Mary Donald, Lynn Hart, Sharon Kabel, Connie Lind, Timothy Hart, and Anonymous Donors
- **Donations to the Building Fund:** Anneliese Keehn, Phay Son, Jim Essig, St. Joseph Township, Cynthia Caruso, John Eaid and Mike Doroh
- **Donation to the Circuit Training Room:** Anonymous
- **Donations to Exercise Programs:** Erika Mauerman and Anonymous Donors
- **Donation to Parkinson's Exercise:** Stan Comstock
- **Donation to Resistive Exercise:** Ruth Betker
- **Donations to the Wood Shop:** Don & Fredonna Kempf, Jennifer Holmes, Norman Peterson, Bob Mann, Judy Grimmert, Glen Peterson, Carl Carlson and Paul Carteaux
- **Donations to the Loan Closet:** Suellen Russell, Brenda Lyons, Linda Cramer, Peg Pinkowski, Medrith Teichert, Jeff Boes and Sandy Laprade
- **Donation to the Library:** Debra Kroening

## ADDITIONAL CONTRIBUTIONS:

- A special thank you to everyone who supported us at the Papa Vino's restaurant fundraiser in June! **We raised \$1,845.14**, which will be placed in our Building Fund to cover our always increasing building costs.

## WISH LIST

Muffins  
Individually-wrapped candy  
Coffee cakes  
Bottled water  
AA batteries  
AAA batteries

## 2025 NATIONAL SENIOR GAMES

The 2025 National Senior Games (formerly known as the "Senior Olympics") will be held in Des Moines, Iowa, from July 24th to August 4th. This event, hosted by the National Senior Games Association (NSGA) brings together over 11,000 participants (WOW!) ages 50 to 100+ to compete in more than 25 sports. The 2025 games will feature sports that many members participate in here at SJLSSC, such as: pickleball, billiards, cornhole and tai chi, as well as events such as disc golf, powerlifting, bowling, swimming, and many more. Athletes must qualify at a State Senior Games in the year before the National Senior Games to participate in most events. This world-class competition celebrates the athletic accomplishments of older adults and inspires people of all ages to be active. Visit [www.nsga.com](http://www.nsga.com) for updates on the 2025 Games, as well as additional NSGA information.





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**AND ALL OF 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

**AUGUST ACTIVITIES**

- 4 Art Co-Op - Offsite 1:00-3:00 pm
- 8 Board Applications Available
- 11 Wood Shop: Spindle Candlestick 9:00 am-12:00 pm
- 12 Virtual Reality Travel Destinations - Arizona 10:30 am
- 13 Book Club 10:00 am
- 14 Board Applications Due
- 14 Wood Shop: Pen Turning 12:00-3:00 pm
- 14 Bingo \$2 1:00 pm
- 15 Cookies & Canvas 12:00-3:00 pm
- 19 Beginning Floral Arranging 10:00 am
- 19 Strategies to Reduce Inflammation & Support Heart Health 10:30 am
- 21 Board Meeting 10:00 am
- 21 Mosaic Pendant Jewelry Class 1:00-3:00 pm
- 25 **ANNIVERSARY CELEBRATION** 10:00 am-2:00 pm  
**NO OTHER CENTER ACTIVITIES TO TAKE PLACE**
- 26 Dizzy to Steady 10:30 am
- 26 Stamp Camp 12:00-3:30 pm
- 27 Newsletter Mailing 8:30 am
- 28 Bingo 1:00 pm



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