

THE ANCHOR NEWS



ST. JOSEPH-LINCOLN SENIOR SERVICE CENTER

3271 Lincoln Avenue
St. Joseph, MI 49085

HOURS OF OPERATION

Monday thru Friday, 8 AM to 4 PM

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

CONTACT INFORMATION

(269) 429-7768

director@sjlsc.org
www.sjlsc.org



December 2025

HOLIDAY SHOPPING AT THE CENTER

Forget the crowded malls and generic department stores, this season do your shopping at the Senior Center! Browse an incredible selection including handmade cards, cozy quilts and lap blankets, beautiful cutting boards, wooden coasters, unique bracelets, adorable doll clothes, and so much more. The holidays are a perfect time for giving thoughtful, personalized gifts that truly show you care.

UPCOMING CLOSURES

THE SENIOR CENTER WILL BE
CLOSED ON DECEMBER 5TH FOR THE
ANNUAL CHRISTMAS PARTY, AND ON
DECEMBER 24TH, 25TH & 31ST.

RETURNING IN 2026! RAISED PLANTERS & POTTING BENCHES



Get ready to upgrade your garden or your next outdoor party! The skilled hands in our Wood Shop are thrilled to announce the return of two seasonal favorites in 2026: beautifully crafted raised planters and our adaptable potting benches/beverage centers. Available in two sizes, all items will be available with casters for an additional fee. Watch upcoming newsletters for more information.



WARM HOLIDAY WISHES



As the year comes to a close, we want to wish all of our wonderful members a truly joyful and peaceful holiday season. It has been an absolute pleasure spending time with you all this year, whether during our activities, events, or simply enjoying a chat. Your energy, enthusiasm, and camaraderie make the Senior Center such a warm and vibrant place to be. The Board and Staff deeply appreciate your participation and the lasting friendships formed within our community. We look forward to creating many more wonderful memories together in the New Year!

AROUND THE CENTER

Notes

From the

Board

A big thank you to all who voted this year for our Board of Directors' election that was held October 6th-October 9th. We had a record number of 256 voters cast their ballots this year. I also want to thank those members who volunteered their time to work the election.

We said goodbye with gratitude to Tim Kragt who has been on the Board for nine years. Thank you, Tim, for your dedication to the Board of Directors and to the members of our Senior Center. Your compassion and wealth of ideas will be missed. We welcomed back Pauline Fox and also the incumbents Celina Bevelhimer, Bob Hopkins and Ted Post. Congrats to all!

Just as a reminder to all members of the Senior Center, you are welcome to come to any Board Meeting that we have. Our meetings are on the third Thursday of each month at 10:00 am in the Board Room which is down by the Wood Shop. We would love to have you as a guest as it will give you a chance not only to listen to what we discuss, but to get to know the Board members better.

We began this month especially thinking about all that we are thankful for with Thanksgiving and Christmas approaching. It will be a busy time for many. But there are also those who do not have family or anywhere to go on these holidays. Life changes as you age, we lose family members, kids grow up and move away or are involved with their own lives and loneliness sets in for a lot of people around the holidays. But we can change that! Please make an effort around the holidays to ask friends and acquaintances at the Senior Center, or in your everyday life, if they have plans. If not, maybe they would enjoy joining the Senior Center if they are not a member, to make some new friends. If they are a member or not,

inviting them to a special event or a meal with you would be a special part of their holiday festivities.

We are incredibly thankful to our employees at the Senior Center. Have you taken the time to welcome Deb Burkhard, our new Staff Associate? I am sure she would appreciate your words of welcome to our center.

DATES TO REMEMBER:

- The Center is closed on Thanksgiving and the day after Thanksgiving.
- December 5th - Annual Christmas Party, Gym doors open at 10:30. Please check the November newsletter for more information. Make sure you sign up at the front desk. It is always a fun party!

It is a rarity to be involved in an organization where you always feel welcome and there is so much to offer. I have reacquainted with friends that I have not seen in years. What a joy that is!! Here are some fun tips for Christmas (taken from *The Little Book of Christmas Joys*):

- Don't count calories from December 15th through January 2nd
- Take a basket of Christmas goodies to a notoriously grumpy neighbor
- Adopt a needy family for the holidays. Let members of your family buy a present for the person closest to their own age
- Hang a favorite Christmas tree ornament from your car's rearview mirror
- Take a basket of Christmas goodies to your local fire and police stations

**HAPPY THANKSGIVING AND
HAVE A BLESSED CHRISTMAS!**

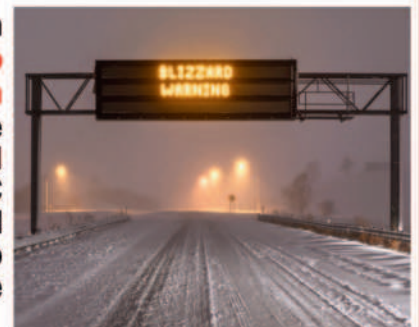


Cheryl Ryno

**Cheryl Ryno
SJLSSC Board of Directors**

WEATHER REMINDERS

Please keep in mind during inclement weather to check local television stations for SJLSSC closure listings. **A good rule of thumb to remember is that our Center always closes when St. Joseph Public Schools are closed.** When in doubt, call the Center before venturing out - if you reach the answering machine during normal business hours, the Center is closed. If you are using SJLSSC transportation during winter-weather conditions, please be patient and remember that safety is our first priority. It's critical that riders keep driveways clear of snow and ice, as we will be unable to provide transportation if we cannot get into your driveway.



CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, December 10th, 10:00 am

The SJLSSC Book Club is trading their December book for holiday cheer and celebrating the season with a festive Holiday Party! Book Club members are invited to join the festive celebration.



COOKIES AND CANVAS

Friday, December 19th, 12:00-3:00 pm

\$20 per person, payable at sign up

NO REFUNDS

Make checks payable to Roy Hruska

DEADLINE TO REGISTER IS DECEMBER 17th

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



STAMP CAMP

Please note that Stamp Camp will be taking the month of December off for the holiday season. Please check the January issue of *The Anchor News* for information on the January session. We look forward to seeing everyone refreshed in the new year! Happy Holidays!

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 EXERCISE ROOMS

HOURS OF OPERATION

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

USING SJLSSC EXERCISE ROOMS EQUIPMENT

Before using the Exercise 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 Exercise Room IN PERSON during Exercise Room 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.



CIRCUIT TRAINING ROOM EQUIPMENT

The versatile design of the Versa Leg Press / Calf Press makes building and toning major leg muscles more efficient and comfortable than ever. A low step-over height and an assistance handle offer easy access for virtually anyone. One-handed adjustments make getting started quick, while an air-shock assisted foot platform makes every adjustment smooth. Additionally, the footplate includes unique visual indicators to help optimize foot placement.



Silver Tones Choir Holiday Events

Add some cheer to your holiday season by enjoying the SJLSSC Silver Tones Choir!

Holiday Concert @ SJLSSC

Monday, December 8th @ 2:00 pm

Open to all SJLSSC members. Please register in advance at the front desk. See page 13 for more information.

Salvation Army Bell Ringers

Friday, December 12th from 2:00-4:00 pm

The choir will be singing and volunteering as Salvation Army Bell Ringers at Martin's in St. Joseph. Stop by and hear their beautiful Christmas Carols.

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 Committee Members**
- Handymen or Handywomen
- Light Ironing
- Newsletter Mailing support
- **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!



FEATURED VOLUNTEER ROLE: CENTER TRANSPORTATION DRIVER



Are you looking for a fulfilling way to give back to your community and stay connected? The Senior Center is in need of friendly, reliable volunteers to join our transportation team! Many of our members face challenges getting to essential appointments or Senior Center programs due to mobility issues, not having a vehicle, or no longer driving themselves. As a volunteer driver, you provide a vital service that helps them maintain their independence and quality of life. If you are a conscientious driver and enjoy helping people, please contact our Volunteer Coordinator, Jill, for more information.



BACKGROUND CHECKS ARE PERFORMED ON ALL VOLUNTEERS TO ENSURE THE SAFETY OF OUR MEMBERS AND FOR THE CREDIBILITY OF OUR CENTER.

DID YOU KNOW? WINTER SOLSTICE

Occurring this year on Sunday, December 21st, the winter solstice is the shortest day and longest night of the year in the Northern Hemisphere. It happens because the Earth's axis is tilted, causing one hemisphere to be tilted farthest away from the sun. While it's the day with the least amount of sunlight, it also marks the point (10:03 am this year) after which daylight hours will begin to increase again.

Ancient civilizations viewed the winter solstice as a time of the symbolic death and rebirth of the sun, marking the turning point from which days would begin to lengthen again. It was a significant event with religious, agricultural, and community importance, celebrated with rituals, festivals, and feasts across cultures.

The winter solstice is a perfect time to embrace rest and reflection, celebrating the return of light and new beginnings after the longest night, and finding joy in quiet, simple things. It's seen as a time for renewal, setting goals and intentions for the future, and appreciating the natural cycle of life.



TRIPS

TRIP POLICIES

SJLSSC has updated our Trip Policies, which can be found in the November issue of *The Anchor News*, on our website, as well as posted on the trip board in the Center. All SJLSSC trip participants acknowledge and agree to adhere to all trip policies and procedures.

VOTE FOR YOUR FAVORITE 2026 TRIP SUGGESTIONS!

Voting for potential 2026 day and overnight trips will continue through Wednesday, November 26th. **Review the complete list of suggested trips in the November issue of the newsletter, and visit the bulletin board across from the Gym to vote. Each member may cast multiple votes, provided that no member votes for the same trip more than once.** We will use the trips with the most votes to plan the 2026 trip schedules. Check the January issue of *The Anchor News* for 2026 trip updates.

BRITISH LANDSCAPES FEATURING ENGLAND, SCOTLAND AND WALES

October 18-27, 2026

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

All registration for this trip will be through Collette Tours.

Please contact Carol Olson at 269-982-0901 for more information.

Trip Waitlists

Signing up for a trip waitlist offers an opportunity to secure a spot if a cancellation occurs. If you are interested in a trip that is full, we HIGHLY recommend joining the waitlist.

MEIJER GARDENS: December 9TH

THE LION KING BROADWAY

MUSICAL: April 25TH

POTENTIAL PROGRAM INTEREST LISTS

SJLSSC is exploring the possibility of expanding our program schedule in 2026 to include some wonderful potential new programs. **If you are interested in any of the potential programs listed below, please visit the front desk to add your name to the interest list for that program.** Your feedback is crucial and makes a difference in helping us determine which programs to move forward with.

CAREGIVER SUPPORT GROUP

Led by a licensed mental health counselor, a Caregiver Support Group would offer a safe and confidential space to connect with others facing similar challenges. SJLSSC Members - spouses, adult children, family members, or friends of individuals with chronic conditions like Alzheimer's, dementia, or Parkinson's - can share experiences, exchange practical advice, and find mutual support in an environment designed to help navigate the demands of caregiving. **Interest list available at the front desk.**

COOKING CLASSES

Whether you're looking for an introduction to culinary basics, seeking practical tips for cooking delicious meals for one, or hoping to master more advanced techniques, we want to hear from you. Help us tailor the perfect menu of classes. **Please stop by the front desk to fill out a brief feedback form and let us know what appeals to your palate.**

FRENCH FOR BEGINNERS

This program, taught by a former teacher of French language, literature and poetry, would meet weekly and would start with the basics of learning to speak French as a second language. The class would be modified to meet the needs and goals of students - from those learning for fun, to those that have an upcoming trip planned to a French-speaking area. **Interest list available at the front desk.**

SJLSSC DANCE

Kick up your heels! SJLSSC is exploring holding a member dance with a live band playing the music you grew up with. There's nothing quite like dancing to live music—whether it's big band favorites from the '40s, rock and roll from the '50s and '60s, or some classic country tunes. Not only is dancing a fantastic form of exercise that helps with balance, strength, and flexibility, but it's also a great social event that helps fight off loneliness and provides a real sense of belonging within our community. **Interest list available at the front desk.**

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

ANNUAL BAKELESS BAKE SALE

You don't need an oven or an apron to participate in the SJLSSC Annual Bakeless Bake Sale! The concept is simple: instead of providing a physical dessert, supporters are asked to make a financial gift of any size to support SJLSSC. **Donations can be mailed or dropped at the Center through the end of December.** All proceeds will go directly toward the SJLSSC Building Fund to help mitigate rising costs. Every donation, no matter the size, will help to make this fundraiser a sweet success.

RETURNING IN 2026! RAISED PLANTERS & POTTING BENCHES

The skilled hands in our Wood Shop are thrilled to announce the return of beautifully crafted raised planters and adaptable potting benches/beverage centers. Available in two sizes, all items will be available with casters for an additional fee. Watch upcoming newsletters for more information.

THE PERFECT GIFT IS WAITING IN THE WOOD SHOP

Christmas is just around the corner, and custom, handmade cutting boards from the Wood Shop are guaranteed to impress. Crafted from beautiful walnut, maple, and cherry wood, cutting boards are available in sizes 10x10 (\$35), 10x12 (\$40) or 10x16 (\$45). Add a personal touch by having your loved one's name custom engraved for \$10. Complete an engraving order form when you purchase your cutting board and your personalized gift will be ready in just three business days. Deadline to order is December 15th.

WALKING TRAIL BRICKS

Give a lasting tribute to someone who brought light into your life by purchasing a commemorative brick on the walk around the flagpoles of the beautiful Priscilla Upton Byrns Walking Trail and Gardens. Your purchase supports the upkeep and enhancement of this beloved community space. Place your order by March 2026 for installation in June 2026. Order forms are available at the front desk, by email or mail.

SJLSSC MISSION STATEMENT

The St. Joseph-Lincoln Senior Service Center is committed to providing a welcoming, safe and friendly setting for Senior Citizens. We support member independence by offering social, educational, cultural and recreational programs and services.

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CENTER NEWS

NEW PROCESS FOR SJLSSC LIBRARY RETURNS & DONATIONS

To streamline our services, all SJLSSC Library books and magazines should now be returned in the designated drop bin located outside the Library entrance. Regarding donations, we are accepting *current* magazine issues only (published within the last three months). We kindly ask that these accepted donations also be dropped in the bin outside the Library entrance. Please note: Books and DVDs will continue to be checked out at the Front Desk as usual.



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

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.

STRIKE UP SOME FUN!

The SJLSSC Fall Bowling program was a hit! We had great turnout all ten weeks of the program and will be starting up another session after the holidays. If you are a SJLSSC member looking for a fun, engaging way to stay active and socialize, this is the program for you! Open to all skill levels and held every Wednesday starting February 4th-April 8th, the group will meet at Striker's Bowling (2705 Cleveland Ave, St. Joseph) at 12:45 pm. The cost is \$10 to bowl with an additional \$2 shoe rental fee. No advance registration is required, just show up and join in the fun!



CENTER NEWS

RECEPTION DESK UPDATE



In an effort to reduce clutter and provide a pleasing aesthetic at the Center, we will no longer be accepting or holding items at the front desk for other members to pick up. In the past we have allowed members to leave items for others to collect. However, with the significant growth of the Center, this practice has resulted in increased work for the front desk staff, as well as displaying a chaotic look in our reception area. We appreciate your cooperation in this matter.

YOGA FOR MIND & BONE HEALTH CLASS



With multiple requests over the years from members interested in a more "traditional" yoga-based class and with positive feedback from Chair Yoga class members, beginning in January we will be modifying the Friday Chair Yoga class into a Yoga for Mind & Bone Health class. This class takes the benefits provided by traditional yoga one step further by executing classic yoga poses for safe stretching and functional movement, which is effective at increasing bone density and overall bone health. Both floor and standing work will be utilized, as well as breathing practices and relaxation techniques. Chairs, weights and bands are optional and modifications will be provided for various levels of experience and capabilities.

PRESCHOOL STUDENTS CAROLING



Preschool students from Benton Harbor Charter Schools will spread holiday cheer by singing Christmas carols at the Center on December 11th. The festive performance, featuring two classic holiday tunes, will take place at 12:30 pm in the Gym, followed by the 1:00 pm Holiday Bingo session. Join us for this heartwarming recital!



A HEALTHY WINTER FOR OUR COMMUNITY CENTER



With the colder months arriving, let's work together to keep our community healthy. If you feel under the weather, please prioritize rest and stay home to recover. Your consideration helps protect everyone who visits our Center. We look forward to seeing you when you're feeling better!



SNOWBIRD REMINDER



As snowbird migration season begins, we see many of our members head south to enjoy warmer temperatures. If you receive our newsletter in the mail, please remember to contact us with the date that you will be heading out of town to place a temporary hold on your newsletter mailing. Simply notify the Center upon your return to have the hold removed. This will help us to avoid having to pay the USPS fee of \$1.07 for every newsletter that is returned to us, as these charges can add up quickly. Thank you in advance for your help in keeping our mailing costs down.



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¹Excludes hospitals in Michigan's Upper Peninsula; based on CMS Hospital Listing file Sept. 2023 data and Priority Health provider database. ²Excludes providers in Michigan's Upper Peninsula; based on CMS National Downloadable File of Physicians, Sept. 2023 and Priority Health provider database. Priority Health has HMO-POS and PPO plans with a Medicare contract. Enrollment in Priority Health Medicare depends on contract renewal.

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PROGRAMS

TRAVEL TIPS FOR SENIORS: ALMOST EVERYTHING YOU WANTED TO KNOW ABOUT RIVER CRUISING

Tuesday, December 2nd, 10:30 am

Ready to trade the crowded cruise ship for a more intimate journey? If you like the idea of unpacking once and seeing new things every day, join Travel Agent Caryl Olson of Cruise Planners and discover the relaxing and enriching world of river cruising, packed with travel tips specifically for seniors. **Advance registration is required.**



REDUCE THE EFFECTS OF TOXINS IN YOUR ENVIRONMENT

Thursday, December 4th, 1:30 pm

We can be exposed to many toxins in our daily life if we are not aware of them. Find out where common toxins such as mold, pesticides and plastics come from, and the symptoms they can cause like headaches, skin reactions and brain fog...then learn ways to reduce the effects of these toxins on your health. Dr. Jane Oelke, ND PhD from Natural Choices, Inc. will be leading this class. **Advance registration is required.**



ART CO-OP PROJECT

Monday, December 8th, 1:00 pm

Join the Art Co-op in making and hanging nature-friendly wildlife feeders to place along the SJLSSC Priscilla Upton Byrns Walking Trail and Gardens this holiday season. Participants are guided through using compostable and natural materials like pinecones and natural twine. The core of the feeders involves a mixture of bird seeds combined with natural, bird-safe adhesives such as peanut butter. No advance registration is required, just show up to add a helping hand in making and hanging these wonderful feeders in our gardens!



SILVER TONES CHOIR HOLIDAY CONCERT

Monday, December 8th, 2:00 pm

The holiday season is nearly upon us, and the air will soon be filled with the joyous sounds of Christmas! The SJLSSC Silver Tones Choir is busy preparing a special program to usher in the festive spirit with a collection of classic carols and heartwarming holiday tunes. This concert will be held in Friendship Hall. **Space is limited and advance registration is required.**

BEGINNING FLORAL ARRANGING: HOLIDAY CENTERPIECE

Tuesday, December 16th, 10:00 am

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

NO REFUNDS

Make checks payable to Linda Stone

DEADLINE TO REGISTER IS DECEMBER 10TH

Join florist Linda Stone in the Art Room as she guides students in creating a beautiful Holiday centerpiece. 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.



PROGRAMS

UKULELE CHRISTMAS SING-A-LONG

Tuesday, December 16th, 1:00 pm

Celebrate the holidays with a festive Ukulele Christmas Concert at the Senior Center! Our very own Ukulele Group will be performing a selection of your favorite holiday tunes. Sing along to festive classics and enjoy the cheerful atmosphere created by our talented musicians. **Advance registration is required.**



SUPER BOOK COUPON SWAP

Thursday, December 18th, 9:00 am-11:00 am

Stop letting "Super" good deals go to waste! Join our Super Book coupon swap to find savings you'll actually use. Bring your unwanted coupons to exchange for some you can use. You'll find what you need while helping others save, too. **Registration is required.**



FUN COLLABORATIVE CHALLENGES

Monday, January 12th, 1:30-3:30 pm

Looking for a fun way to connect with others? Challenge yourself by working together to solve intriguing problems, and watch new friendships blossom and old ones deepen! Join Gil Herman for more Collaborative Challenges that help you connect with fellow members and exercise your brain. This session will include a survival simulation - but don't worry, it's not real! The session begins with a lighthearted activity designed to help participants get to know each other. **Space is limited and registration is required.**



PEACE OF MIND

Tuesday, January 13th, 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. **Advance registration is required.**



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

Tuesday, January 13th, 1:30 pm

Local author Chriss Lyon will discuss the research and background to her book "Fred 'Killer' Burke: The Hunt for the Most Dangerous Man Alive" and the links between Al Capone's gang and Southwest Michigan. Books will be available for purchase. **Advance registration is required.**



SPEED FRIENDING EVENT

Thursday, January 15th, 1:30-3:30 pm

Ready to expand your social circle? Join us for an engaging Speed Friending event - a fun, low-pressure event where you meet new people through a series of timed, one-on-one conversations. Use fun icebreaker questions to spark conversation before a bell signals you to move to the next person, allowing you to meet a variety of people in a short amount of time. **Advance 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 **call ahead** if you need loan equipment.

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.

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

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

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

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

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



The word "Christmas" is a contraction of "Christ's Mass," and it was declared a federal holiday in the U.S. in 1870.

IMPORTANT REMINDERS

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.

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

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.

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.

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

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.

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

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.

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

REMINDER

Please **check the Recurring Schedule (page 16)** every month. If we know that a class is cancelled when the newsletter goes to print, we will note it and no robo call will be made.



The earliest recorded New Year festival took place in Babylon around 2000 BCE. The Babylonians celebrated the new year in March during the first new moon after the vernal equinox, a time of new harvest and renewal.

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 NO OVERFLOW 12/18	8:30 am - Zumba
9:30 am - Quilting Group	10:00 am - Range of Motion	9:00 am - Greeting Card Making	10:00 am - Range of Motion NO CLASS 12/4	9:30 am - Chair Yoga NO CLASS 12/26
10:00 am - Calisthenics	11:00 am - Chair Drumming	10:00 am - Calisthenics	12:00 pm - Tai Chi	10:30 am - Beginner Pickleball
10:00 am - Jokers and Marbles	12:30 pm - Advanced Pickleball	11:00 am - Balance Class	12:30 pm - Beginner Pickleball CLASS ON 12/18 ONLY	12:00 pm - Parkinson's Exercise
11:00 am - Balance Class	12:30 pm - Advanced Ukulele	11:45 am - Cardio Drumming	12:30 pm - Scrabble	12:30 - Intermediate Pickleball
12:00 pm - Tai Chi	1:00 pm - Euchre	12:00 pm - Parkinson's Exercise	12:30 pm - Hand & Foot Cards	1:00 pm - Euchre
12:00 Corn Hole	2:00 pm - Beginner Ukulele	12:30 pm - Dominoes	1:00 pm - BINGO 12/11 ONLY	
12:30 pm - Hand & Foot Cards		1:00 pm - Mah Jongg	2:00 pm - Intermediate Pickleball CLASS ON 12/18 ONLY	
1:00 pm - Art Co-Op See bulletin board for weekly topic		1:00 pm - Advanced Pickleball		
1:45 pm - Line Dancing for Absolute Beginners	<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 - Stitch & Chat	<div><div>HOLIDAY BINGO</div><div>Please do not enter the Gym until the room is set up. Thank you!</div><div>11</div><div>\$2 wrapped gift for entry</div></div>	
1:30 pm - Choir Group NO PRACTICE 12/22 & 12/29		2:30 pm - Intermediate Pickleball		
2:45 pm - Line Dancing - Beginners/High Beginners				

WHAT WE HAVE TO OFFER

- Arts & Crafts
- Betty Kohn Outdoor Fitness Zone
- Board Games
- Book Club
- Bowling Group (Seasonal)
- 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 - M-F 11:00 am - 1:00 pm
- Lending Library
- Loan Closet
- 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 - **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 Membership Fees

- \$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.

LOOKING BACK ON 2025

As we step into December, it is the perfect time to pause and reflect on all we are thankful for in the Wood Shop. Our 30 shop hosts top the list of THANKS, as the Shop would not run without them. Not only do these men and women open and close the Shop daily, these volunteers also do monthly deep cleaning, lead classes, offer assistance to our members on projects and questions, as well as maintain many of the tools/equipment in the Shop. Thank you to the almost 100 students who joined one of our 34 classes this year. We had a variety of offerings for all skill levels. We are thankful for the opportunities we have had to educate our members. We are grateful to be able to provide a safe, friendly shop for our 236 Wood Shop members. Without them, all of this would be meaningless, so for them we are thankful. We can't forget our Senior Center members who have supported our fundraisers: raised planters and potting benches, beverage centers, tool sale, and cutting boards. Thank you for your support. We look forward to 2026 and all that it will offer our Wood Shop family!

WOOD SHOP PROGRAMS

BANDSAW TREASURE BOX

Wednesday, December 3rd

12:00 pm-3:00 pm

Instructor: Tom McDonough

Open to SJLSSC Wood Shop members only

\$25 per person, payable at sign-up

NO REFUNDS

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



GREEN WOODTURNING CLASS

Lathe Experience Required

Tuesday, December 9th

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

Green, unseasoned wood can be a delight to turn with sharp tools. Learn how to select material, slow the drying process, deal with cracks and splits and select cutting techniques based on grain direction, knots and splits. We will also learn how to mount wet bowl blanks for rounding and mounting in chucks. This is a class for people with recent turning experience. Expect mostly demonstrations followed by guided lathe practice.



Looking for a handcrafted gift? Stop by the display case by the front desk to see what the Wood Shop has for sale. We have a few "elves" that are working behind the scenes creating fun items for you to purchase. All proceeds go to the Wood Shop.

CENTER HAPPENINGS

HALLOWEEN PARTY FUN!

Thank you to all of the ghouls and goblins that attended our Halloween Party. From delicious "treats" to "tricky" games - it was a smashing success! Congratulations to our costume contest winners and a special thank you to our volunteer Event Team members and contest judges.



HALLOWEEN



COSTUME CONTEST WINNERS (L TO R):

Most Creative - Don White, Airhead;

Most Hilarious - Mike Desmet, Scarecrow

Spookiest - Greg Blanchard, Grim Reaper/Vader;



GOOD TO KNOW: GIVE THE GIFT OF FOOD THIS HOLIDAY SEASON

As many neighbors face affordability challenges and strained budgets, your food donations make a meaningful difference. Food donations ensure that everyone, including vulnerable groups like children and the elderly, have access to food and can celebrate the season with dignity. With the below donation sites recently established throughout Berrien County, we encourage you to donate non-perishable, unexpired goods to a community food drive this holiday season. Residents seeking food assistance can find a list of local food pantries at Help4Berrien.org or by calling 211.

- **Affinity Salon & Spa** - 307 Main Street, St. Joseph (Collecting non-perishable food items to support local food pantries and also pet food donations for Affinity's free pet pantry)
- **Berrien Community Foundation Office** - 2900 S. State St., St. Joseph 8:30-5:00 M-F
- **Chikaming Township Hall** - 13535 Red Arrow Hwy., Harbert 8:00-4:00 M-F
- **Coloma Public Library** - 151 W. Center St., Coloma 9:00-7:00 M-Th and 9:00-2:00 F-Sat
- **Corewell Health Center for Wellness** - 133 W. Main St. Benton Harbor 1:00-5:00 M 8:30-5:00 T-F
- **Hardings Market**, Berrien Springs - 106 E Mars St., Berrien Springs 7:00 am-9:00 pm Everyday
- **Watervliet District Library** - 333 N. Main St. 10:00-7:00 M & W, 10:00-6:00 T & Th, 10:00-5:00 F, 9:00-3:00 Sat.
- **YMCA-Niles/Buchanan** - 905 N. Front St. Niles. 5:00 am-9:00 pm M-Th, 5:00 am-7:30 pm F, 6:00 am-4:00 pm Sat, 10:00-3:00 Sun.
- **YMCA-St. Joseph/Benton Harbor** - 3665 Hollywood Rd., St. Joseph 5:00 am-9:00 pm M-Th, 5:00 am-7:30 pm F, 6:00 am-4:00 pm Sat, 10:00-3:00 Sun.

THANK YOU DONORS!

TO EVERYONE WHO BRINGS GOODIES OR SNACKS:

Sandra Kay's, Flour Shop, Walgreens, Dolores Frantz, Deborah Burlingame, Jane Jeffery, Linda Csepregi, Tim Johnson, Mary Jane Hiler, Adolf Pelzer, Donna Lyon, Celina Bevelhymer, Sandy Draper, Michelle Wloch, Jane Marshall, Ann Stedman, Carol Conklin, Carrie Fisher, Sharon Kabel, Linda Kincade, Linda Willadsen, Tim Kragt, Gert Nemethy, Dick Lukey, Frank Alsup, Tom Andert, and Mary Sundblad.

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

Lisa Hilton, Jane Marshall, Dolores Frantz, Liz Andrews, Bill Schalk, Dale Spencer, Bill Graffenius, Frank Alsup, Jerry Hanes, Amy Reutlinger, Jerry Radenbaugh, Michele Foster, Betty Ramsey, Deb Muhlhauser, Jane Jeffery, Celina Bevelhymer, Lori Enders, Pam Hamann, and Linda Wilson.

MONETARY CONTRIBUTIONS:

- **Donation to our Transportation Program:** Ruth Betker
- **Donations to the Building Fund:** Ann Benson, Mike & Tami Genovese, Serge Schillio, Diana Seaman, and Various Clients
- **Donations to Bakeless Bake Sale:** Judith Kauchak, Phyllis Kenke, Sharon Foxworthy, Mary Peterson, Richard & Claire Gillespie, Judith Thompson, Patty Nordberg, Susan Desmet, Jane Jeffery, Julianne Testa, Tom & Peggy Hanley, Irene Hudson, Delia Korzen-McCoy, Richard & Linda Taylor, Imogene Carpenter, Millie Carney, Diane Cronk, Elizabeth Mundy, Diane Lents, Nancy Barrett, Patricia Heald, Ann Garlanger, Dolores Frantz, Mary Donald, Janice Hicks, Nancy Moore, and Anonymous Donors
- **Donation to the Circuit Training Room:** Tim Blood
- **Donations for our Silent Auction:** Mary Sundblad, Eileen Chapman, Dorothy Thar, Susan Meadows, Vergie, Wolfe, Pauline Fox and Patty Nordberg
- **Donation to Parkinson's Exercise:** Marjorie Zibbel
- **Donation to Resistive Exercise:** Ruth Betker
- **Donation to Tai Chi Exercise:** Charlie Olszewski
- **Donations to the Wood Shop:** Serge Schillio, Glen Peterson, Marge Camelet, Jackie Donoho, Frank Alsup, Tonya Margaritis, Linda Csepregi, Chriss Lyon, and Anonymous Donors
- **Donations to the Loan Closet:** Donna Happ, Patricia Weed, Wyonna Douglas, Eileen Healy, Karmen Brower, and Pat Peterson
- **Donation of Bingo Prizes in Loving Memory of William Frantz, Sr.:** Dolores Frantz
- **Donations in Memory of Carol Bond:** Larry & Virginia Frank, Mary Zando, and Marlene Cox

SPECIAL THANKS:

- We would like to extend a big thank you to Tina Vaught and United Federal Credit Union for providing us with gift certificates as door prizes for our Christmas Party!

CENTER WISH LIST

Coffee - Regular & Decaffeinated
Individually-wrapped candy
Bottled water

WOOD SHOP WISH LIST

Small to toddler socks
Yogurt Cups

SALVATION ARMY ANGEL TREE DONATIONS

The Salvation Army Angel Tree program provides Christmas gifts to local children whose families are facing hard times. This helps relieve stress for parents and ensures kids feel the joy of the holiday. Their website makes it easy to donate without leaving your home. To support Berrien County specifically, visit the page (<https://centralusa.salvationarmy.org/greatlakes/angel-tree-online/>) and find the "Benton Harbor" section. There, you can purchase needed gifts directly through the designated Walmart or Amazon links.



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

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SERVING THE COMMUNITY SINCE 1975



EXECUTIVE BOARD MEMBERS

President	Bob Hopkins
Vice President	Rocco Pavese
Secretary	Patty Nordberg
Treasurer	Subhas Dhodapkar
Board of Directors	Celina Bevelhymer, Pauline Fox, Jim Hlifka, Mark Johnson, Dennis McCarthy, Dennis Meadows, Ted Post, and Cheryl Ryno



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Administrative Assistant	Sandy Draper
Staff Assistant	Julie Hartman
Support Associate	Jill Soghomonian
Staff Associate	Deb Burkhard
Receptionist	Chriss Lyon
Building Custodian	Tai Huynh



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



DECEMBER ACTIVITIES

- 2 Travel Tips for Seniors 10:30 am
- 3 Wood Shop: Bandsaw Treasure Box 12:00-3:00 pm
- 4 Reduce the Effects of Toxins 1:30 pm
- 5 SJLSSC Christmas Party 10:30 am - **NO OTHER CENTER ACTIVITIES TO TAKE PLACE**
- 8 Art Co-Op Wildlife Project 1:00 pm
- 8 Silver Tones Christmas Concert 2:00 pm
- 9 Wood Shop: Green Woodturning 9:00 am -12:00 pm
- 10 Book Club 10:00 am
- 10 Digital Skills Microsoft Excel 10:00 am
- 11 Holiday Bingo - **MIN \$2 WRAPPED GIFT** 1:00 pm
- 16 Beginning Floral Arranging 10:00 am
- 16 Ukulele Christmas Concert 1:00 pm
- 18 Newsletter Mailing 8:30 am
- 18 Super Book Coupon Swap 9:00-11:00 am
- 18 Board Meeting 10:00 am
- 19 Cookies & Canvas 12:00-3:00 pm
- 24 Christmas Eve - **CENTER IS CLOSED**
- 25 Merry Christmas! - **CENTER IS CLOSED**
- 31 New Year's Eve - **CENTER IS CLOSED**



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