

# THE ANCHOR NEWS



APRIL 2026 EDITION

## ST. JOSEPH-LINCOLN SENIOR SERVICE CENTER

3271 Lincoln Avenue  
St. Joseph, MI 49085

### HOURS OF OPERATION

Monday through Friday  
8 AM - 4 PM

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

Phone: (269) 429-7768  
director@sjlsc.org

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www.sjlsc.org

## PAPA VINO'S FUNDRAISER

Take a break from cooking while supporting the St. Joseph-Lincoln Senior Center! We are partnering with Papa Vino's for a fantastic fundraiser from May 4<sup>th</sup>-7<sup>th</sup>. When you dine-in or order takeout, present the fundraising voucher at checkout and 20% of your total bill (less tax and gratuity) will be donated to our building fund. **Vouchers are available at the Senior Center—please share them with friends, family, and neighbors!** Additionally, you may add a direct donation at checkout, with 100% of direct donation proceeds supporting SJLSSC. Call Papa Vino's at 269-983-9900 to place your takeout order anytime before 4 pm on the day of pickup. Thank you for your support!

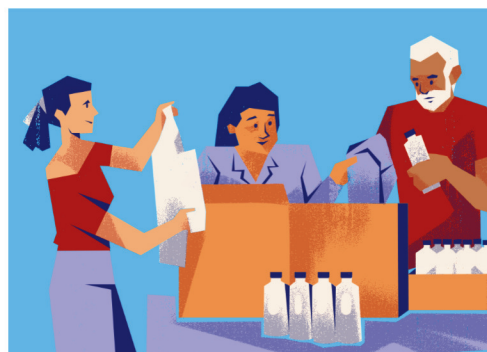


### THE CENTER WILL BE CLOSED THE FOLLOWING DAYS IN APRIL:

- Friday, April 3<sup>rd</sup> - Good Friday
- Tuesday, April 14<sup>th</sup> - Staff Day
- Friday, April 17<sup>th</sup> - Volunteer Appreciation Breakfast

## USED TOOL SALE FUNDRAISER

Support the SJLSSC Wood Shop and find great deals on a large selection of tools by shopping the **Used Tool Sale Fundraiser on Saturday, May 16, 2026, from 9:00 am to 12:00 pm.** Do you have tools to spare? We are accepting donations of any hand and power tools at the Senior Center through May 12<sup>th</sup>. For large donations, please contact the Center to schedule a convenient pickup. Stop by the Used Tool Sale and power up your projects and the SJLSSC Wood Shop at the same time!



Held in April every year, National Volunteer Month is a time to celebrate and recognize the contributions of volunteers.

*We ♥ our Volunteers*

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# NOTES FROM THE BOARD

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## HELPING THOSE WHO HAVE GIVEN SO MUCH AND CREATING A LEGACY OF HOPE!

As the number of seniors in the United States increases, with projections indicating that by 2030, one in five Americans will be 65 or older, the importance of senior centers becomes even more apparent. These centers are the heart of our communities, providing essential resources, companionship, and support to those who have dedicated their lives to serving their families, communities, and even their country.

Senior centers offer a variety of services, including exercise classes, nutritious meals, healthcare support, and social activities. These programs help older adults stay independent, reduce feelings of isolation, and improve their overall quality of life. However, despite their vital role, senior centers often operate with limited budgets, depending heavily on community generosity to keep their programs running.

This lack of funding is concerning. The increasing need for senior services is not being met by the available resources. Donations are crucial to ensure these programs continue and grow to meet the needs of an aging population. By giving, you're not only helping to maintain essential services but also honoring a generation that has contributed so much to the foundation of our society.

Now is the perfect time to give. Donations are tax-deductible, which provides a financial incentive for those who give generously. Whether it's a one-time gift or part of a planned giving strategy, your support helps seniors live their best lives while potentially offering tax benefits.

Seniors matter. They are the foundation of our communities, embodying the strength and resilience that keep us grounded. As you reflect on the year, take a moment to remember those who have served—our

veterans, our community leaders, and the unsung heroes (volunteers) who have shaped our world. Supporting a senior center is more than a donation; it's an investment in gratitude and the well-being of a cherished generation.

If you're thinking about donating money or just want to lend a hand, we're on the lookout for volunteers in different areas right now. If you're interested in giving back to the community and have some extra time, we'd be thrilled to hear from you! I've found a few volunteer spots that could use some extra hands right now:

- Bingo Set Up & Tear Down
- Exercise Rooms Monitors
- Entrance Greeters
- Fundraising Committee Members
- Handyperson
- Front Desk Receptionists
- Newsletter Mailing Support
- Wood Shop Hosts

This year, consider gifting the spirit of community! By supporting the St. Joseph Lincoln Senior Service Center, you're making a tangible difference in the lives of those who've touched yours.



**Dennis Meadows**  
**SJLSSC Board of Directors**



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## WHAT WE HAVE TO OFFER

- Arts & Crafts
- Betty Kohn Outdoor Fitness Zone
- Board Games
- Book Club
- Bowling Group (Seasonal)
- Cards/Games
- Choir
- 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
- Volunteer Opportunities
- Website & Facebook
- Website Tutorials on How to Use Our Exercise Room & Fitness Zone Equipment
- Wood Shop - 8:30 am-3:30 pm

# WE LOVE OUR VOLUNTEERS

## VOLUNTEERS NEEDED



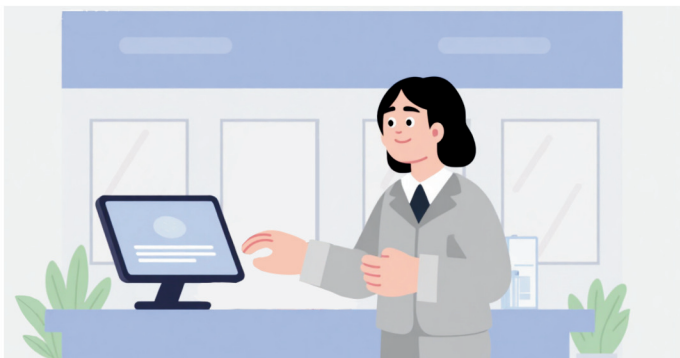
If you are looking for ways to give back to the community or if you have extra time in your schedule, we need you! We are in need of volunteers in the following areas:

- Bingo Set Up & Tear Down
- Entrance Greeters
- Exercise Rooms Monitors
- Front Desk Receptionists
- Fundraising Committee Members
- Handyperson
- Newsletter Mailing Support
- Wood Shop Hosts

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



## FEATURED VOLUNTEER ROLE: FRONT DESK RECEPTIONISTS



If volunteering as a Receptionist at the Center interests you, read on! Training requires shadowing a Greeter for 2 days, followed by working 3 times as a Greeter (in 2-hour shifts), before beginning training as a Receptionist. Shadowing a Volunteer Receptionist during the afternoon will allow the time to learn the various duties as the front desk becomes busy at times. Please contact Jill, our Volunteer Coordinator, for more information.



**Volunteers do not necessarily have the time; they just have the heart.**

Elizabeth Andrew

## THANK YOU TAX VOLUNTEERS!

A huge thank you to our incredible AARP Tax-Aide volunteers, including those that scheduled appointments, helped with intake and the tax preparers! Your dedication, expertise, and patience in providing free tax services make a lasting difference in our community. We are deeply grateful for the countless hours you've spent helping our community file safely and accurately this season. You are truly appreciated.



## APRIL IS NATIONAL VOLUNTEER MONTH

This month is dedicated to our fantastic volunteers! With so many people who give their time and energy in helping our Center run, saying, "Thank you so much!", doesn't seem to express our appreciation for you. Each role has value, making a difference in the lives of our members and staff. From working behind the scenes, to assisting in more visible positions, every job is significant and we are so grateful for the gift of your time and experience. Members, when you see our volunteers in action, please take a moment to thank them for their time and support, as they are an integral part of what helps make our Center function. If you're interested in becoming a volunteer, please contact Jill, our Volunteer Coordinator for information.

# CENTER NEWS

## MEMBERSHIP REQUIRED TO ATTEND ALL SJLSSC ACTIVITIES

**SJLSSC membership is mandatory for all classes, trips, and programs.** Enrollment is free for those 60+; simply stop by our reception desk to complete a registration form, sign a participation release, and have your photo taken. Please arrive early to finalize these requirements before your event begins.



## SENIOR EXPO

A promotional poster for the 28th Annual Senior Expo. The background is dark blue with a white and red circular graphic on the right. Text includes: "Presented by Area Agency on Aging, Inc. SPECIALISTS IN AGING Offering Choices for Independent Lives", "28th Annual SENIOR EXPO", "10 a.m. to 3 p.m. Friday, May 15, 2026", "Mendel Center at Lake Michigan College", and "www.AreaAgencyonAging.org/Senior-Expo". The logo for "The Herald-Palladium" is also visible.

## A LITTLE GREEN SANCTUARY



Have you discovered the SJLSSC Garden Nook? Tucked away past the Gym and greeting cards, this vibrant, volunteer-created sanctuary is the perfect place to relax and explore our collection of books and guides on gardening and local wildlife. Grab a seat to read, or take a resource home with you! No checkout required—just please return them when you're finished!

## GAME ON!

Enjoy our wonderful selection of board games available in the Game Room, featuring favorites like Sorry, Uno, Battleship, Bunco, Scrabble and more! These games are free to use whenever the room isn't occupied by another program. Please check the schedule posted at the room entrance for availability. We kindly ask that all board games remain in the Game Room for everyone to enjoy!

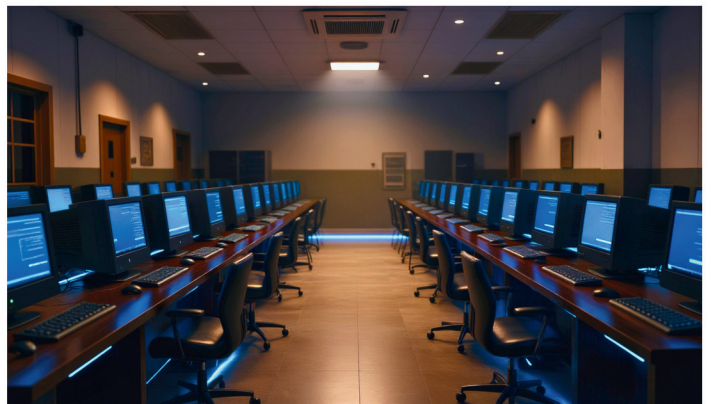


## ZUMBA NOW WORLD DANCE CLASS

Get ready to move and groove! The Friday morning Zumba class has transformed into World Dance. Join instructor Carolyn Margol for an exhilarating, high-energy session featuring rhythms from America and beyond. Whether you're looking for a moderate or high-intensity workout, this class offers a fantastic variety of global beats. Carolyn ensures everyone feels comfortable by providing demonstrations on how to adapt moves to your own pace. Come for the fitness, stay for the smiling faces and happy feet!



## COMPUTER LAB HOURS



Due to tax season operations, the Computer Lab will be open for general use only on Wednesdays through April 17<sup>th</sup>.

# CENTER NEWS

## SJLSSC CO-ED GOLF LEAGUE



The SJLSSC Co-ed Golf League begins its third, 20-week golf season on Tuesday, April 28<sup>th</sup>. With tee times starting at 9:00 am in 10-minute, four-person intervals, play is individual for both men and women over nine holes. League fees are \$240, with 100% of proceeds going directly to Pebblewood Golf Course. Separate skins games for the men and women will also be available for an additional \$20 and rainout makeup rounds will be added to the end of the season. **Please submit your check, along with your email address and phone number, either by mail or at the SJLSSC reception desk, by April 17<sup>th</sup> to be included in the season schedule (all checks payable to Bob Hopkins 3529 Crestview Drive, St. Joseph, MI 49085). Any registrations received after April 17<sup>th</sup> will be placed on the substitute list. A preseason meeting is scheduled for Tuesday, April 7<sup>th</sup> at 1:30 pm at the Senior Center to address any questions. You don't want to miss out on this fantastic season!**

## PINOCHLE RETURNS

Pinochle returns to SJLSSC this spring! Starting April 7<sup>th</sup>, the Card Room will be open every Tuesday from 9:30 am to 12:00 pm. for pinochle use. Since pinochle requires a full table to play, gather four friends and head to the Card Room to enjoy a morning of strategy and socializing. Please note that there will not be instructors available to teach new players at this time.



## CRIBBAGE GROUP

With a wonderful response to the Cribbage interest list, we will be moving forward with a weekly Cribbage Group! Beginning Monday, April 6<sup>th</sup>, the group will be meeting in the SJLSSC Card Room on Mondays from 1:00-3:30 pm. No experience is necessary - stop by and join in on the fun!



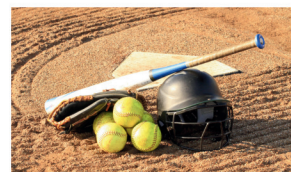
## UKULELES NEEDED



Attention all past and present ukulele students! Jim Thurman is collecting used ukuleles to support music programs at libraries and community centers throughout Berrien County. If you have a ukulele sitting idle that you'd like to see loved again, please consider donating it! Drop-off is easy: simply place it in the donation box located in the SJLSSC Board Room (the home of our Ukulele classes). Let's spread the joy of music together!

## SJLSSC SOFTBALL

Senior Softball is back! Opening day for SJLSSC Softball will be Thursday, April 30<sup>th</sup> and will meet every



Thursday from 1:00 pm-2:30 pm at Wells Field (2214 S. State Street, St. Joseph, by the old Jefferson School, now condos) In the event of inclement weather, we will notify all players before noon if the day's scrimmages are canceled. If you're ready to join the action but haven't signed up yet, swing by the front desk to secure your spot!



## SEED SWAP WEEK

Get ready for gardening season with our Seed Swap Week! From April 20<sup>th</sup> through April 24<sup>th</sup>, visit Friendship Hall to exchange your extra flower and vegetable seeds. Feel free to leave unopened, pre-packed seeds, or pick up new-to-you seeds for your own garden. Please note: this event is strictly for seeds only; we ask that you do not bring live plants to the Center.

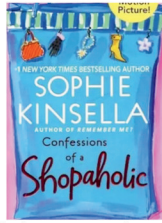


## CONSISTENT MONTHLY PROGRAMS

### BOOK CLUB

Wednesday, April 8<sup>th</sup>, 10:00 am

*Confessions of a Shopaholic* by Sophie Kinsella follows Becky Bloomwood, a London journalist in deep debt. She ignorantly manages her finances while indulging in retail therapy. This charming novel highlights her chaotic life, financial struggles, and attempts to balance shopping with adult responsibilities. Leading the discussion will be Kim Heil. This group is open to all SJLSSC members who have a passion for reading.



### COOKIES & CANVAS

**APRIL CLASS:** Friday, April 10<sup>th</sup>, 12:00-3:00 pm

**DEADLINE TO REGISTER IS APRIL 8<sup>th</sup>**

**MAY CLASS:** Friday, May 15<sup>th</sup>, 12:00-3:00 pm

**DEADLINE TO REGISTER IS May 13<sup>th</sup>**

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

**Make checks payable to Roy Hruska**

**NO REFUNDS**

The watercolor painting for the month of **April** is titled "Hibiscus" and is on a 9"x12" canvas.



The watercolor painting for the month of **May** is a mother bird with her eggs and is on a 9"x12" canvas.



**All materials needed for this class are provided. Each class size is limited and advance registration is required.**

### STAMP CAMP

Tuesday, April 28<sup>th</sup>, 11:00 am-3:30 pm

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

**Make checks payable to Caryn McFall**

**NO REFUNDS**

**DEADLINE TO REGISTER IS APRIL 24<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. Floral designs will be used to recognize the women in our lives for Mother's Day/birthdays. 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 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 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 enter the building.

### BENEFITS OF CIRCUIT TRAINING FOR SENIORS

Circuit training is a critical fitness strategy for seniors as it concurrently addresses cardiovascular health, muscular strength, and functional independence. By rotating through varied exercise stations with minimal rest, older adults can effectively combat age-related muscle loss (sarcopenia) while strengthening heart and lung capacity in a single, time-efficient session.



Key benefits include:

- **Enhanced Mobility:** Improves the ability to perform daily tasks like climbing stairs or carrying groceries.
- **Disease Prevention:** Regular participation helps lower blood pressure, improve bone density to prevent osteoporosis, and reduce the risk of heart disease.
- **Balance & Safety:** Dynamic movements improve coordination and stability, significantly reducing the risk of falls.
- **Mental Well-being:** The structured, often social format can reduce anxiety, boost self-esteem, and improve overall cognitive function.

The adaptability of circuit training allows exercises to be modified for any fitness level, making it a safe and sustainable choice for long-term aging.

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for additional information:

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## 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. Donations may be mailed or dropped at the front reception desk.

### 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 DONATIONS

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. Orders placed after March 1st will be submitted on June 1<sup>st</sup>.

## CURRENT FUNDRAISERS

### PAPA VINO'S FUNDRAISER



We are partnering with Papa Vinos for a fantastic fundraiser from May 4<sup>th</sup>-7<sup>th</sup>. When you dine-in or order takeout, present the fundraising voucher at checkout and 20% of your total bill (less tax and gratuity) will be donated to our building fund. **Vouchers are available at the Senior Center—please share them with friends, family, and neighbors!** Call Papa Vinos at 269-983-9900 to place your takeout order anytime before 4 pm on the day of pickup. See article on Page 1 for further information.

### SUPPORT THE SILVER TONES



Since their founding in October 2024, the Silver Tones have grown from a small group of 10 to a thriving choir of nearly 35 members! Practicing weekly and performing throughout our community, the group cherishes the opportunity to connect with others. As they continue to grow, the costs associated with this wonderful program increases as well. Donations made to this group will support the purchase of new sheet music, which costs over \$100 per song, as well as other expenses associated with the program. Any donation would be so appreciated to help the Silver Tones continue sharing the joy of music!

### WOOD SHOP FUNDRAISER

Support the SJLSSC Wood Shop and find great deals on a large selection of tools by shopping the **Used Tool Sale Fundraiser on May 16, 2026, from 9:00 am to 12:00 pm.** The Wood Shop will be accepting donations of any hand and power tools at the Senior Center through May 12th. For large tool or equipment donations, please contact SJLSSC to schedule a convenient pickup.

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

# THANK YOU DONORS

## TO EVERYONE WHO BRINGS GOODIES OR SNACKS:

Sandra Kay's, Flour Shop, Walgreen's, Sam Ring of Red Coach Donuts, Rickie Lyon, Betty Ramsey, Jill Post, Lani Agens, Linda Bentley, Celina Bevelhymmer, Dolores Frantz, St. Joseph 7th Day Adventist Church, Adolf Pelzer, Sally Matzke, Fran LeCount, Dennis McCarthy, Barb Powell, Phil Langer, Linda Doyle, Pauline Fox, Connie Yore, Lynn Hardke, and Mary Donald

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

Betty Ramsey, Jeanne Hoesley, Chuck Van Horn, Pat Coons, Michele Cullinan, Gertt Nemethy, Tim Zimmerman, Susan Meadows, Carolyn Ayres, Amy Reutlinger, Sally Hoffman, Margaret Fisk, Rick Johnson & Frankie Orlando, Alice Sherrill, Alice Sprunk, Claire Gillespie, and Drew from Edward Jones

## MONETARY CONTRIBUTIONS

### BRICK FUNDRAISER

Rita Adair and Brenda Lyons

### BUILDING FUND

Mary LaMar, Karen Schiltz, David Golladay, Joan Smith, Mike & Tami Genovese, Jeanette & Dolores Fester, and Claredene VanEizenga

### BUILDING FUND PROGRAM

Virginia Aydelott, Eddie Woodley, Henryk Goch, Fred Cooper, L.J. Sadler, Diana Dubman, Becky Stalnaker, Sallyanne & Chuck Crumley, Bob Hopkins, Janet McConomy, Barbara Clark, Barbara Levine, Dolores Frantz, Erna Felgner, Paul Terlecki, Edward Baginske, Nadine LaBounty, Denise Skalla, Ada Greene, Tam Vu, Janna Riley, Judith Remington, Gisela Holtz, Carol & Ron Bonczkowski, Janice Hicks, Cynthia Neumann, Jo Ann Ingraham, Ruth Shuler, Joyce Vance, Phyllis Herod, and Patricia Hill

### CIRCUIT TRAINING ROOM

Frank Alsup and Onalee Hartman

### EXERCISE CLASSES

Dolores Shearer

### IN MEMORY OF GREG HENNING

Craig & Sharon Graeber, Patricia Anderluh, and Robert & Michelle Grassa

### IN MEMORY OF HELEN SCHLITZER

Jim & Margaret Bembenek, Elizabeth Zilke, Nancy Rildomridge, and Shirley Miller

### IN MEMORY OF SALLIE COLDREN

Mary Sundblad

### LIBRARY

Jane Rizzo and Karen Tarantino

### LOAN CLOSET

Pam Darman, Cindy Southland, and Bryan N.

### ON BEHALF OF THRIVENT CHOICE DOLLARS

Sarah Frederking, Bob & Gloria Hopkins, and Mark Pudelski

### PARKINSON'S EXERCISE

Ernest Lewis, Julie Nash, and Stan Comstock

### PICKLEBALL

Anonymous Donors

### QUILTING GROUP

Andy Zuber

### RESISTIVE EXERCISE

Frank Alsup

### SILVER TONES

Shirley Johnson

### TRANSPORTATION PROGRAM

Ruth Betker and Anonymous Donors

### WILD FLOWER TRAIL

Celina Bevelhymmer

### WOOD SHOP

Paul Carteaux, Jackie Donoho, Jacob Toering, Berrien County Woodworkers Guild, Ted Post, and Anonymous Donors

## ADDITIONAL DONATIONS: THANK YOU!

- To Martin's Super Market for thinking of the Center and bringing over pączki's for everyone to enjoy!
- To Jeannine Marks for submitting her volunteer hours to GBU Financial Life for the Silver Tones Choir.
- To Jeffery Boes for initiating a Grant from the Renaissance Charitable Foundation for the Center.

### WISH LIST

#### For the Center

- URGENT REQUEST FOR COFFEE: Regular and Decaf
- Bottled water
- Individually-wrapped candy

#### For the Wood Shop

- Small to toddler socks
- Yogurt cups



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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

All programs require advance registration, unless noted on the specific program  No refunds  Space is limited

## ANNE'S REAL ESTATE ROUND TABLE

Thursday, April 2<sup>nd</sup>, 1:30 pm

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



## UNDERSTANDING THE NEIGHBORHOOD WATCH PROGRAM

Tuesday, April 21<sup>st</sup>, 10:30 am



Join St. Joseph Township Neighborhood Watch members and Program Liaison Officer Josh Allen of the SJ Twp Police Department as they review information about the Neighborhood Watch Program - a collaborative, volunteer-driven program focused on crime prevention through awareness, education, and community events. This includes descriptions of member roles, crime prevention tips, recruitment of neighborhood members and more.

## ART CO-OP WORKSHOP

Monday, April 6<sup>th</sup>, 12:30-3:00 pm  
\$25 per person payable at registration  
Make checks payable to Matt Payovich  
**DEADLINE TO REGISTER IS APRIL 2<sup>nd</sup>**

Matt will be introducing transparency, water, shadows, and light. All materials will be provided.



## MATTER OF BALANCE

Tuesdays, April 21<sup>st</sup> - June 9<sup>th</sup> (eight weeks)  
1:00-3:00 pm

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



Are you interested in improving balance, flexibility and strength? Matter of Balance enables participants to reduce the fear of falling by learning to view falls as controllable and exercises to increase strength and balance. Offered through the Area Agency on Aging, this program includes eight, two-hour classes presented to a small group led by trained coaches. **Students must attend all eight sessions. Payment for the workbook will be due at the first class.**

## HEARING HEALTH

Thursday, April 16<sup>th</sup>, 10:30 am

Join Professional Hearing Services as they share important information about hearing loss and its connection to overall health and well-being. This informative session will cover common signs of hearing loss, how untreated hearing issues can impact daily life, and the latest option available to help you stay connected to the sounds and people that matter most. Join Professional Hearing for helpful insights and to have all of your hearing questions answered.



## ARTISAN, NO-KNEAD BREAD WORKSHOP

Monday, April 20<sup>th</sup>, 1:30-3:30 pm  
\$5 per person payable at registration  
Make checks payable to Marilyn Mussman  
**DEADLINE TO REGISTER IS APRIL 15<sup>th</sup>**

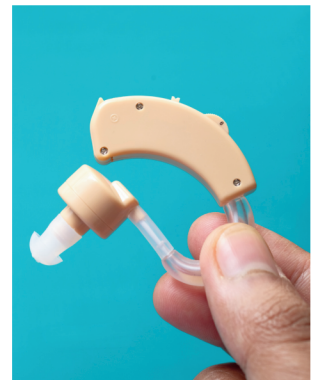
Master the art of Artisan, No-Knead Bread in this hands-on workshop! Discover how to create a bakery-quality, crusty homemade loaf using a surprisingly simple technique. Please bring a large bowl and a wooden spoon; we provide all other fresh ingredients. You'll leave with a prepared loaf ready to proof and bake in your Dutch Oven at home, along with step-by-step instructions. Come learn the secrets to perfect golden crusts and airy interiors!



## FREE HEARING AID TESTING

Wednesday, April 22<sup>nd</sup>, 10:00 am-12:00 pm

Ensure hearing aids are performing at their best by joining Professional Hearing Services for a complimentary cleaning and check clinic. Expert team members will be on-site to provide professional maintenance services. This event is open to all members with hearing aids. **No registration is required for this walk-in event.** This is an excellent opportunity to prioritize hearing health.



# PROGRAMS

All programs require advance registration, unless noted on the specific program  No refunds  Space is limited

## CARD-IOLOGY

Friday, April 24<sup>th</sup>, 10:00 am-3:30 pm

Attention card crafters (or CARD-iologists!) - help us spread a little sunshine by designing custom greeting cards for our neighbors in local assisted living facilities. Whether you're an expert or a beginner, come help bring a smile to someone's face! We'll provide everything you need: stamps, layers, embossing tools, die-cuts, and embellishments (though you're always welcome to bring your favorite supplies from home). Join us this April as we celebrate the joy of springtime through the art of CARD-iology!



## THE BENEFITS OF HYPNOSIS

Wednesday, April 29<sup>th</sup>, 1:30-3:30 pm



Join Jeff Alisch, a NGH Board Certified Instructor with 12 years of experience for an engaging introduction to hypnosis. This isn't a stage hypnosis presentation—it's a genuine opportunity to learn how to reduce stress, change habits, and improve your life. Discover the power of your mind through a live experience and learn practical, entry-level self-hypnosis techniques. Take control of your well-being in this engaging workshop.

## ART CO-OP WORKSHOP (OFF-SITE CLASS)

Monday, May 4<sup>th</sup> OR Tuesday, May 5<sup>th</sup>  
12:30-3:00 pm

\$30 per person payable at sign up  
Make checks payable to Create with Clay  
**DEADLINE TO REGISTER IS APRIL 30<sup>th</sup>**

Work with a Create with Clay instructor to make three garden flower stakes or a floral wind chime. This class will take place at the Create with Clay Studio



(1403 Castle Court, St. Joseph). All materials will be provided. Your piece will be fired and returned to SJLSSC for pick-up. **Due to the popularity of past workshops, two sessions of this class are being offered. Please choose class date at time of registration.**

## TRAVEL WITH PEACE OF MIND

Tuesday, May 5<sup>th</sup>, 10:30 am



Many of us enjoy visiting loved ones across the country. Whether it's spending the winter somewhere warm or traveling for a special family event, those trips should be about making memories—not worrying about the unexpected. Join Mark Casey from Starks Funeral Homes for a brief seminar about Out-of-Area Protection, a program designed to help protect families when travel takes them far from home. Discover how simple preparation today can give you and your family peace of mind wherever life takes you.

## MICHIGAN SECRETARY OF STATE MOBILE OFFICE VISIT

Wednesday, May 6<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.

## PARKINSON'S DISEASE FOR BEGINNERS

Wednesday, May 13<sup>th</sup>, 1:00 pm

Join Mike Ford of the Berrien County Parkinson's Support Group for an overview of Parkinson's Disease for those recently diagnosed, their care partners, or those curious about Parkinson's Disease - what it is, common symptoms, who it affects, the natural course of the disease, and current course treatments. Discuss the need for, and workings of, local support groups.



# TRIPS

 **New Trip**  **Moderate Activity**  **Active Activity**  **Very Active Activity**  **Payable at signup**

## TRIP POLICIES

### REFUNDS & CANCELLATIONS:

- ALL trip cancellations or replacements must be managed by Senior Center staff, not by travelers.
- Any cancellations made by travelers within 48 hours of a trip departure will not be filled and refunds will not be provided.
- All monies are non-refundable unless a replacement is found on the waiting list.
- In cases of approved cancellations, if a replacement can be found, refunds less a \$10.00 administrative fee are given.
- If a trip is canceled by the Center, full refunds will be issued.

All SJLSSC Trip Policies can be found on our website, as well as posted on the trip board in the Center. SJLSSC trip participants acknowledge and agree to adhere to ALL trip policies and procedures.

**PLEASE SEE SJLSSC TRIP BOARD FOR ADDITIONAL DETAILS ON 2026 TRIPS.**

## 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.

**British Landscapes:** October 18th-27<sup>th</sup> - Collette Tours. Contact Carol Olson @ 269-982-0901 for more information

**The Lion King Broadway Musical:** April 25th

**Mackinac Island Grand - Spring:** May 6th-9th

**Mackinac Island Grand - Fall:** October 13th-16th

## LUNCH BOAT CRUISE & SHOPPING

Holland, MI

Friday, June 26<sup>th</sup>

\$117 per person

Escape for a perfect summer day in Holland, Michigan! Picture yourself enjoying a delightful lunch cruise on the Holland Princess paddlewheel boat, followed by leisurely shopping downtown Holland. Cap off the perfect West Michigan excursion with a sweet treat at Crane's Pie Pantry on the way home. Trip price includes cruise ticket and lunch, motorcoach transportation, taxes and gratuity (Travelers will be responsible for purchases at Crane's Pie Pantry). Trip departs at 10:00 am and returns around 7:00 pm.



## THE RIGHTEOUS BROTHERS

Blue Gate Theatre, Shipshewana, IN

Thursday, June 18th

\$174 per person

Enjoy shopping in Shipshewana, dinner at the Blue Gate Restaurant and a nostalgic concert experience at the Lovin' Feelin' Farewell Tour of the legendary Righteous Brothers at the Blue Gate Theatre. This trip includes round-trip motorcoach transportation, over two hours of shopping in downtown Shipshewana, buffet dinner at the Blue Gate Restaurant, show ticket, and gratuities. Take a journey through decades of timeless hits that have defined a generation, including "You've Lost That Lovin' Feelin'," "Unchained Melody," "(I've Had) The Time of My Life," "Soul and Inspiration," and more. This show promises a captivating musical odyssey, spanning the early days of rock and roll, the era of Blue-Eyed Soul and as far reaching as the movie Dirty Dancing. Trip will depart at 1:00 pm and return around 11:00 pm.



## THE ARK ENCOUNTER & CREATION MUSEUM

September 14-18<sup>th</sup>

\$931 per person, SINGLE occupancy

\$732 per person, DOUBLE occupancy

\$712 per person, TRIPLE occupancy

\$75 deposit due per person

Balance is due July 1st

**MANDATORY TRIP MEETING:**

**Thursday, September 3<sup>rd</sup> @ 10 am**



The Ark Encounter in Williamstown, Kentucky, features a massive, full-scale, 510-foot replica of Noah's Ark built according to biblical dimensions, making it one of the largest timber-frame structures in the world. This trip includes transportation on a top-quality motorcoach, four nights lodging in the Cincinnati area and 8 meals (four breakfasts and four dinners), admission to the stunning Ark Encounter, Creation Museum and the Cincinnati Museum Center (including Cincinnati History Museum and the Museum of Natural History & Science). Travelers will also enjoy a BB Riverboat's Sightseeing Cruise on the Ohio River. Visit the trip board at the Center for more information. **All passengers on this trip MUST attend the trip meeting on September 3rd @ 10 am. Trip insurance is available and recommended.**

**"I haven't been  
everywhere, but it's  
on my list."**

SUSAN SONTAG

# TRIPS

## A CLOSER WALK WITH PATSY CLINE

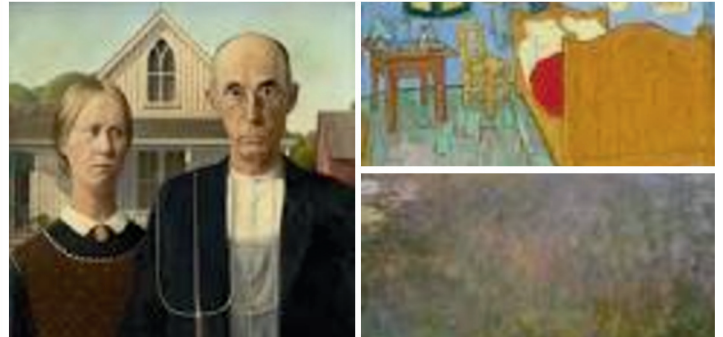
Cornwell's Turkeyville Dinner Theatre  
 Tuesday, September 15<sup>th</sup>  
 \$109 per person



Enjoy lunch and a show with this heartfelt portrayal of one of country music's greatest voices. Featuring Patsy Cline's 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 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 9:30 am and return around 7:00 pm. Cost includes motorcoach transportation, lunch and gratuity.

## THE ART INSTITUTE OF CHICAGO & DINNER

Wednesday, October 7<sup>th</sup>  
 \$160 per person

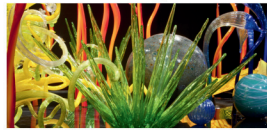


Enjoy a trip to beautiful downtown Chicago for a visit to the Art Institute of Chicago (AIC) and dinner at Osteria Via Stato (OVS). This trip departs at 11:00 am (EST) and returns around 8:00 pm (EST). Located near Millennium Park, the AIC houses over 300,000 works of art, sculptures and photography, including masterpieces by Pablo Picasso, Vincent van Gogh, Georgia O'Keeffe, and more. Located in Chicago's River North, OVS is a rustic, romantic Italian restaurant led by Chef David DiGregorio. Known for handmade pastas, Roman-style pizzas, and an all-Italian wine list, OVS offers a cozy, candlelit atmosphere with a local-ingredient focus. Trip price includes tickets to the Chicago Art Institute, dinner, motorcoach transportation, all taxes and gratuities.

## DALE CHIHULY: FULL BLOWN EXPERIENCE



Meijer Gardens, Grand Rapids, MI  
 Wednesday, September 23<sup>rd</sup>  
 \$90 per person



Explore the magic of CHIHULY at Meijer Gardens. Wander through outdoor installations and immersive indoor galleries showcasing dynamic glass art. The trip departs at 7:45 am and returns at 4:15 pm. Your cost covers motorcoach transportation, gratuity, admission to all gardens and exhibitions, plus a tram tour of the 150-acre park. Please bring a bag lunch or purchase lunch at the on-site cafe.

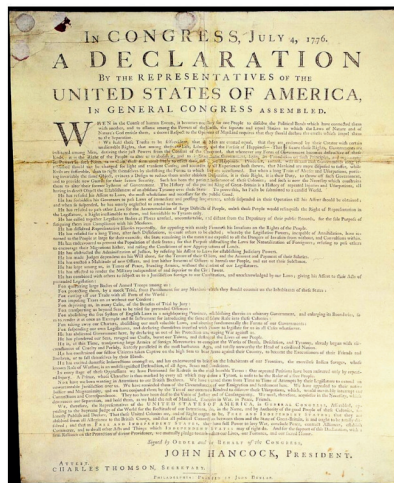
# HAPPY BIRTHDAY AMERICA!

As the United States celebrates its 250th anniversary - the Semiquincentennial - it is a fitting time to reflect on the foundational structure of American democracy. Throughout 2026, The Anchor News will mark this milestone with a special article series exploring the history and development of our nation's government.



## THE FOUNDATION OF FREEDOM: THE ORIGINS OF THE DECLARATION OF INDEPENDENCE

On July 4, 1776, the Second Continental Congress adopted the Declaration of Independence to formally sever ties with Great Britain. Drafted largely by Thomas Jefferson, it was written to explain to the world the colonies' motivations for seeking independence, primarily due to grievances against King George III, such as taxation without representation and oppressive policies. This document established that all men possess unalienable rights to life, liberty, and happiness, and justified the "independent stand" the colonies were compelled to take.



# 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.

To be eligible to use the services at our Senior Center, **you or your spouse need to be 60 years of age or older.** You need to be in our service area to use our transportation, run for our Board of Directors and/or vote in our Annual Board Election.

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

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



Please remember that you will only receive robo call updates on programs that you have signed up for in advance or classes you have checked in for in the last six months.

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

We are asking that everyone **exit our Center by 3:45 pm** so the Staff can securely close our building. All doors will be locked at 3:00 pm, EXCEPT for the main entrance, (door #1). We appreciate your cooperation!

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.



**THANK A VOLUNTEER!** HELD IN APRIL EVERY YEAR, NATIONAL VOLUNTEER MONTH IS THE PERFECT OPPORTUNITY TO HONOR THE DEDICATED INDIVIDUALS WHO DONATE THEIR TIME AND TALENT TO STRENGTHEN COMMUNITIES. TAKING THIS TIME TO EXPRESS GRATITUDE INCREASES VOLUNTEER RETENTION AND HIGHLIGHTS THE ESSENTIAL, POSITIVE IMPACT THEY HAVE ON ORGANIZATIONS.

# 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 19)** 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.







Celebrated on Wednesday, April 22<sup>nd</sup>, Earth Day 2026 will focus on urgent environmental action, particularly under the theme "Planet vs. Plastics". The global event calls on individuals and communities to reduce plastic pollution and demand a healthier, more sustainable future for the planet.

# THE RICK FRERIDGE WOOD SHOP

**HOURS OF OPERATION: Monday - Friday 8:30 am-3:30 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 ANY CLASSES. ALL CLASSES ARE PAYABLE AT SIGNUP.** Refunds are issued solely for Center-initiated cancellations.

## WOOD SHOP PROGRAMS

 No refunds    Advanced registration required    All SJLSSC Members    SJLSSC Wood Shop Members Only

### MAKING PICTURE FRAMES 2 SESSIONS

**Mondays, April 6<sup>th</sup> & 13<sup>th</sup>  
3:00-6:00 pm**

**Instructor: Glen Peterson**

**\$50 per person, payable at sign up**



During this two-session class, students will learn the woodworking skills needed to make simple picture frames. Students will make 2 types of frames, suitable for 8"x10" 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.

### PLATE TURNING

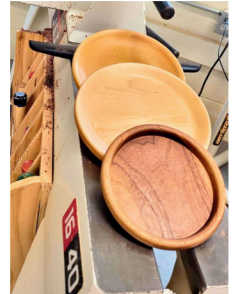
**Friday, April 24<sup>th</sup>**

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

**Instructor: Ed Koehler**

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

In this class, students will take a one inch thick piece of hard wood lumber and create a thin bowl/plate. This will be done using a lathe with basic turning tools and a chuck. This project should be done in one session. **Basic Lathe Turning course completion or proven turning experience is required for this class.**



### SPINDLE TURNING ON THE LATHE

**Wednesday, April 15<sup>th</sup>**

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

**Instructor: Tom Hurst**

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

Learn to use spindle gouges and the skew to make shapes for furniture parts and ornamental turnings. This is a technique class. Learn skills that can be applied to your own projects and follow up with practice, practice, practice. **Basic Lathe Turning course completion or proven turning experience is preferred for this class.**



### PEN TURNING

**Wednesday, April 29<sup>th</sup>**

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

**Instructor: Jack Thielmann**

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

During the pen turning class, you will learn all the steps needed to make a pen. This includes basic woodturning techniques, including tool and lathe safety, how to set up and use a pen mandrel, cutting blanks from wood boards, drilling of the wood blanks for brass tubes to be inserted and applying a finish to your completed pen.



### SALT OR PEPPER GRINDER TURNING

**Thursday, April 23<sup>rd</sup>**

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

**Instructor: Doug Somers**

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

Love fresh ground pepper or salt and enjoy working with your hands? Then this is the class for you. In this class, you will turn either an 8" pepper grinder or an 8" salt grinder. All materials needed will be provided. **Basic Lathe Turning course completion or proven turning experience is required for this class.**



### SJLSSC WOOD SHOP MAKES GIFT-GIVING EASY!

Looking for a handcrafted gift for Mother's Day, Graduation or Father's Day? Stop by the display case by the front desk to see what the Woodshop has for sale. We have several members working behind the scenes creating fun items for you to purchase. If you would like your gift personalized, we will engrave most items for an additional fee. All proceeds go to the SJLSSC Wood Shop.



# 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 - World Dance
9:30 am - Quilting Group	9:30 am - Pinochle	9:00 am - Greeting Card Making	10:00 am - Range of Motion <b>NO CLASS ON 4/16</b>	9:30 am - Yoga for Mind & Bone Health
10:00 am - Calisthenics	10:00 am - Range of Motion	10:00 am - Calisthenics	12:00 pm - Tai Chi	10:30 am - Beginner Pickleball
10:00 am - Jokers and Marbles	11:00 am - Chair Drumming	11:00 am - Balance Class	12:30 pm - Beginner Pickleball <b>NO SESSION ON 4/16</b>	12:00 pm - Parkinson's Exercise
11:00 am - Balance Class	12:30 pm - Advanced Pickleball	11:45 am - Cardio Drumming	12:30 pm - Scrabble	12:30 - Intermediate Pickleball
12:00 pm - Tai Chi	12:30 pm - Advanced Ukulele	12:00 pm - Parkinson's Exercise <b>NO CLASS ON 4/1</b>	12:30 pm - Hand & Foot Cards	1:00 pm - Euchre
12:00 Corn Hole	1:00 pm - Euchre	12:30 pm - Dominoes	1:00 pm - BINGO <b>SEE DATES BELOW</b>	
12:30 pm - Hand & Foot Cards	2:00 pm - Beginner Ukulele	12:45 pm - Bowling offsite @ Striker's Bowling, St. Joseph	1:00 pm - Softball offsite @ Well's Field, St. Joseph <b>BEGINS APRIL 30<sup>th</sup></b>	
1:00 pm - Art Co-Op <b>See bulletin board for weekly topic</b>	Class descriptions are posted on the bulletin board outside the gym and additional information is available at the front desk.	1:00 pm - Mah Jongg	2:00 pm - Intermediate Pickleball <b>NO SESSION ON 4/16</b>	
1:00 pm - Cribbage		1:00 pm - Advanced Pickleball	1:00 pm - Stitch & Chat	
1:30 pm - Choir Group	1:00 pm - Stitch & Chat	2:30 pm - Intermediate Pickleball		
1:45 pm - Line Dancing for Absolute Beginners				



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St. Joseph, MI 49085

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**The value of one,  
the power of many!**

**Thank you all volunteers!**



**SERVING THE COMMUNITY SINCE 1975**

### **SJLSSC BOARD MEMBERS**

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

### **SJLSSC TEAM MEMBERS**

**Executive Director** Cindi McLaughlin  
**Program Coordinator** Jamie Bingaman  
**Administrative Assistant** Sandy Draper  
**Staff Assistant** Julie Hartman  
**Support Associate** Jill Soghomonian  
**Staff Associate** Deb Burkhard  
**Receptionist** Chriss Lyon  
**Building Custodian** Tai Huynh

**AND ALL OF OUR WONDERFUL VOLUNTEERS!**

### **HELPFUL PHONE NUMBERS**

Area Agency on Aging (800) 654-2810  
Elder Abuse (855) 444-3911  
Health & Human Service 2-1-1  
Lakeshore Legal Aid (888) 783-8190  
Medicaid Hotline (800) 642-3195  
Medicare Questions (800) 633-4227  
Michigan OMBUDSMAN (866) 485-9393  
National Do-Not-Call (888) 382-1222  
PACE of SW Michigan (855) 243-8876  
Senior Help Line (800) 654-2810  
Social Security (800) 772-1213  
To Report a Scam-Treasury Dept. (800) 366-4484  
Veterans Affairs Office (269) 983-7111



### **APRIL ACTIVITIES**

- 2 Anne's Real Estate Round Table** 1:30 pm
- 3 Good Friday** **CENTER IS CLOSED**
- 6 Art Co-Op** 12:30-3:00 pm
- 6 Wood Shop: Picture Frames** 3:00-6:00 pm
- 7 Golf League Meeting** 1:30 pm
- 8 Book Club** 10:00 am
- 9 Bingo \$2** 1:00 pm
- 10 Cookies & Canvas** 12:00-3:00 pm
- 14 Staff Day** **CENTER IS CLOSED**
- 15 Wood Shop: Spindle Turning** 12:00-3:00 pm
- 16 Board Meeting** 10:00 am
- 16 Hearing Health** 10:30 am
- 17 Volunteer Appreciation Breakfast** 9:00 am  
**NO OTHER CENTER ACTIVITIES TO TAKE PLACE**
- 20 Seed Swap Begins**
- 20 Artisan Breadmaking** 1:30-3:30 pm
- 21 Understanding Neighborhood Watch** 10:30 am
- 21 Matter of Balance** 1:00-3:00 pm
- 22 Free Hearing Aid Testing** 10:00 am-12:00 pm
- 23 Wood Shop: Salt/Pep Grinder** 9:00 am-12:00 pm
- 24 Wood Shop: Plate Turning** 9:00 am-12:00 pm
- 23 Bingo** 1:00 pm
- 24 CARDiology** 10:00 am-3:30 pm
- 28 Newsletter Mailing** 8:30 am
- 28 Stamp Camp** 11:00 am-3:30 pm
- 29 The Benefits of Hypnosis** 1:30-3:30 pm
- 29 Wood Shop: Pen Turning** 12:00-3:00 pm
- 30 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.