

# THE ANCHOR NEWS



Since 1975

## MAY 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

### YOUR CENTER, YOUR FUTURE!

Enclosed in this issue, you'll find a brochure detailing our new campaign, Your Center, Your Future! This initiative is all about building lasting, sustainable support to ensure our Center thrives for years to come. We invite you to take a few minutes to read it and understand why your support is more vital now than ever before.



Our Center is a lifeline for many, providing crucial social interaction, health and wellness programs, and transportation that enables independent living. However, with an 18% increase in membership over the last two years - we served an average of 399 members per day in March - our operational costs have grown significantly. A 25% budget increase, driven by rising utility, insurance, and staffing costs, has made it harder to maintain our high standard of service. While we are committed to meeting these expanding needs, it has become increasingly difficult to do so alone. **Please read the brochure to learn more about how you can help to secure the future of our Center and join us for an Open Forum regarding the Your Center, Your Future! campaign. We will be meeting in the Activity Room on Tuesday, May 14<sup>th</sup> at 10:00 am to share details and address any questions you may have.** Your involvement is the key to our success—we look forward to embarking on this next chapter together.

### QUILT RAFFLE

The St. Joseph-Lincoln Senior Service Center Quilters have crafted another stunning masterpiece, the *Be My Neighbor* quilt, on display near the front desk through August 6th. See the article on page 4 for more details about this raffle.



**PLEASE SEE PAGE 8 FOR MORE INFORMATION ABOUT THESE TWO FANTASTIC FUNDRAISERS!**

**Papa Vino's Fundraiser:  
May 4<sup>th</sup>-7<sup>th</sup>**

**Used Tool Sale Fundraiser:  
May 16<sup>th</sup>, 9:00 am-12:00 pm**

**The Center will be closed the following date in May:**

**Monday, May 25<sup>th</sup>  
Memorial Day**

# NOTES FROM THE BOARD

## HELLO, MAY!

We have so much to look forward to in the month of May. After our long winter, we look forward to having warm weather. The spring flowers have begun to bloom but this month, we should see an explosion of several varieties in bloom. It would be a perfect time to take a walk in our Walking and Wild Flower Trails to enjoy seeing the growth of numerous flowers, bushes and trees.

Here at the Center, there will be numerous interesting classes and programs to attend. They include:

- May 5 – Travel with Peace of Mind presented by Starks Funeral Home. Many of us travel far from home and the seminar is designed to provide information if the unexpected happens.
- May 4 – 7 – Papa Vino's Fundraiser. Enjoy a meal with friends or family and help support the Center.
- May 6 – The Secretary of State Office comes to us! Their mobile office offers a majority of their services.
- May 13 - Parkinson's Discussion will discuss the need for support groups. I believe our most rewarding class at our Center is providing the Parkinson's exercise program. Learn more about the disease and current treatments.
- May 15 – Senior Expo at the Mendel Center
- May 19 – Free Plant Give Away. Pick up seedlings for your garden.

These are just a few events happening at the Center and community this month. Check the newsletter for more information and don't forget to check with the receptionist if you need to register for a program.

We are fortunate to offer so many classes, activities and programs. This month is a great time to try something new.

Personally, there are two very important special days in May. One is May 1<sup>st</sup>. My mother will be 95 years young. She is a member at our Senior Center and also Buchanan's Senior Center. Also, this day is the anniversary of our Executive Director, Cindi's 14<sup>th</sup> year

at our Center.

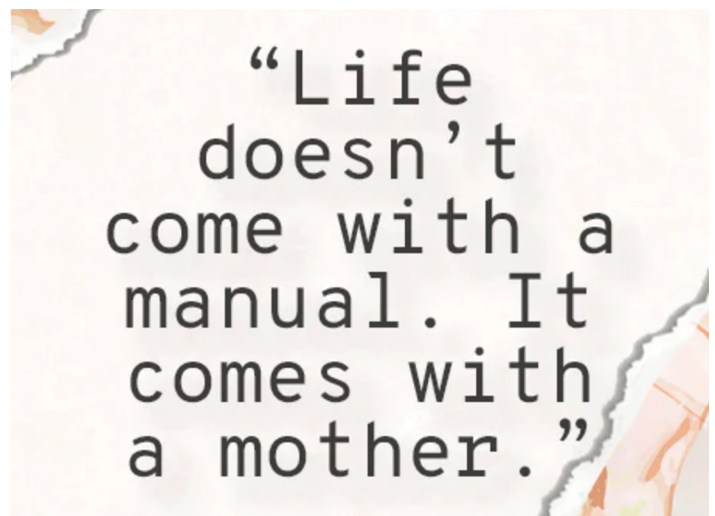
The second day is May 10<sup>th</sup>- Mother's Day. Our thoughts go to our mothers on this day. In order to honor my mother, I have given a donation to our Center for both her birthday and Mother's Day. Giving a donation is a way to say "Thank You" for everything this Center does to enrich our lives. It is a place to develop a sense of community and develop wonderful friendships.

I hope you will enjoy the month of May as much as I will.



*Pauline Fox*

**Pauline Fox**  
SJLSSC Board of Directors



## WHAT WE HAVE TO OFFER

- Arts & Crafts
- Betty Kohn Outdoor Fitness Zone
- Bingo
- 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
- Volunteer Opportunities
- Website & Facebook
- Website Videos - Exercise Classes, Using 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
- Front Desk Receptionists
- Newsletter Mailing Support
- Quilt Raffle Ticket Sales
- Wood Shop Hosts

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



## FEATURED VOLUNTEER ROLE: QUILT RAFFLE TICKET SALES

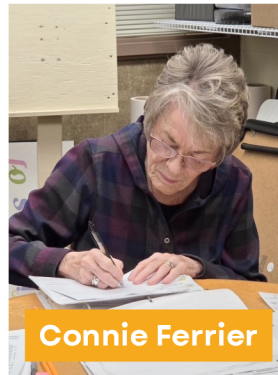


Help us raffle the amazing, handcrafted quilt, *Be My Neighbor!* We are looking for volunteer support twice per month for a short-term, engaging opportunity from May to July. Volunteers will work in two-hour shifts to help sell tickets for the beautiful masterpiece created by our Center Quilting Group (see page 4 for more details about the quilt raffle). To learn more or to sign up to volunteer, please contact Volunteer Coordinator, Jill Soghomonian.

**SMALL ACTS, WHEN  
MULTIPLIED BY MILLIONS OF  
PEOPLE, CAN TRANSFORM  
THE WORLD.**

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

## VOLUNTEERS HELPING OUT!



Connie Ferrier



Erna Felgner



Event Committee



Ralph Bansen

# CENTER NEWS

## A NEW LOOK FOR YOUR FAVORITE NEWSLETTER!



Welcome to our fresh new look! We've redesigned The Anchor News with you in mind, creating a cleaner layout that makes it simpler to find exactly what you need. Whether you're looking for upcoming trips, daily programs, or the latest Center updates, everything is now just a glance away. Dive in, explore the changes, and enjoy staying connected with us!

## 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 registration 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.



## BABY IT'S COOL INSIDE!

Warmer days are ahead! To keep everyone comfortable as the outside temperatures rise, we'll be managing the indoor climate accordingly. Because individual comfort levels vary, we encourage you to dress in layers. Please note that the Gym and Circuit Training rooms will be kept cooler to accommodate those exercising, while all other areas will be maintained at a moderate temperature.

## QUILT RAFFLE



The St. Joseph-Lincoln Senior Service Center Quilters have crafted another stunning masterpiece, the 102" x 88" "Be My Neighbor" quilt, on display near the front desk until the winner is drawn at noon on August 6<sup>th</sup>. Don't miss your chance to win this incredible work of art! Tickets are available for \$1 each or 6 for \$5. Every purchase enters you into our weekly drawing for a chance to win five free tickets. To volunteer to help with ticket sales, please contact Jill. Thank you to our talented quilters for your hard work!



# CENTER NEWS

## MEET TERI, OUR NEWEST FITNESS EXPERT!



Please join us in welcoming Teri Village as instructor for our Tuesday Range of Motion class. Teri joins us with an impressive 42-year career as a physical therapist specializing in geriatrics. For the past two decades, she has dedicated herself to providing in-home care, helping seniors regain independence and strength.

Beyond one-on-one care, Teri has extensive experience teaching group fitness classes and is thrilled to bring her passion for wellness to the fantastic community at St. Joseph-Lincoln Senior Service Center!

## FRIENDSHIP GARDEN SPROUTS



This year the Friendship Garden team will be adding plants to our gardens that were started from seeds at the home of a Senior Center member. Bob Apthorpe offered to germinate and grow a variety of seeds in his basement using special soils, lighting and lots of TLC. The team thought SJLSSC members would enjoy watching some of the plants grow and have set up a small growing station at the Center. Stop by outside of the Activity Room and take a look at the sample selection of vegetables, flowers and herbs!

## SENIOR EXPO

**28th Annual SENIOR EXPO**  
10 a.m. to 3 p.m.  
Friday, May 15, 2026  
Mendel Center at Lake Michigan College  
[www.AreaAgencyonAging.org/Senior-Expo](http://www.AreaAgencyonAging.org/Senior-Expo)

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The 28th Annual Senior Expo, featuring over 50 local vendors, health screenings, and entertainment, is scheduled for Friday, May 15, 2026, at The Mendel Center at Lake Michigan College in Benton Harbor, Michigan. We hope to see you there!

## SJLSSC SOFTBALL



Step up to the plate! Senior Softball meets every Thursday from 1:00 pm-2:30 pm at Wells Field (2214 S. State Street, St. Joseph - by the Jefferson School condos). In the event of inclement weather, we will notify players by noon if the day's scrimmages are canceled.

## SJLSSC LIBRARY



Spring has finally sprung, and it's the perfect time to soak up some much-needed sunshine! Grab a good book and head outdoors. Whether you're craving a gripping mystery, a captivating biography, or a relaxing magazine, the library has you covered. While we are not accepting book donations at this time, we are gladly accepting magazines that are 3 months old or newer. Happy reading!



## CONSISTENT MONTHLY PROGRAMS

### BOOK CLUB

Wednesday, May 13<sup>th</sup>, 10:00 am

Farley Mowat's classic memoir, *Never Cry Wolf*, chronicles his 1946 solo expedition to the Arctic to study wolves, ultimately revealing them to be affectionate, misunderstood creatures. Leading the discussion will be Barb Dorow. This group is open to all SJLSSC members who have a passion for reading.



### CARD-IOLOGY

Friday, May 1<sup>st</sup>, 10:00 am-3:30 pm - **Flowers Galore!**

Friday, June 5<sup>th</sup>, 10:00 am-3:30 pm - **Life Outdoors**

Attention card crafters (or CARD-iologists!) - whether you're an expert or a beginner, help us spread a little sunshine by designing custom greeting cards for our neighbors in local assisted living facilities. We'll provide everything you need—stamps, embossing tools, and more—though you're always welcome to bring your favorite supplies from home.

### COOKIES & CANVAS

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

**\$20/person**, payable at signup  
**Make checks payable to Roy Hruska**  
**NO REFUNDS**



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

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. **Class size is limited and advance registration is required.**

### STAMP CAMP

Tuesday, May 26<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 MAY 22<sup>nd</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. We will be creating cards for Father'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.

“Keeping your body healthy is an expression of gratitude to the whole cosmos- the trees, the clouds, everything.”

THICH NHAT HANH

### CIRCUIT ROOM TRAINING EQUIPMENT: MATRIX VERSA CHEST PRESS

The Matrix Versa Chest Press is an excellent circuit training station due to its accessible, safe, and adjustable design. Offering an efficient and comfortable way to build and tone the



chest, shoulders, and triceps, it features easy entry/exit, gas-cylinder seat lift, and converging, independent arm movement that allows for a path of motion that's both natural and comfortable. Remember to always ask an Exercise Room Monitor for assistance if you are unsure of how to properly use any of the exercise equipment.

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15-0754

## 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

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.



### BUILDING FUND DONATIONS

Made to contribute to our direct building expense.

### YOUR CENTER, YOUR FUTURE!

This campaign will direct donations to our Building Fund to cover maintenance costs, utilities, and other operational expenses which continue to increase due to inflation and our extreme membership growth. Please consider making a one-time, monthly or yearly donation to support our Center. Your donation can be made at the front desk or online by typing [bit.ly/SJLSC](http://bit.ly/SJLSC), where you will be taken directly to our Zeffy donation page. There is no cost to use this safe, online method of payment. Your financial support is vital in creating a brighter future for Your 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 now will be submitted on June 1<sup>st</sup>.

## CURRENT FUNDRAISERS

### PAPA VINO'S FUNDRAISER



Take a break from cooking while supporting your Center! 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!** Additionally, you may add a direct donation at checkout, with 100% of direct donation proceeds supporting SJLSSC. Call Papa Vinos at 269-983-9900 to place your takeout order anytime before 4 pm on the day of pickup. Thank you for your support!

### 2026 QUILT RAFFLE

The St. Joseph-Lincoln Senior Service Center Quilters have crafted another stunning masterpiece to be raffled in August. See the article on page 4 for more details about this raffle.

### 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<sup>th</sup>, 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 12<sup>th</sup>. 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, Grace Lutheran Church, Sharon Foxworthy, Penny Strine, Caryn McFall, Marilyn Stevens, Mike & Lori Enders, Christina Woerdehoff, Sharon Kabel, Cheryl Ryno, Betty Ramsey, Sally Matzke, Florence Lilly, Pauline Fox, Sharon Gathright, Adolf Pelzer and Dolores Frantz

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

Annie & Randy Kaeding, Celina & Charlie Bevelhymmer, Connie Hildebrand, Elsa Elsner, Deb Johnson, Barb Orlich, Tim Kragt, Lee Vanderbosch, Lynn Hardke, Tracie Snipes, Kim Blanchard, Linda Csepregi, Lorraine Eckert, Linda Warren, Kat Ketelhut, Claire Gillespie and Jan Noonan

# MONETARY CONTRIBUTIONS

## FRIENDSHIP GARDEN

Jeanne Hoesley and David Day

## BUILDING FUND

Advanced Ukulele Group, Mike & Tami Genovese and Debra Shelby

## BUILDING FUND PROGRAM

Sharon McCalla, Tami Kerr, Hue Le, Peggy Miller, Robert Groenewoud, Lenn Murdock, Merrie Rohm, Keith & Karen Holt, Jerry Radenbaugh, Barb Dorow, Marcia DeMars, Mary Jane Hiler, Bonnie Huff, Marcella Rhodes, Ann Hunnell, Chuck & Jan Albright, Steve Bauer, Jack & Susan Rogers, Patrick & Joann McQuone, Willie Yates, Connie & Joseph Love-Diaz, Judy Grimmett, Bonnie Onofrio, Louise Lausman, Zelda Stone, Cheryl Ryno, Jerry Freeman, Larry Freeman, Maxine Mock and Anonymous Donors

## CIRCUIT TRAINING ROOM

Ron Robinson

## IN MEMORY OF SALLIE COLDREN

Nancy Bunker, Lucy DeVries, Perry & Annette Ballard, Julie Halborg, Joyce Vance and Curious Kids Museum (Becky Spear, Maureen Graham, Gina Balbo, Lori Marciniak & Melissa Wesner)

## WOOD SHOP

Rocco Pavese, Alan Golichowski, Helen Schlaman, Cathy Owens and Anonymous Donors

## ART CO-OP

Jill Robertson, Nancy Munson and Linda Kincade

## ON BEHALF OF THRIVENT CHOICE DOLLARS

Tracey Coombs, Bob Hopkins, David Ingeson, Dennis Rennhack and Robert Winkleman

## PARKINSON'S EXERCISE

Paul Adam

## WOOD SHOP USED TOOL SALE

Shirley Johnson

## SILVER TONES

Jeannine Marks, Pauline Fox, Karen Killion and Barbara Morgan

## TRANSPORTATION PROGRAM

Susan Chandler

## WILD FLOWER TRAIL

Celina Bevelhymmer



# WISH LIST

### For the Center

- **URGENT REQUEST FOR COFFEE:**
- Regular and Decaf
- Bottled water
- Individually-wrapped candy
- One gallon ice cream buckets with handle

### For the Wood Shop

- Small to toddler socks
- Yogurt cups



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# PROGRAMS

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

## 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.



**Starks**  
Family Funeral Homes  
& Cremation Services

## 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.

## JOIN READER'S THEATRE!

May 11<sup>th</sup>, 18<sup>th</sup> and June 1<sup>st</sup> & 8<sup>th</sup>, 1:30-3:00 pm  
May 27<sup>th</sup>, 2:30-3:30 pm

Calling all dramatic seniors! Interested in acting without the stress of memorizing lines? Join our new Readers Theatre project focusing on the gripping play *Voices from the Titanic*. Participants will bring these stories to life using emotion, voice, and gestures while reading from a script. We will hold five practices (times/dates listed above) before staging a special reading for fellow Center members on June 11<sup>th</sup> at 10:00 am. **Readers are asked to plan on attending all practices and the final performance.**



## 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.

## COMPLIMENTARY SEEDLINGS

Tuesday, May 19<sup>th</sup>, 10:00 am-1:00 pm  
(or as supplies last) No registration required.



Get ready to garden! Join hydroponics expert, Bob Apthorpe, for a free vegetable, herb and flower plant seedling giveaway! Bob will be happy to answer questions and offer garden planting tips. **We are asking members to please limit their selection to six plants per person, as we want as many folks as possible to enjoy these wonderful seedlings!** Thank you, Bob!

## SENIOR SURVIVAL TIPS

Tuesday, May 19<sup>th</sup>, 10:30 am



In this presentation, attorney Bill Westerbeke—host of the YouTube channel ElderTipZone—shares practical tips and live demonstrations to help seniors navigate the life challenges that come with aging. He begins with the latest technology insights, highlighting helpful apps, tech tools, and gadgets. Next, he covers lifestyle topics such as healthcare, medical devices, organization, safety, and fitness. The presentation concludes with guidance on taxes and finances, estate planning, and key aspects of elder law.

# PROGRAMS

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

## FAMILY FIRST CARE GROUP

Wednesday, May 20<sup>th</sup>, 10:30 am

Looking for compassionate in-home support? Come meet the dedicated staff from Family First Care Group. Learn how their personalized services allow loved ones to thrive at home, focusing on safety, daily assistance, and friendly companionship. Discover how Family First Care Group provides exceptional care rooted in genuine connection.

## FRIENDS OF CRYSTAL SPRINGS & MORTON HILL CEMETERIES

Thursday, May 21<sup>st</sup>, 1:30 pm

Discover how a dedicated group of volunteers have spent the last 30 months breathing new life into Benton Harbor's historic cemeteries. Learn about the incredible transformation as they honor our veterans and revitalize a forgotten 100-year-old, seven-acre landscape—complete with bridges, lagoons, a grotto, and a mausoleum—restoring beauty and dignity to this historic site.



## ART CO-OP WORKSHOP



Monday, June 1<sup>st</sup>

12:30-3:00 pm

\$30 per person payable at sign up

Make checks payable to Alexandra Hibshman

**DEADLINE TO REGISTER IS May 28<sup>th</sup>**

Alexandra Hibshman will present a watercolor workshop focused on painting a vibrant bird with additional guidance on background techniques. All materials will be provided.

## SENIOR PHYSICAL SELF-DEFENSE



Tuesday, May 26<sup>th</sup>, 10:30 am

This 60-minute self-defense class for active seniors, led by Steven and Jill Phenegar, focuses on practical, physical defense. Participants learn simple, effective strikes, escape techniques, and improvised defense options and will receive a 140 dB personal alarm.



## VACATION CRUISES WITH VIRTUAL REALITY

Thursday, May 28<sup>th</sup>, 10:30 am

Join Brian Johnston from Lincoln Township Public Library for this exciting program! Using Virtual Reality headsets to explore cruise destinations, Brian will share his personal experiences to show why cruising is a fun, cost-effective way to see the world. He offers insider tips on maximizing the value of a vacation at sea, blending immersive technology with firsthand travel insights.

## SPEED FRIENDING EVENT



Wednesday, June 3<sup>rd</sup>, 1:30-3:30 pm

Ready to expand your social circle? Join us for an engaging Speed Friending event - a fun, low-pressure event where you meet new people through a series of timed, one-on-one conversations. Use fun icebreaker questions to spark conversation before a bell signals you to move to the next person, allowing you to meet a variety of people in a short amount of time. **We ask that participants arrive for check-in at 1:15 and stay for the duration of the event. To ensure an uninterrupted experience for all, please be advised that doors will close promptly at 1:30. Late entry for this program cannot be accommodated.**

## VOICES FROM THE TITANIC

Thursday, June 11<sup>th</sup>, 10:00-11:30 pm

Join us for an unforgettable performance as our Readers Theatre proudly presents Voices from the Titanic. This moving dramatic reading features intimate stories from both first and third-class perspectives, highlighting the humanity aboard the legendary ship. Experience this emotional, firsthand account culminating in a poignant roll call of survivors and those lost. Don't miss this powerful, immersive reading.

# 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.

**Mackinac Island Grand - Spring:** May 6<sup>th</sup>-9<sup>th</sup>  
**Lunch Boat Cruise & Shopping in Holland, MI** - June 26<sup>th</sup>  
**Mackinac Island Grand - Fall:** October 13<sup>th</sup>-16<sup>th</sup>  
**British Landscapes:** October 18<sup>th</sup>-27<sup>th</sup> - Collette Tours  
Contact Carol Olson @ 269-982-0901 for more information

## ITALY 2027: HELP US PLAN YOUR TRIP!

We are thrilled to explore a Collette Tours group trip to Italy in 2027 and want your input to make it unforgettable. Whether you dream of strolling through Florence or relaxing on the Amalfi Coast, we want your feedback. **Please visit the bulletin board across from the Gym during the month of May to take our quick survey.** Keep an eye on upcoming issues of the newsletter for further information about this trip.



## THE RIGHTEOUS BROTHERS



**Blue Gate Theatre, Shipshewana, IN**  
**Thursday, June 18<sup>th</sup>**

**\$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.



## CHICAGO CUBS GAME



**Sunday, September 13<sup>th</sup>**

**\$144 per person**

Join the Chicago Cubs at historic Wrigley Field as they face the Pittsburgh Pirates! The bus departs St. Joseph at 11:00 AM (EST) for a 1:20 PM (CST) first pitch, returning around 8:30 PM. Your package includes round-trip motorcoach transportation, taxes, gratuities, and upper deck seats in Section 308 (3rd base line). **Please note that all tickets are electronic; travelers must have a smartphone to receive their tickets via text.** Additionally, Wrigley Field is now a cashless venue. Don't miss this iconic afternoon of baseball in the heart of Chicago. Go Cubs Go!



# TRIPS

## 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 3<sup>rd</sup> @ 10 am. Trip insurance is available and recommended.**

## 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.

## 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.

## 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.

# COMMUNITY RECYCLING EVENTS

Saturday, May 9<sup>th</sup>  
 8:00 am-12:00 pm

Southeast Berrien County  
 Landfill Recycle Center  
 3200 Chamberlain Road, Buchanan

**Accepting:** Household chemicals, Electronics (fees may apply), Foam/Polystyrene, Personal documents for on-site shredding

Tuesday, June 2<sup>nd</sup>  
 2:00-6:00 pm

Chikaming  
 Township Hall  
 13535 Red Arrow Highway, Harbert

**Accepting:** Household chemicals, Electronics (fees may apply)

# 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.**



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

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

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

Lest We Forget.

Americans began to recognize Memorial Day in 1868, and the country established it as a federal holiday in 1971. Originally known as "Decoration Day," the holiday started with communities coming together to decorate the graves of those who died during service.

# 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.

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.

**MENTAL**  
*Health*  
**MATTERS**

May is Mental Health Awareness Month, an annual observance founded by Mental Health America in 1949 to highlight the importance of mental wellbeing, educate the public, reduce stigma and promote support for those affected by mental health conditions.

# 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 SMALL GROUPS

Do you have a project that you would like to make but don't feel confident taking it on by yourself? Or are you looking for a project to build on skills you already have or want to dust off some of your skills? Check out our Mentor/Small Group list on the board outside the Wood Shop. Don't see a group that peaks your interests: add suggestions to the board to see if others are interested, or build a group yourself.



## BUILDING SETS FOR PRESCHOOL



The Wood Shop members and the Woodworkers Guild teamed up to make 30 Wooden Letter/Shape sets for the Pre-schoolers at the Readiness Center in Benton Harbor.

## WOOD SHOP PROGRAMS

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

### BASIC LATHE TURNING

Tuesday, May 19<sup>th</sup>, 3:00-6:00 pm  
Instructor: Glen Peterson  
\$15 per person

Working on a lathe, you will learn basic equipment safety and set the foundation for your future turning projects. You will learn how to turn a square piece of wood into a perfect cylinder; how to turn basic shapes; beads (convex), coves (concave) and straight lines. This class is a prerequisite for upcoming turning class. **Eye protection is required.**



### X-TOOL ENGRAVING

Thursday, May 21<sup>st</sup>, 12:00-2:30 pm  
Instructor: Steve Smith  
\$25 per person

This course is designed to provide hands-on experience and guidance for users to understand how to cut, engrave and properly use the xTool Laser Engraver. In addition to the flat bed engraver, this course will show you how to use the xTool rotary attachment to create your own customized, laser engraved, insulated water tumbler. **Basic computer skills recommended.**



# 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 <b>NO OVERFLOW 5/14</b>	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	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	12:30 pm - Advanced Pickleball	11:00 am - Balance Class	12:30 pm - Beginner Pickleball <b>5/7 &amp; 5/21 ONLY</b>	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 <b>SEE DATES BELOW</b>	
12:30 pm - Hand & Foot Cards	<div style="border: 2px solid green; padding: 5px; background-color: #e0ffe0;"> <p><b>Class descriptions are posted on the bulletin board outside the gym and additional information is available at the front desk.</b></p> </div>	1:00 pm - Mah Jongg	1:00 pm - Softball offsite @ Well's Field, St. Joseph	
1:00 pm - Art Co-Op <b>See bulletin board for weekly topic</b>		1:00 pm - Advanced Pickleball	2:00 pm - Intermediate Pickleball <b>5/7 &amp; 5/21 ONLY</b>	
1:00 pm - Cribbage		1:00 pm - Stitch & Chat		
1:30 pm - Choir Group		2:30 pm - Intermediate Pickleball		
1:45 pm - Line Dancing for Absolute Beginners	<p style="text-align: center;"><b>APRIL SHOWERS Bring MAY FLOWERS</b></p>			
2:45 pm - Line Dancing for Beginners				



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



### **SJLSSC TEAM MEMBERS**

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

**AND ALL OF OUR WONDERFUL VOLUNTEERS!**

### **HELPFUL PHONE NUMBERS**

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



### **MAY ACTIVITIES**

- 1 CARD-iology** 10:00 am-3:30 pm
- 4 Art Co-Op (offsite)** 12:30-3:00 pm
- 5 Travel with Peace of Mind** 10:30 am
- 5 Art Co-Op (offsite)** 12:30-3:00 pm
- 6 MI Sec of State Mobile Office** 10:30 am-2:30 pm
- 11 Reader's Theatre** 1:30-3:00 pm
- 13 Book Club** 10:00 am
- 13 Parkinson's Disease for Beginners** 1:00 pm
- 14 Your Center, Your Future Open Forum** 10:00 am
- 14 Bingo \$2** 1:00 pm
- 15 Cookies & Canvas** 12:00-3:00 pm
- 16 Wood Shop Tool Sale** 9:00 am-12:00 pm
- 19 Complimentary Seedlings** 10:00 am-1:00 pm
- 19 Senior Survival Tips** 10:30 am
- 19 Wood Shop: Basic Lathe Turning** 3:00-6:00 pm
- 20 Family First Care Group** 10:30 am
- 21 Board Meeting** 10:00 am
- 21 Wood Shop: X Tool Engraving** 12:00-2:30 pm
- 21 Friends Crystal & Morton Cemeteries** 1:30 pm
- 25 Memorial Day CENTER IS CLOSED**
- 26 Senior Physical Self-Defense** 10:30 am
- 26 Stamp Camp** 11:00 am-3:30 pm
- 28 Newsletter Mailing** 8:30 am
- 28 Vacation Cruises w/Virtual Reality** 10:30 am
- 28 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.