

# 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)

## February 2026

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### 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. Contact Chriss at the Reception Desk with any updates.



### RAISED PLANTERS & POTTING BENCHES/ BEVERAGE CENTERS



RAISED  
PLANTERS

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 adaptable potting benches / beverage centers. Available in two sizes, the 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. Orders may be placed at the front desk now through April 1, 2026. All deliveries will be made in April.



POTTING BENCH /  
BEVERAGE CENTER

### 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, including any business pursuits, must be completed by a tax service.** Appointments will run February through April and the scheduling of appointments must be made during SJLSSC business hours. **Tax appointment messages left on our machine outside of business hours 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.



# AROUND THE CENTER

## Notes From The Board

I walked into our Senior Center a few days back, couldn't help but notice everyone entering and going about inside carrying their "toolboxes." I was carrying mine, it was filled with those tools I needed to have a successful four hours driving one of our transport vehicles.

Those tools helped with all the usual stuff I'd encounter that morning. Plenty of smiles, a lot of hellos and goodbyes, getting some walkers or other assists inside the vehicle. And of course, some safe and careful driving to destinations and back.

Do I need that toolbox? Of course. It helps me do my tasks that morning. And doing those tasks helps me be a better person – in large part by giving me something constructive and rewarding to do that day. And I, like hundreds more of you as members of our Center, do more than volunteer there. We arrive to exercise our bodies and challenge our minds in any number of classes, workshops, meetings and presentations.

That's good for us. I verified that with an expert.

Dr. Janet Hahn is director of the Center for Gerontology at Western Michigan University. The Center works with community partners and government agencies in researching the quality of life of older persons. Her academic life has been filled with researching and teaching on human behavior.

Mention gerontology or geriatrics to some folks and they might think of older, somewhat frail, retiring types of persons. Let's look at those words the right way. Let's think of active, committed persons who are living and dealing with one of our final frontiers – older adulthood.

In talking with Dr. Hahn a few weeks ago, I got the sense that's who she sees and envisions living and enjoying their later stages of life in Kalamazoo County, southwest Michigan and points beyond.

She easily bought into the concept of toolboxes containing the tools that help us be healthy and happy.

"Be very careful of what you eat and drink," Hahn said. "A lot of people don't take that seriously enough."

"Another tool is exercise. That's one of the great things about any senior center or gym or YMCA. Both aerobics and weight-bearing exercises are important. Of course, maintain a healthy weight," she said.

"Another individual thing to do is engage your brain. Try to keep learning, and learn new things. Just like your body, your brain has this 'use it or lose it' approach. Use your brain in a lot of different ways. Do different puzzles and learn new things."

"The same with your body – keep stretching, keep walking, keep lifting weights, dancing, playing pickleball. Whatever you want to do," she noted.



*Mark Johnson*

**Mark Johnson**  
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 - **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**



## CONSISTENT MONTHLY PROGRAMS

### BOOK CLUB

**Wednesday, February 11<sup>th</sup>, 10:00 am**

"The Hiding Place" is an autobiographical book written by Corrie ten Boom, a Dutch watchmaker who became a heroine during World War II, as she and her family risked their lives to help Jews and underground workers escape the Nazis. Leading the discussion will be Kim Pozivilko. This group is open to all SJLSSC members who have a passion for reading.



### COOKIES AND CANVAS

**Friday, February 20<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 FEBRUARY 18<sup>th</sup>**

The watercolor painting for the month of February is titled "February Flurries" 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, February 24<sup>th</sup>, 11:00 am-3:30 pm**

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

**NO REFUNDS**

**Make checks payable to Caryn McFall**

**DEADLINE TO REGISTER IS FEBRUARY 20<sup>th</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. Spring will be on our minds as we craft birthday and thinking of you floral cards. 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, LLC 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.



## LET'S GET PHYSICAL

### SJLSSC EXERCISE ROOMS

#### HOURS OF OPERATION

**Monday-Friday 8:30 am-3:15 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 covering equipment utilization and safety. To schedule an orientation, please visit the Exercise Room in person during its operating hours. Please check in at one of the hallway monitors before your orientation appointment and each time you use any of the Exercise Rooms.

### EXTENDED HOURS IN EXERCISE ROOMS

As mentioned in the January issue of Anchor News, beginning January 2nd, the Exercise Rooms hours of operation have been extended to better meet the needs of our members (see above for hours). We wanted to take this opportunity to thank the Exercise Rooms Monitors that volunteer to share their time and knowledge with our members. If it weren't for the dedication of these Volunteer Monitors, our Exercise Rooms would not be in existence. Please take the time to thank these wonderful folks for their generosity and dedication.

### PHYSIO EXERCISE BALL TRAINING

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

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

### GET TO KNOW DARLENE FROM BLESS YOUR FEET

With a Bachelor's Degree in Nursing, Darlene Anderson's experience spans from school nursing to home nursing and beyond. Darlene and her husband have been married for 30 years and have two daughters - one attending university in Tennessee and the other employed as an ER nurse in Florida. In her free time, Darlene loves to garden, cook, travel and be involved with her church.



# 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 Class Instructors
- Bingo Set Up & Tear Down
- Exercise Rooms Monitors
- **Front Door Greeters**
- **Fundraising Committee Members**
- Handyperson
- Light Ironing
- Newsletter Mailing support
- **Transportation Drivers**
- Wildflower Trail Nature Loop Mowing
- Wood Shop Hosts

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



## FEATURED VOLUNTEER ROLE: WILDFLOWER TRAIL MOWING



The Center is seeking one or two volunteers who enjoy working outdoors to assist with mowing along the Wildflower Trail Nature Loop. This role involves seasonal mowing to maintain safe pedestrian trailways, typically requiring one to two hours per session from spring through fall. Volunteers will set their own schedule and enjoy quiet time working in a beautiful, natural setting. All needed tools are provided. Please contact our Volunteer Coordinator, Jill, for more information about this much needed volunteer position.

## EXERCISE ROOM MONITORS

If you are passionate about fitness, consider volunteering as an Exercise Room Monitor! Our dynamic facility is currently seeking two dedicated monitors for each 2.25-hour shift to ensure the safety and wellbeing of our members as they utilize the exercise equipment. A 90-minute training session covering facility protocols and safety measures is required to get started. Please contact Jill, SJLSSC Volunteer Coordinator for more information.



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

## HAPPY VALENTINE'S DAY!

From its ancient Roman beginnings, Valentine's Day has developed into a worldwide celebration of love in every form. Love isn't just about romance. It's found in the laughter of family, the company of close friends, the unconditional love of pets, and the kindness we show ourselves. Valentine's Day is an opportunity to honor the connections that make life meaningful at every stage, whether you're thinking back on the past, making new memories, or just pausing to appreciate the love in your life.





# 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 WAITLIST

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>**

## 2026 TRIP PLANNING

We have been diligently working to assess trip surveys and tabulate voting results for upcoming excursions. Planning is now underway for the full schedule of 2026 day and overnight trips, specifically curated for our members. It requires considerable time and effort to carefully plan and schedule all our trips. We love how excited our members get about upcoming adventures and truly appreciate your understanding and patience during the planning process. Details on new trips will be released in upcoming issues of *The Anchor News* as plans are finalized. Stay tuned!



## MACKINAC ISLAND GRAND EXPERIENCE: SPRING

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

\$1,378 per person, single occupancy

\$1,138 per person, double occupancy

\$1,058 per person, triple occupancy

\$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.**

Further details on this trip are available in the January 2026 issue of Anchor News, or at the Center. ACTIVE ACTIVITY



## A CLOSER WALK WITH PATSY CLINE

**Cornwell's Turkeyville Dinner Theatre**

**Tuesday, September 15<sup>th</sup>**

\$109 per person, payable at sign-up

Enjoy lunch and a show with this heartfelt and intimate portrayal of one of country music's greatest voices. This captivating retrospective traces Patsy's rise to stardom from small town Virginia to Carnegie Hall. Featuring her greatest hits, including "Walkin' After Midnight," "Crazy" and "I Fall To Pieces," this production will transport you back in time! Cornwell's Turkeyville in Marshall, Michigan, is a multi-generational family business, famous for its delicious turkey meals, homemade pies, and a popular professional dinner theater with Broadway-style shows, plus a large gift shop and ice cream parlor. Trip will depart at approximately 9:30 am and return around 7:00 pm. Cost includes motorcoach transportation, theatre tickets, lunch and gratuity. MODERATE ACTIVITY



## MACKINAC ISLAND GRAND EXPERIENCE: FALL

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

\$1,473 per person, single occupancy

\$1,188 per person, double occupancy

\$1,088 per person, triple occupancy

\$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.**

Further details on this trip are available in the January 2026 issue of Anchor News, or at the Center. ACTIVE ACTIVITY



## BRITISH LANDSCAPES

**featuring England, Scotland and Wales**

**October 18<sup>th</sup>-27<sup>th</sup> - 3 spaces left!**

Double - \$5,329

Single - \$6,329

An adventure fit for a Shakespearean tale takes you from verdant hillsides to bustling British cities rich with culture. All registration for this trip will be through Collette Tours. Please contact Carol Olson at 269-982-0901 for more information. 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.

## CURRENT FUNDRAISERS



### 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.



### 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.



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

## 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

## 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.



## A HEALTHY WINTER FOR OUR COMMUNITY CENTER

With the colder months here, 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!



## WINTER BUILDING TEMPERATURES



During the winter, building thermostats are adjusted to be comfortable for the majority of occupants. Consequently, areas designated for exercise programs will be set to cooler temperatures. Because everyone has different comfort levels, we ask members to please dress appropriately. Layering clothing is always an effective way to maintain comfort.

## 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.



## NEW PROCESS FOR SJLSSC LIBRARY RETURNS & DONATIONS



To streamline our services, SJLSSC Library books and magazines should now be returned outside the Library entrance in the designated drop bin. Audio books & DVD's will continue to be returned to the front desk. 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: all books and DVDs will continue to be checked out at the Front Desk as usual.



**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.**



# CENTER NEWS

## STRIKE UP SOME FUN!



The SJLSSC Fall Bowling program was a hit! We had a great turnout all ten weeks of the program and will be starting up a winter session. 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!



## CASCADE SCULPTURE DONATION

Originally designed by Carolyn O'Hearn of O'Hearn & Fielding Glass for private property on the bluff overlooking Lake Michigan, *Cascade* was born of the desire to be part of a landscape; a compliment to its surroundings and a focus for reflection and meditation. Created with glass and metal, *Cascade*



has been a part of Grand Rapids' Art Prize, as well as the Krasl Art Center Sculpture biennial. Thanks to the generous donation of artist Carolyn O'Hearn, we are fortunate to have this beautiful piece exhibited on the grounds of SJLSSC.



## TEE UP FOR THE SEASON: SJLSSC GOLF LEAGUE

Get ready to hit the greens! The SJLSSC individual-play Golf League is accepting sign-ups, exclusively for Center members. All registered league members will play at Pebblewood Golf Course in Bridgman, MI. League fees are \$240 with no greens fees, subject to course availability. Tee-off time begins at 9:00 am on Tuesdays, with the season beginning on April 28<sup>th</sup>.

Other league information:

- Tee times are ten minutes apart
- Matches are played over nine holes with 100% handicap (average of players last five rounds)
- Men 75 years and up play from red tees; men under 75 years play from gold tees. All women play from red tees.
- Canceled rounds will be made up at season end
- Couples wanting to play in the same foursome, or in the following foursome, must request this option at the time of registration/payment

There will also be optional "skins games" (best score of the day on a hole offered separately to men and women) for an additional \$20, with payment to be made at the time of registration.

Payment in full is due by April 17th. Please include your email address, phone number and make checks out to Bob Hopkins. Payment may be dropped at the SJLSSC Front Desk, or mailed to: Bob Hopkins 3529 Crestview Drive, St. Joseph, MI 49085. Registrations received after April 17th will be added to the Subs list.







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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

## 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

**This class is full, please see front desk to join the waitlist for potential openings**



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.

## COMMUNITY CPR WITH COREWELL HEALTH

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

**This class is full, please see front desk to join the waitlist for potential openings**



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.

## MIKE STRUWIN CONCERT

Tuesday, February 17<sup>th</sup>, 10:30 am-12:00 pm

Join us for an amazing show as musician Mike Struwin returns with music from a myriad of genres - including Americana, Blues, Bluegrass, Folk, Soul and even Reggae! This Southwest Michigan native released his first CD at age 17 and hasn't looked back since, putting out eight albums to date and performing for audiences for over 20 years. Chairs will be provided in the Gym, but guests are welcome to bring their own bag chairs, if preferred. **Advance registration is required.**



## MICHIGAN SECRETARY OF STATE MOBILE OFFICE VISIT

Wednesday, February 18<sup>th</sup>, 10:30 am-2:30 pm

The Secretary of State Mobile Office brings services directly to the residents of Michigan through partner organizations. The streamlined mobile office offers a vast majority of Secretary of State services, including processing driver's license and state ID applications, corrections and renewals; disability parking placard applications, renewals and replacements; and vehicle title and registration transactions. The SoS Mobile Office will be available to meet with St. Joseph-Lincoln Senior Service Center members only. **Advance registration is required.**





# PROGRAMS

## THE TOMMY GUNS: ST. VALENTINE'S DAY MASSACRE

**Tuesday, February 24<sup>th</sup>, 1:30 pm**

The guns used in the St. Valentine's Day Massacre are considered the most notorious weapons in Chicago crime history. The Berrien County Sheriff's Office has had possession of the guns since 1929, when they were found in a St. Joseph home ten months after Valentine's Day. Join Sheriff Chuck Heit as he shares the actual weapons and their story with SJLSSC members. **Advance registration is required.**



## ART CO-OP WORKSHOP

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

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

**NO REFUNDS**

**Make checks payable to Matt Payovich**

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

Matt returns for a watercolor/Ink workshop where the subject will be "Backyard Pets and other Friends". Bring a 5x7 photo of your pet (face only), or we will provide source pictures of Backyard Friends. All materials will be provided. **Class size is limited and advance registration is required.**



## ORGANIZED BY DESIGN

**Tuesday, March 10<sup>th</sup>, 10:30 am**

Organizing goes hand-in-hand with Spring cleaning! Join Professional Organizer, Becky Martin, for another illuminating workshop on the art of home organization. In this comprehensive workshop, you will gain insights into the world of decluttering and organizing. **Class size is limited and advance registration is required.**



## WHITCOMB SENIOR LIVING BINGO SPONSOR

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

Whitcomb Senior Living will sponsor Bingo and provide a **free lunch only for Senior Center members playing Bingo**. Lunch will be followed by a short presentation by Whitcomb Senior Living staff. Attendees will learn more about the history of the Whitcomb and all it has to offer as a Senior Living Community in downtown St. Joseph, making it one of the most desired senior living communities in Michigan. Bingo is \$2 and will start at 1:00 pm. **Space is limited, all attendees must sign up by Thursday, March 5<sup>th</sup>.**



**Presidents' Day, officially Washington's Birthday, is a U.S. federal holiday on the third Monday in February, created to honor George Washington but popularly extended to commemorate all U.S. presidents, especially Abraham Lincoln, whose birthday is also in February.**



# 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.

**BLACK  
HISTORY  
MONTH**

BLACK HISTORY MONTH, CELEBRATED IN FEBRUARY IN THE U.S., ORIGINATED AS A WEEK-LONG CELEBRATION IN 1926 FOUNDED BY HISTORIAN CARTER G. WOODSON TO HONOR AFRICAN AMERICAN CONTRIBUTIONS.



# 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.

**HAPPY VALENTINE'S DAY** ♥



According to Hallmark, a whopping **145 million Valentine's Day cards** are exchanged every February 14 (and that's not even including all those kids' Valentines exchanged in classrooms!).



# 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 NO CLASS 2/3 & 2/17 VIDEO ON 2/10 & 2/24	9:00 am - Greeting Card Making	10:00 am - Range of Motion	9:30 am - Yoga for Mind & Bone Health
10:00 am - Calisthenics	11:00 am - Chair Drumming NO CLASS 2/3 & 2/17 VIDEO ON 2/10 & 2/24	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 STARTS AT 10:30 ON 2/3	11:00 am - Balance Class	12:30 pm - Beginner Pickleball	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 SEE DATES BELOW	<div>be my VALENTINE</div> <div></div>
12:30 pm - Hand & Foot Cards	<div>Class descriptions are posted on the bulletin board outside the gym and additional information is available at the front desk.</div> <div></div>	12:45 pm - Bowling offsite @ Striker's Bowling, St. Joseph	2:00 pm - Intermediate Pickleball	
1:00 pm - Art Co-Op See bulletin board for weekly topic		1:00 pm - Mah Jongg		
1:30 pm - Choir Group		1:00 pm - Advanced Pickleball	<div></div>	
1:45 pm - Line Dancing for Absolute Beginners		1:00 pm - Stitch & Chat		
2:45 pm - Line Dancing - Beginners/High Beginners		2:30 pm - Intermediate Pickleball	<div><div>FEBRUARY BINGO</div><div>Please do not enter the Gym until the room is set up. Thank you!</div><div><div>12</div>\$2 Bingo</div><div><div>26</div>Bingo is free</div></div>	



# THE RICK FRERIDGE WOOD SHOP

## GENERAL INFORMATION

**CURRENT HOURS/DAYS OF OPERATION**  
**Monday-Friday 9:00 am-3:00 pm**

Enjoy the camaraderie of fellow woodworking enthusiasts while gathering inspiration from our well-equipped Wood Shop. To become a Wood Shop member, you must be a member of SJLSSC and attend a required equipment/safety orientation. Orientation classes are approximately three hours and cost \$20. Please check the SJLSSC website for more information on Wood Shop memberships, or stop by the front desk to become a Wood Shop member and register for your orientation. **NO REFUNDS ON WOOD SHOP ORIENTATION OR CLASSES.** Refunds are issued solely for Center-initiated cancellations.

## WOOD SHOP PROGRAMS

### MAKING AN OVAL SHAKER-STYLE TRAY

**Tuesday, February 10<sup>th</sup>, 3:00-6:00 pm**  
**Instructor: Glen Peterson**  
**SJLSSC Wood Shop members only**  
**\$25 per person, payable at sign-up**  
**NO REFUNDS**



Using tools like bandsaws, stationary sanders, and hand drills, students will build a maple, oval Shaker-style tray, measuring approximately 11"x14"x2". In addition to teaching students the techniques necessary to make Shaker-style trays of any size, this class will prepare students for future classes on making Shaker oval boxes with lids. Standard and accepted safety rules are to be followed. Hearing and eye protection is required. **Class size is limited and advance registration is required.**

### BANDSAW SCOOP

**Thursday, February 12<sup>th</sup>, 12:00-3:00 pm**  
**Instructor: Tom McDonough**  
**SJLSSC Wood Shop members only**  
**\$20 per person, payable at sign-up**  
**NO REFUNDS**



In this hands-on class students will get an overview of how to make a scoop using only the bandsaw. This class begins with a short orientation featuring samples and a process overview, before moving into the shop to work on completing a functional Bandsaw Scoop. All tools, equipment and a wooden blank are provided to complete the project. All standard and accepted safety rules are required. Filter/mask and shop apron are optional. **Class size is limited and advance registration is required.**

### BANDSAW TREASURE BOX

**Friday, February 13<sup>th</sup>, 12:00-3:00 pm**  
**Instructor: Tom McDonough**  
**SJLSSC Wood Shop members only**  
**\$25 per person, payable at sign-up**  
**NO REFUNDS**



Just in time for Valentine's Day! 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 a functional bandsaw treasure 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 and advance registration is required.**

### BUILD A FOUR-LEGGED STOOL

**Tuesday, February 24<sup>th</sup>, 9:00 am-12:00 pm**  
**Instructor: Rick Freridge**  
**SJLSSC Wood Shop members only**  
**\$25 per person, payable at sign-up**  
**NO REFUNDS**



Build a sturdy four-legged stool for yourself or as a gift for your grandchildren. Learn to cut and shape the seat, shrill angled holes for legs and cut and shape the legs. Assistance will be available to personalize your stool in the Laser Engraver. Learn finishing techniques to do at home or after the class. Standard and accepted safety rules are to be followed. Hearing and eye protection is required. **Class size is limited and advance registration is required.**

### MILLING LUMBER

**Tuesday, February 24<sup>th</sup>, 3:00-6:00 pm**  
**Instructor: Glen Peterson**  
**SJLSSC Wood Shop members only**  
**\$25 per person, payable at sign-up**  
**NO REFUNDS**



This class is planned as part of a series designed to provide new shop members with opportunities to use, better understand, and develop skills and confidence with the Wood Shop power equipment. This class will focus on milling and dimensioning lumber, which is the process of taking raw lumber and making boards that are flat and square and cut to whatever dimensions necessary. This process uses the jointer, planer, table saw, and perhaps the chop saw and will cover proper use, set up and safety going beyond basic ripping and cross cutting, by using sleds, jigs, and fixtures to make miter cuts and basic joinery. Standard and accepted safety rules are to be followed. Hearing and eye protection is required. **Class size is limited and advance registration is required.**

**"Measure twice,  
cut once."**

—Carpentry Proverb



# CENTER HAPPENINGS

## 2025 SJLSSC HOLIDAY PARTY

The SJLSSC Holiday Party, themed "The Night Before Christmas" was held on Friday, December 5th, with over 170 members in attendance (many in their pjs!). A special thank you to our volunteer Event Committee for all of their hard work and to the St. Joseph High School Concert Choir for sharing beautiful Christmas carols with us. The event was a wonderful addition to the holiday season!





# THANK YOU DONORS!

## TO EVERYONE WHO BRINGS GOODIES OR SNACKS:

Flour Shop, Sandra Kay's, Walgreens, Whitcomb Senior Living Center, Debbie Johnson, Michelle Wloch, Stevensville United Methodist Church, Ann Niedbala, Linda Kurzynski, Millie Carney, Carla Rolfe, Adolf Pelzer, Fran LeCount, Jim Anderson, Pam Duffy, Dolores Frantz, Mary Sundblad, and Mary Jane Hiler

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

James LaVanway (Lest We Forget), Ann Hunnell, Tony Korican, Ann Niedbala, Betty Ramsey, Bob Hopkins, Susan Straw, Cindy Coffman, Tim & Susan Blood, and Chris Woerdehoff

## MONETARY CONTRIBUTIONS:

- **Donations to our Transportation Program:** Bob & Janet Hahn, Ruth Betker, Edward Gramberg, and Elli Maas
- **Donations to the Building Fund:** Barbara & Bill Klein, Mike & Tami Genovese, Hong Son, Heike Sprung, Frank Alsup, David Golladay, Kathy Ketelhut, Ronald Geweniger, Dennis Rasbach, Johannes Willer, Angela Borrelli, Joe Mikowski, Cathy Taber, Sandra Thurlow, Sharon Kabel, Sherree Lane, and Anonymous Donors
- **Donations to Bakeless Bake Sale:** Tom & Sandy Andert, Rae Bacolor, Alan & Joann Rumney, and James & Nancy Kodis
- **Donation to Bakeless Bake Sale in Appreciation of Resistive Exercise:** Dorothy Thar and Mary Eisenbrandt
- **Donations to the Circuit Training Room:** Brian McFall, Al Miranda, and Frank Alsup
- **Donation to Resistive Exercise:** Frank Alsup
- **Donation to Parkinson's Exercise in Honor of Ernie Lewis' Retirement:** Sue Plummer
- **Donation to Parkinson's Exercise:** Stan Comstock
- **Donation to the Library:** Ken Upcraft
- **Donations to the Wood Shop:** Brian McFall, Martha Sutton, Merrily Mahon, Bradford & Marilyn Frey, Subhas Dhodapkar, Linda Csepregi, and Anonymous Donors
- **Donations to the Loan Closet:** Sarah Melcher, Ed Simmons, Shirley Barrick, Debra Jensen, Tyson Hein, and Mary Carlson
- **Donation for the Brick Fundraiser:** Sue Jewell

### CENTER WISH LIST

Coffee - Regular & Decaffeinated  
Individually-wrapped candy  
Bottled water

### WOOD SHOP WISH LIST

Small to toddler socks  
Yogurt Cups

## BENEFITS OF READING

Did you know that reading offers seniors significant benefits, acting as a mental workout to boost memory, sharpen focus, and potentially delay dementia, while also reducing stress, improving sleep and combating loneliness during the winter months? The SJLSSC Library provides a warm, cozy escape for members to sit back and relax in a comfortable setting while reading a current magazine or newspaper, or enjoying a large-print book. If you prefer the comfort of reading at home on a snowy day, visit the SJLSSC Library and explore the hundreds of book and magazine titles available for our members to borrow.





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

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**SJLSSC BOARD MEMBERS**

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



**SJLSSC TEAM MEMBERS**

<b>Executive Director</b>	Cindi McLaughlin
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<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



**FEBRUARY ACTIVITIES**

- 2 Art Co-Op** 12:30-3:00 pm
- 5 AARP: Smart Phone Basics** 1:30-3:30 pm
- 10 CPR Class for Members** 10:30 am-1:30 pm
- 10 Wood Shop: Oval Shaker Tray** 3:00-6:00 pm
- 11 Book Club** 10:00 am
- 12 Wood Shop: Band Saw Scoop** 12:00-3:00 pm
- 12 Bingo \$2** 1:00 pm
- 13 Physio Ball Training** 11:00-11:30 am
- 13 Wood Shop: Band Saw Treasure Box** 12:00-3:00 pm
- 17 Mike Struwin Concert** 10:30 am-12:00 pm
- 18 MI Sec of State Mobile Office** 10:30 am-2:30 pm
- 19 Board Meeting** 10:00 am
- 20 Cookies & Canvas** 12:00-3:00 pm
- 24 Wood Shop: 4 Legged Stool** 9:00 am-12:00 pm
- 24 Stamp Camp** 11:00 am-3:30 pm
- 24 The Tommy Guns** 1:30 pm
- 24 Wood Shop: Milling Lumber** 3:00-6:00 pm
- 26 Newsletter Mailing** 8:30 am
- 26 Bingo** 1:00 pm



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