

# 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](mailto:director@sjlsc.org)  
[www.sjlsc.org](http://www.sjlsc.org)

# January 2026

## RAISED PLANTERS & POTTING BENCHES OR BEVERAGE CENTERS

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: beautifully crafted raised planters and our adaptable potting benches/beverage centers. Available in two sizes, the back-saving raised planters will be \$230 for a 4'x2' planter and \$270 for a 6'x2' planter. The potting bench/beverage centers are \$230. All items are available with casters for an additional \$75. Enjoy no-cost delivery within a 10-mile radius of the Center. A delivery charge will be added for locations beyond that radius. Order now through April 1<sup>st</sup>, 2026. All deliveries will be made in April.



## TAX TIME IS UPON US

SJLSSC will again be offering the AARP Foundation Tax-Aide program, with IRS-certified volunteers offering tax preparation assistance in filing simple Federal and State income tax returns, including Homestead Property Credit and Home Heating Credit. **Complex taxes must be completed by a tax service - this includes any business pursuits.** Appointments will run February through April and scheduled appointments are required. **Please use the checklist on page 18 of this issue to gather all needed information before scheduling your appointment.** We will begin scheduling appointments on Tuesday, January 20<sup>th</sup> and expect phone lines to be very busy during the first week of scheduling appointments - please be patient and continue calling back if you have trouble getting through. All appointments must be scheduled during SJLSSC business hours and **tax appointment messages left after hours on our machine will not be returned.** Once appointments are full, a wait list will be created and calls will be made to those on the list if openings become available.



THE SENIOR CENTER WILL  
BE CLOSED ON JANUARY  
1<sup>ST</sup> FOR NEW YEAR'S DAY,  
AND ON JANUARY 19<sup>TH</sup>  
FOR STAFF DAY.



# AROUND THE CENTER

## Notes From The Board

### HAPPY NEW YEAR!

I thought I would begin with a quote from Ralph Waldo Emerson: "Write it on your heart that every day is the best day in the year." That means on January 1<sup>st</sup>, we each have 365 days to do something. Would you decide to talk to someone new at the Center? What might you learn as you have a conversation? As a Greeter, especially as I give tours to new members, I ask questions and learn so much. Members' careers, hobbies, and skills provide opportunities to give back to this Center. It's a great place to reconnect with people— a former neighbor, colleague, friend. People come here because a friend or neighbor invites them. Others move back to the area to be closer to family. Some are finally eligible at 60! How many of you have widened your circle since you joined? Do you meet people on the Walking & Wild Flower Trails and enjoy nature? Do you challenge yourself to attend different classes or programs, take an art class, go on a trip, learn a new skill, join the choir or ukulele group, or volunteer?

Now I have another challenge going in a different direction. None of us are getting any younger. While searching through scrapbooks and photo albums, I find pictures of people not identified. As the oldest living member in my family, I have no one to ask for facts. This year maybe it is time to help our children and grandchildren by labeling photos and writing down stories for them. Find out full names (maiden names if married), dates of births and deaths, places where they lived and what their occupations were, along with health issues. Learn about siblings and parents. Challenge yourself to find answers. If you are local, explore cemeteries. Attend a Berrien County Genealogical Society meeting to get started. This research group has presented at the Center in the past. This is a new year, no time to wait!

**"You don't have to see the whole staircase,  
just take the first step."  
- Dr. Martin Luther King Jr.**



*Patty Nordberg*

**Board Member Name  
SJLSSC Board of Directors**

## WHAT WE HAVE TO OFFER



- Arts & Crafts
- Betty Kohn Outdoor Fitness Zone
- Board Games
- Book Club
- Bowling Group (Seasonal)
- Cards/Games
- Circuit Training Room - **8:30 am-3:15 pm**
- Community Resource Center
- Computer Lab
- Cornhole
- 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 on SJLSSC Website Of How To Properly Use Circuit Training Room & Fitness Zone Equipment
- Volunteer Opportunities
- Website & Facebook
- Wood Shop - **9:00 am-3:00 pm**



## CONSISTENT MONTHLY PROGRAMS

### BOOK CLUB

**Wednesday, January 14<sup>th</sup>, 10:00 am**

"Marmee: A Novel" by Sarah Miller is a historical fiction novel that tells the story of Little Women's Margaret "Marmee" March from her perspective. Published in 2022, the book explores the real-world challenges, financial struggles, and hidden secrets of the March family during the Civil War, focusing on Marmee as a complex character rather than a saintly figure. Leading the discussion will be Sally Matzke.



### COOKIES AND CANVAS

**Friday, January 16<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 JANUARY 14<sup>th</sup>**

The watercolor painting for the month of January is titled "The Bluebird" 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

**Tuesday, January 27<sup>th</sup>, 11:00am-3:30 pm**

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

**NEW PRICE & TIME - NO REFUNDS**

**Make checks payable to Caryn McFall**

**DEADLINE TO REGISTER IS JANUARY 23<sup>rd</sup>**

Join in the fun, fellowship and cookies while creating hand-made greeting cards! In this class you will be making eight cards with envelopes. Valentine designs will be offered with the focus on friendships. Alternative phrases will be available along with papers, embossing supplies, punches, decorative scissors and stamps. No experience 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 advance registration is required.**



### FOOT CLINIC

**By Appointment Only**

Darlene Anderson, RN of Bless Your Feet, performs Foot Clinics at our Center two times per month. Please contact Darlene at 540-333-4596 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. Please see page 18 for a letter from Nurse Jane, long-time Blessed Feet caregiver that retired at the end of December.



## LET'S GET PHYSICAL

### SJLSSC EXERCISE ROOMS

#### HOURS OF OPERATION

**Monday-Friday 8:30 am-3:15 pm**

### EXTENDED HOURS IN EXERCISE ROOMS

With many members making exercise a regular part of their routine, the Senior Center has seen a remarkable increase in activity in our Exercise Rooms. It is inspiring to witness this dedication and commitment to health and wellness! Based on valuable feedback and the growing popularity of this area, we are extending the hours of operation for the Exercise Rooms. Beginning January 2<sup>nd</sup>, 2026 this area will now be open from 8:30 am - 3:15 pm to offer greater flexibility and more convenience for our members.

### USING EXERCISE ROOM 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.

### TRAINING SESSIONS IN FREE WEIGHTS ROOM

Join Fitness Instructor & Trainer Jean Green for a 30 minute training session in the Free Weights Room. **Class size is limited and advance registration is required. Visit the Exercise Rooms for more information and to register.**



### Wall-Mounted Resistance Bands Training

**Wednesday, January 21<sup>st</sup>, 9:00 am**

Wall-mounted resistance bands offer a versatile workout that improves stability, strength, and flexibility through controlled resistance from various angles.

### Physio Exercise Ball Training

**Friday, February 13<sup>th</sup>, 11:00 am**

A physio exercise ball, also known as a stability or yoga ball, is a large, inflatable ball used for a wide range of exercises to improve core strength, balance, and muscle tone.



# 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 Prep Team**
- **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!

**VOLUNTEER**

## FEATURED VOLUNTEER ROLE: NEWSLETTER PREP TEAM



The proverb, "Many hands make light work," is especially true when sending out our monthly newsletters. It's an important task made easier with extra help. If you're interested in giving some time to our Center, and have a few hours to spare, being a newsletter volunteer may be a good fit for you. Meeting once a month in the morning, members work together to seal & label newsletters to be mailed. 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.**

## GOOD TO KNOW

### SCOPE PROGRAM FOR SENIORS

Research shows that lifelong learning can help keep the brain sharp and may even protect against Alzheimer's disease. For millions of older adults, going back to school isn't just a hobby; it's a way to invest in their cognitive health. Western Michigan University's Senior Citizens' Opportunity Program in Education (SCOPE) offers persons age 62 or older the opportunity to register for one class each semester or session tuition-free. Tuition is waived, but parking fees, books and any special course fees will be assessed. Qualified candidates must submit a free admission application and both undergraduate and graduate classes are available. For more information, including course offerings and registration information, visit the WMU website at: <https://wmich.edu/registrar/students/scope>.





# TRIPS

## TRIP POLICIES

SJLSSC has updated our Trip Policies, which can be found in the November 2025 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.

## 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.

**THE LION KING BROADWAY MUSICAL:** April 25<sup>th</sup>  
**BRITISH LANDSCAPES:** October 18<sup>th</sup>-27<sup>th</sup>

## MACKINAC ISLAND GRAND EXPERIENCE: SPRING 2026



May 6<sup>th</sup>-9<sup>th</sup>

\$1,378 per person, single occupancy (limit of 6 singles)  
 \$1,138 per person, double occupancy  
 \$1,058 per person, triple occupancy

**REGISTRATION FOR THIS TRIP WILL BE AT THE SJLSSC WEST/WOOD SHOP ENTRANCE (DOOR 7) AT 9 AM ON FRIDAY, JANUARY 16<sup>TH</sup>**

\$500 deposit per person due at registration  
 Trip balance due Monday, March 9<sup>th</sup>

Mandatory trip meeting: Friday, April 24<sup>th</sup>, 1:00 pm  
**THIS IS A MANDATORY MEETING FOR ALL TRAVELERS. NO EXCEPTIONS. PLEASE MARK THE DATE ON YOUR CALENDAR NOW.**

Visit Mackinac Island in the spring and experience tulips in bloom, the fresh greens of the golf course and all of the beauty the island has to offer, with smaller crowds! This trip includes:

- Round trip motor coach
- Ferry transportation to the island
- Round trip horse-drawn taxi between boat dock and hotel
- Champagne reception
- 3-night stay at the Grand Hotel, all taxes, fees and gratuities included
- Full breakfast each morning
- Tea & cookies each afternoon
- Five course dinner each evening
- Nightly dancing with the Grand Hotel Orchestra
- Carriage tour of the island
- Discounts on bicycle rental, golf, photos and, of course, fudge!
- And much more...

Trip insurance will be available and recommended.

**ACTIVE ACTIVITY**

## MACKINAC ISLAND GRAND EXPERIENCE: FALL 2026



October 13<sup>th</sup>-16<sup>th</sup>

\$1,473 per person, single occupancy (limit of 6 singles)  
 \$1,188 per person, double occupancy  
 \$1,088 per person, triple occupancy

**REGISTRATION FOR THIS TRIP WILL BE AT THE SJLSSC WEST/WOOD SHOP ENTRANCE (DOOR 7) AT 9 AM ON FRIDAY, JANUARY 16<sup>TH</sup>**

\$500 deposit per person due at registration  
 Trip balance due Monday, August 3<sup>rd</sup>

Mandatory trip meeting: Friday, October 2<sup>nd</sup>, 1:00 pm  
**THIS IS A MANDATORY MEETING FOR ALL TRAVELERS. NO EXCEPTIONS. PLEASE MARK THE DATE ON YOUR CALENDAR NOW.**

Visit Mackinac Island in the fall and experience stunning fall foliage, cooler weather and all of the beauty the island has to offer, with smaller crowds! This trip includes:

- Round trip motor coach
- Ferry transportation to the island
- Round trip horse-drawn taxi between boat dock and hotel
- Champagne reception
- 3-night stay at the Grand Hotel, all taxes, fees and gratuities included
- Full breakfast each morning
- Tea & cookies each afternoon
- Five course dinner each evening
- Nightly dancing with the Grand Hotel Orchestra
- Carriage tour of the island
- Discounts on bicycle rental, golf, photos and, of course, fudge!
- And much more...

Trip insurance will be available and recommended.

**ACTIVE ACTIVITY**



## 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.

### 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 Priscilla Upton Byrns Walking Trail and Gardens. Order forms are available at the front desk, by email or mail. Place your order by March 1st for installation in June.

**PLEASE REMEMBER TO STATE WHAT SPECIFIC FUNDRAISER YOU WOULD LIKE YOUR DONATION TO BE DESIGNATED FOR. THANK YOU!**

## CURRENT FUNDRAISERS



### 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. See the article on page 1 of this issue for more information.



### 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.

## SJLSSC MISSION STATEMENT

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



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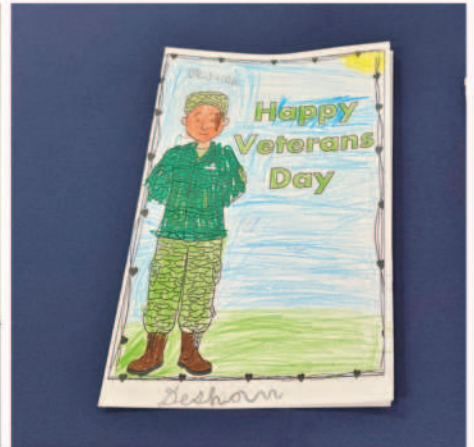
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# CENTER NEWS

## VETERANS DAY THANK YOU

A special thank you to those Veterans that attended the SJLSSC Veterans Day Breakfast on November 11<sup>th</sup>. We appreciate your service to our country and were honored to have you in attendance. Thank you also to Starks Funeral Home for sponsoring the delicious breakfast and to the teachers and students from Sylvester and Mars Elementary Schools in Berrien Springs for the wonderful cards you made for our Veterans: 3<sup>rd</sup> grade classes - Tammy Wright, Amy Wolfe, Jenna Erow & Melissa McNeely; 1<sup>st</sup> grade class - Kristin Trail.



## 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.



## WELCOME NEW SJLSSC BOARD MEMBER!

Please join us in welcoming a new member to our Board of Directors, Gary Krokker!

Gary will be filling the Board vacancy left by the resignation of Rocco Pavese and has a background in executive leadership and operational management in the landscape industry. He has a proven record of improving efficiency, ensuring fiscal responsibility, and transforming struggling companies into successful enterprises. Gary loves to identify challenges and turn them into opportunities for growth. Beyond his professional work, he is deeply committed to volunteerism. Welcome Gary!



## 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!



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



# CENTER NEWS

## NEW PROCESS FOR SJLSSC LIBRARY RETURNS & DONATIONS



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



## LOOKING FOR A DESKTOP COMPUTER?

SJLSSC is replacing some computers in our Computer Lab and are selling the HP EliteOne 800 all-in-one desktop computers, with 23" non-touch screen, keyboard and wireless mouse for \$300. For more information, or if you are interested in purchasing one, please contact the Center.



## LOST AND FOUND CLEANOUT

**Lost and Found**



Our lost and found is located in the ancillary room off of the Gym. Smaller valuable items like keys and cell phones will be held in a secure location, while larger items are kept in a clearly marked bin. Please check this location during normal business hours for any missing belongings. With the bin reaching near capacity, we will be placing lost and found items on a table in the Gym hallway from January 5<sup>th</sup>-9<sup>th</sup>. Please check the table for your items. Anything left after this date will be donated to charity.

## UPDATED MEMBER CONTACT INFORMATION



Please take a moment to consider if your contact information has changed since you joined our Center. It's imperative that we have up-to-date contact information for all members - this includes name updates, addresses, phone numbers, as well as the name and phone number of your emergency contact. Inaccurate information can lead to communication breakdowns, making it difficult to inform members about program changes, cancellations, or emergency situations.



## MAIL LIST CLEAN-UP



Due to increased mailing costs, we will be cleaning up our mailing list in January and removing the names of members that have not come into the Center in the past two years. As a result, if you don't receive a newsletter in February and would still like to receive one, please contact the Center and we will add you back onto the mailing list.



## 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 4<sup>th</sup>-April 8<sup>th</sup>, 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!





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<sup>1</sup>Excludes hospitals in Michigan's Upper Peninsula; based on CMS Hospital Listing file Sept. 2023 data and Priority Health provider database. <sup>2</sup>Excludes 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

## FUN COLLABORATIVE CHALLENGES

Monday, January 12<sup>th</sup>, 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 advance registration is required.**



## PEACE OF MIND

Tuesday, January 13<sup>th</sup>, 10:30 am



**Starks**  
Family Funeral Homes  
& Cremation Services

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 13<sup>th</sup>, 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 15<sup>th</sup>, 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. **Space is limited and advance registration is required.**



## CIVIL RIGHTS, 1945-1965

Wednesday, January 21<sup>st</sup>, 1:30 pm

In the middle of the 20th century, a nationwide movement for equal rights for African Americans and an end to racial segregation arose across the United States. This movement took many forms and its participants faced opposition on many fronts. Join historian Tim Moore as he looks back at the Civil Rights Movement from 1945-1965 and the dramatic changes it brought in American law and public practice. **Advance registration is required.**



**THE EARTH ALWAYS REACHES PERIHELION IN EARLY JANUARY. PERIHELION IS WHEN THE EARTH REACHES ITS CLOSEST POINT TO THE SUN.**



# PROGRAMS

## SELF DEFENSE FOR SENIORS

Wednesday, January 27<sup>th</sup>, 10:30 am - 12:00 pm

Constructed from counter-terrorism, police and military tactics, this 90-minute self-defense seminar is tailored for active senior citizens. Join defense professionals Jill and Steven Phenegar as they teach participants how to detect threats and protect yourself through situational awareness. Students of this class will receive a 140 dB personal alarm. **Space is limited and advance registration is required.**



## ART CO-OP WORKSHOP

Monday, February 2<sup>nd</sup>, 12:30-3:00 pm

\$30 per person, payable at sign up

**NO REFUNDS**

Make checks payable to Karen Garavalia

**DEADLINE TO REGISTER IS JANUARY 26<sup>TH</sup>**

Join us for another fun workshop with watercolorist Karen Garavalia. We will be painting a lovely winter scene with a little woodchuck contemplating his shadow in honor of Groundhog Day. Karen will share her knowledge in watercolor techniques with step by step instruction. This project is for intermediates, however, beginners eager to learn new skills are very welcome. All materials needed will be provided.



## SMART PHONE BASICS WORKSHOP

Thursday, February 5<sup>th</sup>, 1:30-3:30 pm



Jo Ann Flowers from AARP will lead this workshop to help members learn smartphone basics, covering both Android and iPhone features. Participants should bring their own device. **Class size is limited and advance registration is required.**

## COMMUNITY CPR WITH COREWELL HEALTH

Tuesday, February 10<sup>th</sup>, 10:30 am-1:30 pm



Join Corewell Health for this free AHA certified, CPR training class to learn skills that could help save the lives of those around you. This course is designed for anyone with limited or no medical training. Provides a two-year certification for Heartsaver CPR. **Class size is limited and advance registration is required.**

**2026**  
Happy New Year!

The concept of the New Year's resolution is believed to date back to Babylonian times, over 4000 years ago. The Babylonians were the first people on record known to celebrate the arrival of the New Year.



# 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](mailto: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.



Martin Luther King, Jr. Day is observed on the third Monday in January to honor the civil rights leader's legacy of nonviolent protest for equality and justice. It became a federal holiday in 1983 and was first celebrated in 1986, with all 50 states officially observing it by the year 2000. The holiday is also a national day of service, encouraging community volunteerism as a way to continue his work.



# 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 puzzles over 500 pieces.

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 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.

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

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



JANUARY IS, ON AVERAGE, THE **COLDEST** MONTH OF THE YEAR FOR MOST OF THE NORTHERN HEMISPHERE.



# RECURRING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	8:30 am - Zumba	
9:30 am - Quilting Group	10:00 am - Range of Motion <b>NO CLASS 1/6 &amp; 1/20 VIDEO ON 1/13 &amp; 1/27</b>	9:00 am - Greeting Card Making	10:00 am - Range of Motion	9:30 am - Yoga for Mind & Bone Health <b>NO CLASS 1/2</b>	
10:00 am - Calisthenics	11:00 am - Chair Drumming <b>NO CLASS 1/6 &amp; 1/20 VIDEO ON 1/13 &amp; 1/27</b>	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 <b>STARTS AT 10:30 ON 1/6 &amp; 1/20</b>	11:00 am - Balance Class	12:30 pm - Beginner Pickleball <b>1/15 ONLY</b>	12:00 pm - Parkinson's Exercise	
11:00 am - Balance Class	12:30 pm - Advanced Ukulele <b>NO CLASS 1/6</b>	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 <b>NO CLASS 1/6</b>	12:30 pm - Dominoes	1:00 pm - BINGO <b>SEE DATES BELOW</b>		
12:30 pm - Hand & Foot Cards	<div><p>Class descriptions are posted on the bulletin board outside the gym and additional information is available at the front desk.</p></div>	1:00 pm - Mah Jong	2:00 pm - Intermediate Pickleball <b>1/15 ONLY</b>		
1:00 pm - Art Co-Op <b>See bulletin board for weekly topic</b>		1:00 pm - Advanced Pickleball			
1:30 pm - Choir Group <b>NO PRACTICE 1/5</b>		1:00 pm - Stitch & Chat			
1:45 pm - Line Dancing for Absolute Beginners		2:30 pm - Intermediate Pickleball			
2:45 pm - Line Dancing - Beginners/High Beginners					



# 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.

## WOOD SHOP PROGRAMS

### SPINDLE TURNING TOOLS: USE & SHARPENING

Basic Lathe Turning course completion or proven turning experience is required for this class.

Tuesday, January 6<sup>th</sup>, 12:00 pm-4:00 pm

Instructor: Tom Hurst

SJLSSC Wood Shop members only

\$25 per person, payable at sign-up

NO REFUNDS



Learn to use the spindle roughing, and traditional spindle gouge, parting tool and straight scrapers on the wood lathe. We will introduce proper use of the skew chisel. Learn the proper tools to minimize tearout and reduce the need for sanding. Learn to sharpen these tools on the slow speed grinder, belt sanders and touch-up by hand with a stone. This is a technique class to develop skills to use on your own projects in the future.

### BANDSAW TREASURE BOX

Wednesday, January 7<sup>th</sup>, 12:00 pm-3:00 pm

Instructor: Tom McDonough

SJLSSC Wood Shop members only

\$25 per person, payable at sign-up

NO REFUNDS



In this hands-on class, you'll get an overview of the process and procedures of how to make a Bandsaw Box. After a short orientation with samples, process overview, then it's into the shop with the goal of completing your functional Bandsaw Box. All the tools, equipment and a wooden blank to complete your Treasure Box are provided.

### MAKING PICTURE FRAMES

2-Session Course

Tuesday, January 13<sup>th</sup> & 20<sup>th</sup>, 3:00 pm-6:00 pm

Instructor: Glen Peterson

SJLSSC Wood Shop members only

\$50 per person, payable at sign-up

NO REFUNDS



During this 2-session class, students will learn the woodworking skills needed to make simple picture frames. Students will make 2 types of frames, suitable for 8 x 10 art. One frame will have mitered spline corners and the other will be a craftsman-style with butt joints. The goal of the class is for every student to become comfortable with the woodworking skills, tools, and machinery so they can make frames of any size.

### BAND SAW SCOOP

Wednesday, January 14<sup>th</sup>, 12:00 pm-3:00 pm

Instructor: Tom McDonough

SJLSSC Wood Shop members only

\$20 per person, payable at sign-up

NO REFUNDS



In this hands-on class, you'll get an overview of the process and procedures of how to make a Bandsaw scoop. After a short orientation with samples, process overview, then it's into the shop with the goal of completing your functional Bandsaw scoop. All the tools, equipment and a wooden blank to complete your project are provided.

### HAND TOOL BASICS

Tuesday, January 27<sup>th</sup>

3:00 pm-6:00 pm

Instructor: Glen Peterson

SJLSSC Wood Shop members only

\$25 per person, payable at sign-up

NO REFUNDS



Basic introduction to woodworking hand tools used in furniture making, including: measuring and marking tools, planes, chisels, files, hammers and mallets, saws, etc. In this course, students will explore the basic set of woodworking hand tools. There will be discussions and demonstrations of each type of tool and participants will complete a series of exercises to practice using each class of tool.



# CENTER HAPPENINGS

## TAX CHECKLIST: WHAT TO BRING TO YOUR AARP TAX APPOINTMENT



SJLSSC will again be offering the AARP Foundation Tax-Aide program, with IRS-certified volunteers offering tax preparation assistance in filing simple Federal and State income tax returns, including Homestead Property Credit and Home Heating Credit. Please use this checklist to gather all needed information BEFORE calling the Center to schedule your appointment. See page 1 of this issue for more information.

**\*If filing married/jointly, both parties must be present at the appointment and bring photo ID and Social Security cards.**

~2024 Tax Return, both Federal and State, no matter where done. If no 2024 return, bring 2023 return

~2025 Social Security Benefit Statement (SSA-1099)

~2025 Interest Income Statements (1099-INT)

~2025 Dividend Statements (1099 DIV); Capital Gains Distributions or Stock Sale (1099 B)

~2025 Income Statements from pensions, annuities, IRAs, etc. (1099 R)

~2025 Statements of earned income (W-2)

~2025 Health Insurance Premiums **Paid by You.** If paid automobile PIP (personal injury protection), bring your auto insurance declaration page

~2025 Summer and Winter property tax bills. Summer bill due September 2025, and Winter bill due February 2026

~2025 heating bills from Nov. 1, 2024 to Oct. 31, 2025. Available from utility company

~Any Federal or State income tax forms you received in the mail

~To directly deposit your refund, bring a blank check or savings account information that shows your account number and routing number. **Note: refunds by paper check may take six or more weeks to process this tax season and will require extra communication with the IRS**

~If you rent, know your monthly amount and the name and address of your landlord

## TIPS TO BEAT THE "WINTER BLUES"



The "winter blues" is a term for mild, temporary sadness, low energy, and moodiness that occurs during colder, darker months. To beat the winter blues, seniors can try these simple tips:

- Increase Light Exposure - Open your curtains and blinds to let in as much natural light as possible.
- Stay Physically Active - Incorporate indoor exercise on a regular basis. Check out one of those exercise classes you've been thinking of trying!
- Stay Socially Engaged - Join social groups, like a book club or fitness class, or volunteer in the community.
- Prioritize Healthy Habits - Focus on a nutritious diet with plenty of fruits, vegetables, proteins, and carbohydrates and stay hydrated throughout the day.
- Prioritize Self Care - Stick to a consistent daily schedule, including meal and sleep times, to prevent fatigue.
- Nurture a Positive Environment - Get creative with hobbies like painting, drawing, knitting, or try indoor gardening by growing plants or flowers.

## FAREWELL TO SJLSSC PATIENTS FROM NURSE JANE

Most of you have already heard, but if not, I will be retiring as of December 31, 2025 for providing foot care at the six area Senior Centers. I want to thank ALL of you for being such faithful customers to my foot care business. It has been my pleasure to care for your feet these last 17 years. First, through Lakeland Help at Home, then Van's medical equipment and now these last 4+ years out on my own as Blessed Feet. You have come with your smiles, stories and the sharing of your lives. It has been my privilege to get to know you and to take care of your foot care needs. I will certainly miss seeing ALL OF YOU but I am sure you will enjoy my replacement in Darlene Anderson, RN.

May you have a blessed New Year,

Sincerely,

Nurse Jane





# THANK YOU DONORS!

## TO EVERYONE WHO BRINGS GOODIES OR SNACKS:

Sandra Kay's, Flour Shop, Walgreens, Bob Mann, Phil Whitehead, Sally Hoffman, Tim Johnson, Pam Duffy, Frank Alsup, Sally Matzke, Millie Carney, Dolores Frantz, Caryn McFall, Janet Smiedendorf, Michelle Wloch, Cheryl Ryno, Debbie Johnson, Linda Kurzynski, Adolf Pelzer, Linda Kincade, Ruth Mosher, and Dee Rydleski.

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

Marilyn Rozema, Dagmar Klingenberg, Tim Kragt, Ed Tebell, Betty Ramsey, Cathy Eppard, Jerry Radenbaugh, Steve Julius, Bekki Lund, Pauline Fox, Alys Boyd, Carol Sternaman, Aimee Brady, Rachel Kaufman, Jim Hlifka, Rick Freridge, Linda Warren, Laurie Bame, Peggy Miller, Cindy Doroh, Nikki Bernard, and Ruth Mosher

## MONETARY CONTRIBUTIONS:

- **Donations to our Transportation Program:** Elfie Krebs and Carolyn & Stan Strzyzkowski
- **Donations to the Building Fund:** Jane Jeffrey, Karen Schiltz, Vicky Hayes, Merrily Smith, and Rachel Kaufman
- **Donations to the Circuit Training Room:** Dennis Meadows and Eugene Weil
- **Donations to Bakeless Bake Sale:** Robert Skalecki, Mark & Sally Matzke, Darlene State, Gloria Winn, Pam Duffy, Shirley Miller, Gretchen Gabler, and Anonymous Donors
- **Donation to Parkinson's Exercise:** Stan Comstock
- **Donation to our Exercise Classes:** Betty Ramsey
- **Donations to the Wood Shop:** Michelle Wloch, Berrien County Woodworkers Guild, and Anonymous Donors
- **Donations to the Loan Closet:** Lance Rausch, Don Ellis, Peggy Hanley, Ed Moser, Terri McGrath, and Ann Stockwell

## SPECIAL THANKS:

- Many thanks to everyone who donated items for our Holiday Silent Auction and to everyone who participated. We made \$1,710 which has been designated to our Building Fund to assist in our increasing growing building expenses.
- Thank you to some of the wonderful volunteer groups we have at our Center, Stitch & Chat, Quilting, and Wood Shop for making beautiful handmade items for our members to purchase as gifts or just keep for themselves. We also want to thank all the individuals who made wonderful items for the Center to sell before Christmas. Also thank you to the Art Co-op group for making and hanging nature-friendly wildlife feeders on the Priscilla Upton Byrns Walking Trail.
- A big thank you to our Board members who assembled first aid kits for Berrien Community Foundation to be included in their Senior Care Kits.

### CENTER WISH LIST

Coffee - Regular & Decaffeinated  
Individually-wrapped candy  
Bottled water

### WOOD SHOP WISH LIST

Small to toddler socks  
Yogurt Cups

## MDHHS RENEWS ITS PARTNERSHIP TO CONTINUE PROVIDING GETSETUP VIRTUAL CLASSES

The Michigan Department of Health and Human Services (MDHHS) and [GetSetUp](#), an online learning and discovery platform designed specifically for older adults, has expanded its partnership to combat social isolation and to keep older adults mentally, physically, and socially active by providing Michigan residents age 50 and older an additional 500,000 free virtual classes across a range of topics. Residents 50 and up can access the easy-to-use GetSetUp learning platform and participate free of charge in friendly, peer-led classes from a smart phone, tablet, or computer.

The logo for GetSetUp features the text "GetSetUp" in a white, sans-serif font on a dark blue background. To the right of the text is a stylized graphic consisting of two overlapping shapes: a white triangle pointing upwards and to the right, and a red triangle pointing downwards and to the right, creating a combined arrow-like effect.

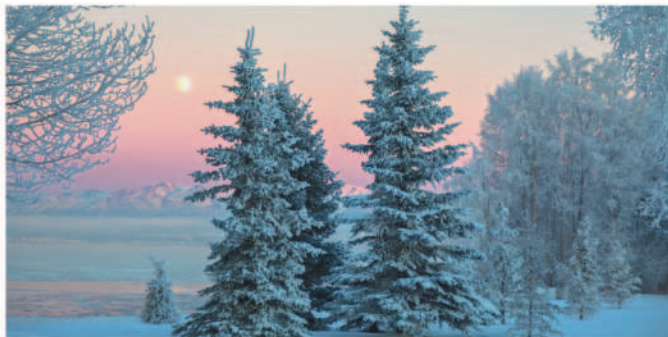


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**SJLSSC BOARD MEMBERS**

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

**SJLSSC TEAM MEMBERS**

<b>Executive Director</b>	Cindi McLaughlin
<b>Program Coordinator</b>	Jamie Bingaman
<b>Administrative Assistant</b>	Sandy Draper
<b>Staff Assistant</b>	Julie Hartman
<b>Support Associate</b>	Jill Soghomonian
<b>Staff Associate</b>	Deb Burkhard
<b>Receptionist</b>	Chriss Lyon
<b>Building Custodian</b>	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

**JANUARY ACTIVITIES**

- 1 Happy New Year! - CENTER IS CLOSED**
- 6 Wood Shop: Spindle Turning Tools** 12:00-4:00 pm
- 7 Wood Shop: Bandsaw Treasure Box** 12:00-3:00 pm
- 8 Bingo \$2** 1:00 pm
- 12 Fun Collaborative Challenges** 1:30-3:30 pm
- 13 Peace of Mind** 10:30 am
- 13 The Most Dangerous Man Alive in 1929** 1:30 pm
- 13 Wood Shop: Making Picture Frames** 3:00-6:00 pm
- 14 Book Club** 10:00 am
- 14 Wood Shop: Band Saw Scoop** 12:00-3:00 pm
- 15 Board Meeting** 10:00 am
- 15 Speed Friending** 1:30-3:30 pm
- 16 Mackinac Island Trip Registration** 9:00 am
- 16 Cookies & Canvas** 12:00-3:00 pm
- 19 Staff Day - CENTER IS CLOSED**
- 21 Civil Rights 1945-1965** 1:30 pm
- 22 Bingo** 1:00 pm
- 27 Self Defense for Seniors** 10:30 am-12:00 pm
- 27 Stamp Camp** 11:00 am-3:30 pm
- 27 Wood Shop: Hand Tool Basics** 3:00-6:00 pm
- 28 Newsletter Mailing** 8:30 am
- 29 Bingo \$2** 1:00 pm



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