

# 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)

# SEPTEMBER 2025

## ELECTION FOR BOARD OF DIRECTORS

We have begun the process of electing new St. Joseph-Lincoln Senior Service Center Board Members to serve a three-year term. Below is the schedule for the remainder of the nominating/election process:

**September 18<sup>th</sup>:** Presentation of the five Nominees to the Board

**September 19<sup>th</sup>:** Candidate interviews

**October 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>:** Early voting - 8:00 am-3:00 pm

**October 9<sup>th</sup>:** Election of Officers - 10:00 am

**October 16<sup>th</sup>:** Board Meeting with Election of Officers - 10:00 am

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

## SJLSSC CELEBRATES 50 YEARS IN OUR COMMUNITY

Since the doors of SJLSSC first opened on August 25, 1975 our Center has been housed in three locations and grown into a place where our members love to be. Thank you to all past and present Board Members, Staff, Volunteers and Donors who have made our Center a wonderful resource for our members, and thank you to all that joined us to celebrate our 50<sup>th</sup> Anniversary. On to the next 50 years in this amazing community!

## DINE OUT FOR SJLSSC FUNDRAISER AT 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. 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. Thank you for your support!



## 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 Center fundraiser by 1) walking the event, 2) giving a donation to a walker, and/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, with proceeds going to support the Center. Hope to see you there!





# AROUND THE CENTER

Notes

From the

Board

## SEPTEMBER

When I was younger, I used to dream of living somewhere other than Michigan...somewhere sunny and warm throughout the year. Now that I'm much older, and hopefully a little wiser, I realize how much I would have missed the changing of the seasons had I done so. I love seeing the first snow, the freshness of the air, the first few nice days of spring, the warmth and laziness of summer and the crispness of the days with the first hint of fall. Each season seems to have its own characteristics which I look forward to with the passing of the previous few months. There's the beginning of the year with its high expectations, good intentions and eight day resolutions and the rebirth of nature that comes with the spring...but for me, my favorite is the fall. There's an old saying that goes "I love Autumn...the season of the year that God seems to have put there just for the beauty of it.". September is a month marking the end of the dog days of summer and the tourist season. The kids and grandkids are back in school and the nights more comfortable. It's a month often more pleasant than June. More importantly, to me, it's also a season of renewal and commitment. A time to improve myself by strengthening my mind, body and spirit. The Senior Center is here for that very purpose.

***There is something so special in the early leaves drifting from the trees – as if we are all to be allowed a chance to peel, to refresh, to start again.***

**RUTH AHMED**

Do you wish to strengthen your mind? Education programs are offered on a variety of different topics monthly. Take a virtual trip to somewhere you've never been. Enjoy an outdoor concert. Enrich yourself with practical information about estate planning, home energy checkups or public benefits available for older adults. Broaden your knowledge about the life and times of historical figures. Learn a new card game.

Do you wish to strengthen your body? The Center offers any number of classes at all different skill and exercise levels to help you do just that. From resistance exercise to cardio drumming to pickleball to Tai Chi, there's a class that's just right for you - or you can be self-directed. While the weather still encourages outdoor activity, consider a number of turns around the Walking Trail or Wildlife Flower Trail and appreciate all the beauty they have to offer, courtesy of our dedicated Volunteers. There's the Cardio Room which allows you to add strength at your own pace.

Do you wish to strengthen your spirit? Challenge yourself to try to do something different. Volunteer! Enjoy some quiet time in our library. Take a new class. Make a new friend. Spend some time at the Center just talking with others over a cup of coffee and learn a little about their life's journey...share a little of yours.

Here at the Center, you are surrounded by knowledgeable Instructors, wonderful Volunteers and a warm and caring Staff. If you are reading this, you hold in your hand the guide to that person you'd like to become. Let's all use this month as the start of the new "ME" we wish to be.



**Timothy Kragt**  
**SJLSSC Board of Directors**

## NATIONAL SENIOR CENTER MONTH

September is National Senior Center Month, a time to celebrate the vital role senior centers play in the lives of older adults and their communities. The theme for 2025 is "Powering Possibilities", emphasizing the dynamic role that Centers play in fostering creativity, connection, purpose, and resilience in later life. More than 10,000 senior centers across the country are leading this charge - flipping the script on aging by creating inclusive, engaging spaces where older adults thrive. From their beginnings in the 1940s, to their recognition in the 1973 Older Americans Act, to today, Senior Centers have continually evolved to meet the changing needs of older adults and their communities.



## CONSISTENT MONTHLY PROGRAMS

### BOOK CLUB

**Wednesday, September 10<sup>th</sup>, 10:00 am**

The featured book for the month of September is *Catch Me If You Can* by Frank W. Abagnale. This semi-autobiographical book is about the criminal exploits allegedly engaged in by Frank Abagnale, alias Frank Williams, Robert Conrad, Frank Adams, and Robert Monjo. Abagnale claims that, as a young man, he cashed \$2.5 million worth of bad checks while impersonating a Pan Am pilot, a doctor, a teacher, and an attorney. Leading the discussion will be Jill McConnell-Wirth.



### COOKIES AND CANVAS

**Friday, September 26<sup>th</sup>, 12:00-3:00 pm**

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

**NO REFUNDS**

**Make checks payable to Roy Hruska**

**DEADLINE TO REGISTER IS SEPTEMBER 24<sup>th</sup>**

The watercolor painting for September is titled "Sea Turtles" 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, September 30<sup>th</sup>, 12:00-3:30 pm**

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

**NO REFUNDS**

**Make checks payable to Caryn McFall**

**DEADLINE TO REGISTER IS SEPTEMBER 26<sup>th</sup>**

Join in the fun and fellowship of Stamp Camp with Caryn McFall. In this class you will receive four pre-designed autumn-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

### SJLSSC TRAINING ROOMS CURRENT HOURS OF OPERATION

**Monday-Friday 9:00 am-3:00 pm**

### USING SJLSSC TRAINING ROOMS EQUIPMENT

Before using the Cardio, Circuit Training, and Free Weight room equipment, ALL SJLSSC members are required to sign a Circuit Training Room Waiver AND attend a free, scheduled 30-minute orientation with a trainer to learn how to safely and effectively utilize the equipment. Members must stop by the Training Rooms IN PERSON during Training Rooms hours of operation to schedule an orientation. Please check in at one of the hallway monitors before your initial appointment and each time you use any of these rooms.



### TRAINING ROOM EQUIPMENT VIDEOS

Visit the St. Joseph Lincoln Senior Center YouTube page to see the "Introduction of 2025 New Machines" videos, featuring SJLSSC instructor Rocco Pavese. These videos focus on the proper use of each new piece of Circuit Training Room equipment in the Matrix Strength Training System. The short videos are intended as an introduction to the equipment in addition to the required in-person, scheduled orientation.



### CIRCUIT TRAINING ROOM EQUIPMENT

Make toning and building major leg muscles more comfortable and efficient with the Versa Seated Leg Curl. It offers a full range of motion for leg extensions and hamstring curls, plus an angled seat and optimized pivot point to encourage full hamstring contraction. The comfort-enhancing thigh pad, back pad and tibia pad are all easily adjustable from a seated position. 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.





# 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
- Handymen or Handywomen
- Light Ironing
- Newsletter Mailing
- **Photographer** (for Center events/activities)
- Transportation Drivers
- Wood Shop Hosts

Ready to volunteer at SJLSSC? Talk to Jill, our Volunteer Coordinator, to find the perfect fit for you!



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



In the month of July,  
SJLSSC Volunteers  
donated **1,598 Volunteer  
hours** to the Center!



**Thank you to all of our amazing  
Volunteers for your generosity  
and support!**

### DID YOU KNOW?

## IMPORTANT INFORMATION FOR VOLUNTEERS!

When entering the building to work as a Volunteer, it is essential that you sign in at the monitors the correct way, in order to be checked into the building, as well as have your volunteer time recorded. As a non-profit, this information is vital to our Center when applying for grants or when gathering other operational-based statistics.

Please follow this three-step process when signing in at the monitors to volunteer:

- **STEP 1:** After scanning your key fob, or signing in with your phone number, the Activity Screen will appear. Please scroll to and touch the Volunteering button (with the orange "VOLUNTEER" icon next to it).
- **STEP 2:** On the left-hand side of your screen, touch the Volunteer tab (with the clock hands and circle arrow). You will then be able to enter your volunteer time.
- **STEP 3:** Touch the Finish button on the bottom right-hand corner of the screen.





# TRIPS

## PLANNING TRIPS FOR 2026

It's that time of year again where we ask for feedback from our members on future trips. Do you have a great idea for a group trip or tour? We would love to hear from you! Stop by the Center to complete a 2026 Trip Suggestion form located near the trip bulletin board, or email your ideas to Jamie at [coordinator@sjlsc.org](mailto:coordinator@sjlsc.org). Please keep in mind that we prefer to keep day trips at a maximum of three hours away to minimize travel time and allow travelers more time to enjoy the destination. Suggestions will be compiled into a list for member voting later this year. The deadline to return 2026 Trip Suggestion forms is Friday, October 3<sup>rd</sup>.

## 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.

- **CALIFORNIA DREAMIN'** - SEPTEMBER 19TH
- **MEIJER GARDENS** - DECEMBER 9TH

## 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
- **ALL trip cancellations or replacements must be managed by the Senior Center staff, not by travelers**
- **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



## 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 SJLSSC 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.



## DONTATION 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

### 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 8<sup>th</sup> to September 11<sup>th</sup>, 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 March 2026, will be available in June 2026. Order forms can be emailed, mailed, or picked up at the front desk.

**Giving is not just about making a donation.**

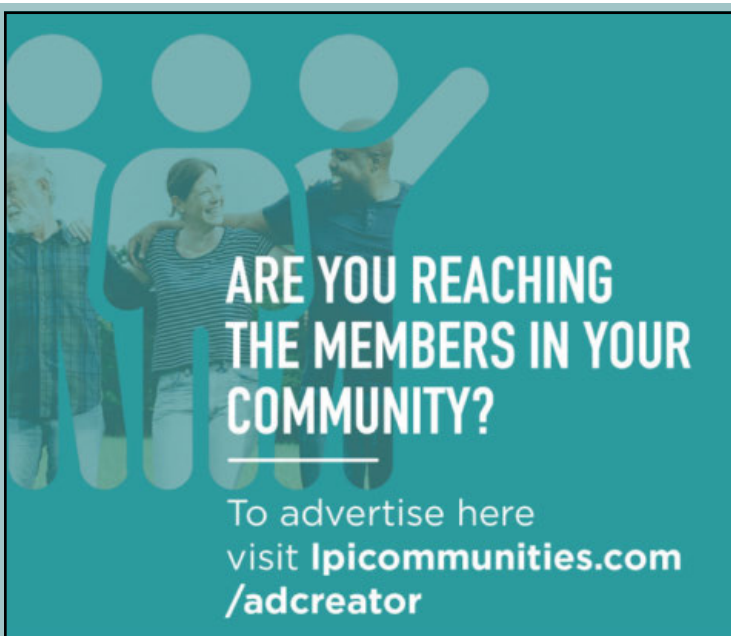
**It is about making a difference.**

—Kathy Calvin

## 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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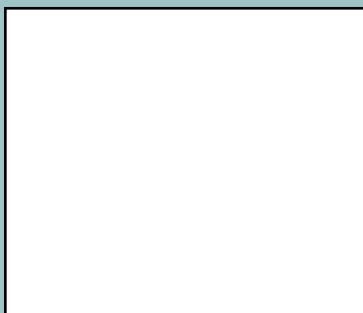


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# CENTER NEWS

## 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. 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 contact Jill at the Center.



## IT'S HARVEST SEASON

Our Volunteers have been hard at work cultivating the beautiful Friendship Garden and are seeing the rewards of their efforts in a bountiful 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.

## 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 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.**

## ENJOY THE GAME ROOM!

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

## RAKE A DIFFERENCE

Rake a Difference is a United Way volunteer event where community members help senior citizens with yard work, specifically raking yards for those who are physically unable to perform yard work or cannot afford to hire help. Eligible seniors must be 60 or older, reside in Berrien, Cass or Van Buren County, physically unable to perform yard work and unable to afford to pay for the services. Rake a Difference 2025 will take place on Thursday, November 13<sup>th</sup> - come rain, snow or shine. Seniors must register by calling the United Way starting Tuesday, September 2nd. Reservations will be filled on a first come, first served basis and spots do fill quickly. **Please call 269-932-3554 Monday through Thursday from 9:00 am-4:00 pm, and Friday from 9:00 am-12:00 pm to register.**



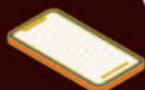


# CENTER NEWS

**IMPORTANT REMINDER:** Please remember to sign in at the monitors when you are enjoying our wonderful outdoor resources (Walking Trail, Wild Flower Trail or Fitness Zone). When using the outdoor areas after-hours, please check into those areas on your next visit in the Center. Check-in monitors are conveniently located at our main three entrances. As a non-profit organization, these participation statistics are a vital resource for grant writing and future planning at the Center.

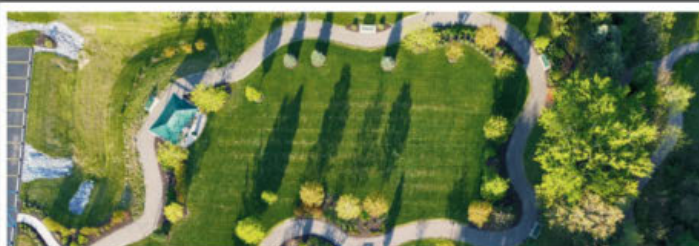
St. Joseph-Lincoln Senior Service Center

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 members to **please avoid using your speaker phone while in the Center**. Whether it be for video watching or private conversation, using the speaker phone can be disturbing to other members as well as Center staff.



## DID YOU KNOW?

In the month of July the St. Joseph-Lincoln Senior Service Center had, on average, **381** members check into the Center **PER DAY!**



### 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, or make time to enjoy lunch under the pavilion 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 surrounding the flag poles 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.

## 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

## PEACE OF MIND

**Tuesday, September 2<sup>nd</sup>, 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 register in advance for this program.**



## COPING WITH GRIEF

**Thursday, September 4<sup>th</sup>, 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 for this program.**



## ART CO-OP WORKSHOP

**Monday, September 8<sup>th</sup>**

**12:30 pm-3:00 pm**

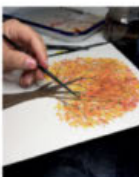
**\$30 per person, payable at sign-up.**

**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 9<sup>th</sup>, 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 9<sup>th</sup>, 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 is required.**

## DIGITAL SKILLS: INTRODUCTION TO SOCIAL MEDIA

**Wednesday, September 17<sup>th</sup>, 10:00 am**

Discover the digital world to connect with old friends and loved ones, or explore new hobbies and interests online. Join Brian Johnston, Lincoln Township Public Library Adult Services Librarian as he discusses what social media is, how it differs from other types of websites and apps, the most frequently used social media platforms - including what they do and who they are intended for, and some general guidelines for senior citizens looking to confidently and safely navigate the digital world. **Advance registration is required.**

## THE GUT-BRAIN CONNECTION

**Thursday, September 18<sup>th</sup>, 1:00 pm**

Discover how your digestion affects your mental health. Learn ways to balance your digestion to help improve anxiety and brain health. Dr. Jane Oelke, ND PhD from Natural Choices, Inc. will be leading this class. **Please sign up to attend.**



## BOOK TALK: THE LOST MESSAGE

**Monday, September 22<sup>nd</sup>, 1:30 pm**

Join author Gil Herman as he presents a book talk on The Lost Message, a story about an IT professional who's an expert in AI, a young woman hiding out as a bag lady, and a pigeon. Together they are on a mission to spread a message of great importance to humanity and the planet. Gil will read from the book and talk about some of the stories behind the stories. Copies of the book and other related merchandise will be available for purchase. **Please sign up to attend.**





# PROGRAMS

## GAMBLING & OLDER ADULTS

**Tuesday, September 23<sup>rd</sup>, 10:30 am**

With the legalization of online gambling and sports betting, gambling has become one of the most prevalent forms of entertainment for all populations. Join Lilly Smithson, Gambling Disorder Prevention Specialist at Southwest Michigan Behavioral Health as she discusses how gambling works in the state of Michigan, how it is affecting our communities, how to identify signs of disorder gambling, as well as resources and additional information on gambling. **Please sign up to attend.**

## MATTER OF BALANCE

**Tuesdays, September 23<sup>rd</sup> - November 11<sup>th</sup>  
(eight weeks)**

**1:00 pm-3:00 pm**

**Workbook fee \$20 (scholarship is available, if needed)**

Do you have concerns about falling? Are you interested in improving balance, flexibility and strength? Matter of Balance (MoB) is specifically designed to reduce the fear of falling and improve activity levels among older adults. Offered through the Area Agency on Aging, this program includes eight, two-hour classes presented to a small group led by trained coaches. MoB enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance. **Students will register to attend all eight sessions. Class size is limited, so sign up soon.**

## CORNERSTONE CAREGIVING BINGO SPONSOR

**Thursday, September 25<sup>th</sup>, 12:00 pm**

Cornerstone Caregiving will sponsor Bingo and provide a free lunch only for Senior Center members playing Bingo. Lunch will consist of a turkey sandwich, chips and lemonade and will be served at 12:00 pm, followed by a short presentation by Cornerstone Caregiving staff. Learn more about how Cornerstone Caregiving offers personalized, in-home care service plans tailored to meet their clients needs. Bingo will start at 1:00 pm. **Space is limited, all attendees must sign up by Thursday, September 18<sup>th</sup>.**



## ANNE'S REAL ESTATE ROUND TABLE

**Thursday, October 2<sup>nd</sup>, 1:00 pm**

Join Anne's Real Estate Round Table guest speaker Lori Thompson, attorney with Passaro, Khan, Taylor, DeFrancesco & Thompson Law Offices, P.L.L.C., for answers to real estate legal questions, such as: How to hold title so my property will avoid probate? What are the pros and cons of a Lady Bird Deed? Will the way I title my property affect Medicaid? Mark your calendar for this relevant event regarding planning your real estate. **Please sign up to attend.**

## ART CO-OP WORKSHOP

**Monday, October 6<sup>th</sup>**

**12:30 pm-3:00 pm**

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

**NO REFUNDS.**

**Make checks payable to Matt Payovich**

**DEADLINE TO REGISTER IS OCTOBER 1ST**

Join artist Matt Payovich in a pastel chalk workshop, where he will demonstrate composition tips and techniques, as well as assist students in producing their own artwork. Bring an inspiration photo or use photo samples available in the classroom. All materials will be provided. **Class size is limited and advance registration is required.**



## GENEALOGY 2: TRUTH IN GENEALOGY

**Thursdays, October 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>**

**1:00 pm-3:00 pm**

Join Aloma Custer for this 4-class series where she will discuss genealogical sources, documentation, facts, and fiction. By the end of this course participants will be able to: identify different types of genealogical sources and evaluate their reliability; properly document findings with accurate and consistent citations; distinguish between verified facts and family myths or unproven stories; and, apply critical thinking to genealogical research to prevent the perpetuation of errors. **This class is a continuation of the Beginning Genealogy class and genealogy research experience is required. Students are asked to bring their own laptop, if possible. Please plan on attending ALL classes when you sign up as consecutive lessons will be taught each week. Class size is limited and registration is required.**





# 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.



IMPORTANT INFORMATION

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.**

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!

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

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

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

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

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.



Labor Day, celebrated on the first Monday of September, is a federal holiday in the United States and Canada, honoring the contributions and achievements of the labor movement. The first Labor Day celebration took place in New York City in 1882.



# 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.

Be sure and check the "Community Resource Center" bookcases located in the SJLSSC Game Room for 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 audio books, current magazines & DVDs. 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).

**REMINDER**  
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.



The Wood Shop cutting boards make great holiday gifts or a treat for yourself. There will be a couple of different designs offered this year, as well as a personalized engraving option for an additional fee. Watch the display case by the front desk for samples and pricing details. Orders will begin being taken in October, just in time for holiday shopping!



# RECURRING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9:00 am - Resistive Exercise NO CLASS 9/8	9:00 am - Resistive Exercise NO CLASS 9/9	9:00 am - Resistive Exercise NO CLASS 9/10	9:00 am - Resistive Exercise NO CLASS 9/11	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 NO CLASS 9/5 & 9/12	
10:00 am - Calisthenics NO CLASS 9/8 & 9/29	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 1st and 3rd week	12:00 pm - Parkinson's Exercise NO CLASS 9/12 REGISTRATION REQUIRED	
11:00 am - Balance Class NO CLASS 9/8 & 9/29	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 NO CLASS 9/2 & 9/9	12:00 pm - Parkinson's Exercise NO CLASS 9/10 REGISTRATION REQUIRED	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 2nd & 4th week	2:15 pm - Cornhole	
1:00 pm - Art Co-Op See bulletin board for weekly topic	2:00 pm - Beginner Ukulele NO CLASS 9/2 & 9/9	1:00 pm - Mah Jongg	2:00 pm - Intermediate Pickleball 1st and 3rd week		
1:15 pm - Beginning Line Dancing	<div>Class descriptions are posted on the bulletin board outside the gym and additional information is available at the front desk.</div>	1:00 pm - Advanced Pickleball	<div><div>SEPTEMBER BINGO</div><div>Please do not enter the Gym until the room is set up. Thank you!</div><div>11</div><div>\$2 Bingo</div><div>25</div><div>Bingo is free. Cornerstone Caregiving sponsored lunch at noon. Please sign up by Sept. 18<sup>th</sup> to attend.</div></div>		
1:30 pm - Choir Class		1:00 pm - Stitch & Chat			
1:45 pm - Intermediate Line Dancing		2:30 pm - Intermediate Pickleball			

## 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 - **Sept. 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

Tuesday-Friday 9:00 am-3:00 pm

**CLOSED MONDAYS THROUGH 11/3**

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.

## SEGMENTED BOWL MENTORSHIP



The Segmented Bowl Mentorship Program is open to all members of the Wood Shop who have the necessary skills to operate the table saw with sled, planer, joiner and sander PLUS have completed the Basic Lathe Turning class and have proven turning skills. Students will learn to make a segmented bowl that is tapered ~ 5" at bottom, 7" at top, 4.5" height. Interested participants will need to be verified as having met the necessary skill set to attend. Please visit the front desk to obtain information on the verification process. Once skills have been verified, a minimum donation of \$50.00 to the Wood Shop will need to be made prior to the first mentoring session. The number of students for this program is limited. Additional details are available on the white board outside of the Wood Shop.

## WOOD SHOP PROGRAMS

### BAND SAW SCOOP

Wednesday, September 10<sup>th</sup>

12:00 pm-3:00 pm

Instructor: Tom McDonough

Open to SJLSSC Wood Shop members only

\$20 per person, payable at sign-up

**NO REFUNDS**

In this hands-on class students will get an overview of how to make a scoop using only the bandsaw. This class begins with a short orientation and process overview before moving into the shop to complete a functional Bandsaw Scoop. All tools, equipment and a wooden blank are provided to complete the project. Eye and hearing protection are required. Class size is limited. **Registration is required.**



### BASIC LATHE TURNING

Wednesday, September 17<sup>th</sup>

OR Wednesday, September 24<sup>th</sup>

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. Learn how to turn a square piece of wood into a perfect cylinder, how to turn basic shapes; beads (convex), coves (concave) and straight lines. This class is a prerequisite for upcoming turning classes. Class size is limited. **Eye protection and class registration are required.**



### CEDAR BIRD FEEDER

Tuesday, September 23<sup>rd</sup>

9:00 am-12:00 pm

Instructor: Bob Mann

Open to all SJLSSC members

\$25 per person, payable at sign-up

**NO REFUNDS**

Winter is fast approaching and with it brings a season where food is sparse for our backyard birds, but we have a way you can support them! Once again the SJLSSC Wood Shop is offering a classy bird feeder project made entirely from cedar, a proven wood that stands up to Michigan winters. Some power tool knowledge is beneficial. All materials needed to complete this project are included. Class size is limited. Registration is required.





**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
<b>1 CENTER CLOSED</b>	<b>2</b> Chicken & Broccoli Alfredo Bake	<b>3</b> Taco Salad w/Ground Beef	<b>4</b> Stir Fried Rice w/ Chicken	<b>5</b> Stuffed Green Peppers
<b>8</b> Sweet Potato Breakfast Casserole	<b>9</b> Pork Tenderloin w/Pear & Thyme Mashed Potatoes	<b>10</b> Tuna Casserole	<b>11</b> Cheese Tortellini	<b>12</b> Parmesan Crusted Chicken w/Creamy Garlic Sauce over Pasta
<b>15</b> Cheesy Spinach Chicken Casserole	<b>16 CENTER CLOSED</b>	<b>17</b> Egg Roll in a Bowl over Rice	<b>18</b> Creamy Beef & Garlic Butter Pasta	<b>19</b> Zucchini Boats w/Ground Turkey
<b>22</b> Meatloaf & Diced Butternut Squash	<b>23</b> Zucchini Lasagna w/Ground Chicken	<b>24</b> Fall Cobb Salad w/Chickpeas, Apple, Squash & Vinaigrette	<b>25</b> Pulled Pork on a Bun	<b>26 SENIOR NUTRITION CLOSED - CENTER OPEN</b>
<b>29</b> Cheeseburger Mushroom Casserole	<b>30</b> Baked Chicken w/Mashed Potatoes			



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

## VISIT HEALTHY EATS!

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 September will be Monday-Friday from 11:00 am-1:00 pm. Healthy Eats offers a delicious variety of salads and sandwiches to SJLSSC members. 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

We had amazing participation in 2025 Lively Steppers, the SJLSSC walking program that ran from June 1st through Aug. 31st.

**For the month of July,  
16 members participated with a  
total of 1425 miles walked.**

There has been an incredible total of 2534 miles walked between June 1st and July 31st! Be watching the September newsletter for 2025 Lively Steppers program totals.



# THANK YOU DONORS!

## TO EVERYONE WHO BRINGS GOODIES OR SNACKS:

Sandra Kay's, Walgreens, Amy Reutlinger, Sharon Kabel, Lisa Hilton, Ann Stedman, Deb Muhlhauser, Shelley Wheeler, Rita Fronczak, Janet Smiedendorf, Don & Fredonna Kempf, Adolf Pelzer, Gabe Krajecki, Dolores Frantz, Dale Spencer, Pat Coons, Jana Baldwin, Charles Bevelhymer, Pam Duffy, Millie Carney, Cheryl Ryno, Tim Kragt, Barb Powell, Ann McDowell, Phyllis Herod, Ken Hoffman, Frank Alsup, and Elsa Mensinger

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

Mike Desmet, Betty Ramsey, Gerhild Ulrich, Randy Kaeding Judy Stelter, Chris Wright, Vicky Wagner, Bob Cade, Elsa Elsner, Iris Garrison, Shirley Cole, and Celina Bevelhymer

## MONETARY CONTRIBUTIONS:

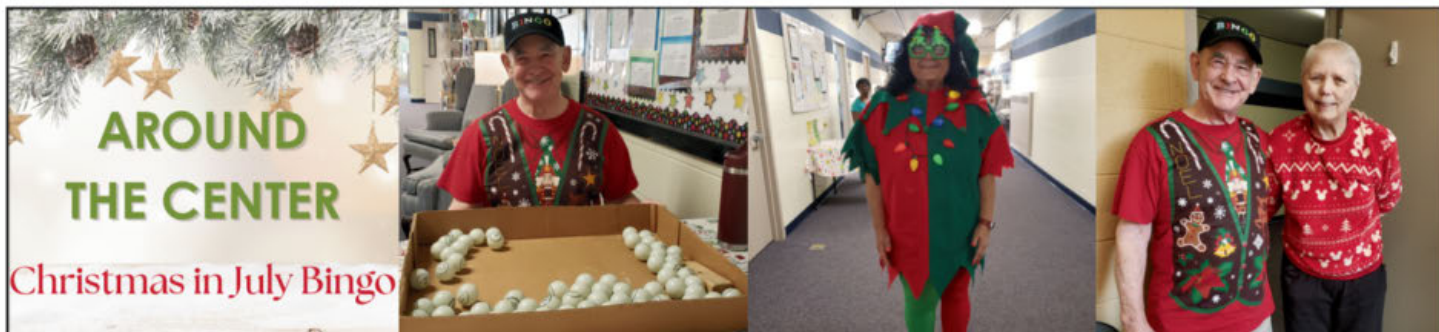
- **Donations to our Transportation Program:** Bob & Janet Hahn, Marilyn Mallonee, Kathy Garbarino, Elfie Krebs, and Ruth Betker
- **Donations to the Building Fund:** Celina Bevelhymer, Kay Cashner, Margaret O' Neill, and Gloria Winn
- **Donation to the Circuit Training Room:** Jackie Brenneke
- **Donations to Exercise Classes:** Ruth Betker and Anonymous Donors
- **Donation to the 50th Anniversary Open House:** Mary Sundblad
- **Donation to the Brick Fundraiser:** June Starke
- **Donation to the Wood Shop:** Erika Mauerman
- **Donations to the Loan Closet:** Roger Shupert, Shirley Matthias, Sue Barricklow, Evy Reczek, Gaylann Ball, Heather Catania, Ronald Pape, Sandy Hemerling, Patricia Caicedo, Sandy Robards, and Phil Williamson
- **Donation to the Wild Flower Trail:** Amy Reutlinger
- **Donated Thrivent Choice Dollars:** Gloria Hopkins

## ADDITIONAL CONTRIBUTIONS:

- A very special thank you to **Ken Baker** for the very large donation of wood and wood veneer for our Center's Wood Shop.
- A very special thank you to **The Nulty Agency** for sponsoring our 2nd Annual Walk-A-Thon.

## WISH LIST

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





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<b>Receptionist</b>	Chriss Lyon
<b>Building Custodian</b>	Tai Huynh
<b>Sr. Nutrition Manager</b>	Bill Schiffbauer

**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

**SEPTEMBER ACTIVITIES**

- 1 LABOR DAY - CENTER IS CLOSED**
- 2 Peace of Mind** 10:30 am
- 3 Walk-A-Thon** 10:00 am-2:00 pm
- 4 Coping with Grief** 1:00 pm
- 8 Art Co-Op** 12:30-3:00 pm
- 9 Organized by Design** 10:30 am
- 9 International Trip Presentation** 1:00 pm
- 10 Book Club** 10:00 am
- 10 Wood Shop: Bandsaw Scoop** 12:00-3:00 pm
- 11 Bingo \$2** 1:00 pm
- 16 STAFF IN-SERVICE DAY - CENTER IS CLOSED**
- 17 Wood Shop: Basic Lathe Turning** 9:00 am-12:00 pm
- 17 Digital Skills - Intro to Social Media** 10:00 am
- 18 The Gut-Brain Connection** 1:00 pm
- 22 Book Talk - The Lost Message** 1:30 pm
- 23 Gambling & Older Adults** 10:30 am
- 23 Wood Shop: Cedar Bird Feeder** 9:00 am-12:00 pm
- 23 Matter of Balance** 1:00-3:00 pm
- 24 Newsletter Mailing** 8:30 am
- 24 Wood Shop: Basic Lathe Turning** 9:00 am-12:00 pm
- 25 Lunch/Bingo** 12:00 pm
- 26 Cookies & Canvas** 12:00-3:00 pm
- 30 Stamp Camp** 12:00-3:30 pm



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