

THE ANCHOR NEWS



Since 1975

JUNE 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

CONTENTS

Notes From the Board.....	2
What We Have to Offer.....	2
Volunteers.....	3
Center News.....	4-5
Consistent Programs.....	6
Let's Get Physical.....	6
Donation Opportunities.....	8
Current Fundraisers.....	8
Thank You Donors.....	9
Programs.....	12-13
Trips.....	14-15
Important Reminders.....	16-17
Wood Shop.....	18
Recurring Schedule.....	19
Monthly Activities.....	20



www.sjlsc.org

BUILDING TODAY FOR YOUR TOMORROW

The St. Joseph-Lincoln Senior Service Center is more than just a building; it is a lifeline. For many in our community, the Center provides the vital social connections, health programs, and transportation services that make independent living possible. However, to ensure this resource remains available for generations to come, we recently launched the "Your Center, Your Future!" initiative.



Our community is vibrant and growing—membership has surged by nearly 20% over the last two years alone. While this growth is exciting, it brings significant challenges. Driven by inflation and increased demand, our operational costs—including utilities, insurance, and staffing—have climbed by 25%. Maintaining our high standard of service is becoming increasingly difficult to manage alone.

The "Your Center, Your Future!" campaign directs donations to our Building Fund, specifically covering the rising costs of maintenance and daily operations. Your involvement is the key to our resilience.

How You Can Help: Please consider a one-time, monthly, or yearly donation to secure our future.

- **In-Person:** Visit the front desk.
- **Online:** Visit <https://bit.ly/SJLSSC> or scan the above QR code to make a safe, no-cost, online payment via the Zeffy platform.

Supporting the Center is an investment in our collective well-being. Together, we can ensure a brighter, sustainable future for Your Center.

2026 QUILT RAFFLE FUNDRAISER

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 6th. Don't miss your chance to win this incredible work of art! Tickets are available for \$1 each or six 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!



NOTES FROM THE BOARD

TAI CHI AT THE CENTER

St. Joseph-Lincoln Senior Service Center celebrated its 50th anniversary on August 25, 2025, making five decades of service to the community since 1975.

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

SJLSSC offers a variety of fitness classes. Since 1996, instructor Janet Snelgrove has been teaching Tai Chi to our members and continues to lead weekly classes. Janet is beloved by her students and provides meticulous guidance in her instruction. She has also been featured in local newspapers multiple times for her professional contributions.

The origins of Tai Chi (太極) are a blend of legendary lore and historical documentation.

Legendary origins (12th century): According to popular legend, the Taoist monk Zhang Sanfeng created Tai Chi after witnessing a fight between a snake and a crane. He was inspired by how the snake used soft, flexible movements to overcome the hard, direct attacks, forming the philosophical basis of "strength through softness."

Historical origins (17th century): The most well-documented accounts place the creation of Tai Chi in the 17th century, when it was developed by retired military general Chen Wangting in Chen Village, Henan Province, during the late Ming and early Qing dynasties. For generations, the art was a closely guarded secret of the Chen family.

In the 1800s, Yang Luchan learned the art and began teaching it publicly, leading to the development of the Yang style, which emphasized smoother, more graceful movements.

To improve public health, the Chinese government commissioned masters in 1956 to create a simplified 24-posture form based on the Yang style. This made the practice more accessible to people of all ages and fitness levels, contributing to its global spread as a wellness exercise and used worldwide for health promotion and stress reduction.

Tai Chi is considered one of the best exercises for seniors because it is a low-impact "meditation in motion", that significantly reduces the risk of falls and improves overall mobility. It uses slow, continuous movements combined with deep breathing to strengthen muscles without putting stress on the joints.



Celina Liu Bevelhymer
Celina Bevelhymer
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, How to Use 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
- Dessert Bakers (see article below)
- Entrance Greeters
- Front Desk Receptionists
- Newsletter Mailing Support
- Quilt Raffle Ticket Sales
- Wood Shop Hosts

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

FEATURED VOLUNTEER ROLE: DESSERT BAKERS



Our Annual Picnic is returning on August 7th, and we are bringing back a fan-favorite tradition: the Fundraising Dessert Raffle! To make this year's event a success, we are looking for 20–25 volunteer bakers to showcase their talents. Whether your specialty is a golden-crust pie, decadent brownies, or a beautifully decorated cake, your contribution helps support our Center's mission. In the past, we've enjoyed everything from gourmet cupcakes and coffee cakes to overflowing plates of cookies—all homemade treats are welcome. If you would like to donate a dessert, please reach out to our Volunteer Coordinator, Jill Soghomonian. Jill will collect your contact information, and you will receive a follow-up from Jean Oatman or Pauline Fox with full details. Thank you for helping us make our picnic a little sweeter!

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

2026 VOLUNTEER APPRECIATION BREAKFAST

Thank you to all of our wonderful Volunteers that attended the 2026 Volunteer Appreciation Breakfast on Friday, April 17th!



CENTER NEWS

DON'T MISS OUT! IMPORTANT SENIOR CENTER UPDATES

The Senior Center relies on automated calls for important updates, including schedule changes, trip reminders, and general information. To ensure you receive these notifications, please verify we have your current phone number and disable any spam blockers on your phone. It is also essential to sign in to all programs, as we use these lists to notify participants of specific cancellations. These calls are our primary communication method besides the newsletter. We appreciate your help in staying informed.



PROGRAM INTEREST LISTS

We are excited to explore two potential new programs at the Center! Take a look at the two new options below and, if interested, sign the sheet on the bulletin board opposite the gym by the end of June. This helps us see which programs our community wants most. **This is an interest check, not a final sign-up**—more details about the program(s) and registration will follow in our newsletter, if we have enough interest.

POETRY GROUP - Seeking a space to explore the art of words? This poetry group would offer creative gatherings designed to foster an expanded appreciation of poetry, including opportunities to study poetry, as well as write and share your poems in a fun, relaxed setting.

CHAIR VOLLEYBALL - Join the growing phenomenon of Chair Volleyball—a high-energy, seated version of the sport designed for everyone, this competitive, fast-paced game proves fitness can be safe and incredibly fun. Teams of six compete on a smaller court, making every match unpredictable and accessible to all. Best of all? It's a fantastic social activity where you only need to keep one 'cheek' on your seat!

NEW BIKE PATH: SAFETY UPDATE

Exciting news! The county has officially finished the new bike path at our main driveway entrance, offering a great, scenic route for exercise. While this is a wonderful addition to our community, drivers should be aware that this intersection will become quite busy. When arriving or departing, please take extra care to look for walkers and cyclists using the path. Also, remember to watch for children walking home from school and the bus stop. Let's keep everyone safe!



FRESH FROM THE FRIENDSHIP GARDEN

A huge shout-out to our dedicated volunteers who have been hard at work planting this season's beautiful Friendship Garden! While we invite all members to tour and enjoy the space, please remember to let our volunteers handle the harvesting. To ensure everyone gets a taste, our team will pick and bag the produce for pickup inside the Center.

ENJOY THE GAME ROOM!



Looking for a fun way to connect with friends? Head over to the Game Room, located next to the main entrance! When not in use for weekly scheduled events, this space is packed with games for members to enjoy. Challenge your friends to a match of UNO, Sorry!, Chess, Checkers, Connect 4, or Aggravation. Please remember to check the sign outside the door for room availability and keep all board game activity within the Game Room. Come, gather, and play!

A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light.

CENTER NEWS

GREETING CARD DONATIONS NEEDED



Our talented Greeting Card Makers are running low on supplies and need your help! We are currently looking for donations of new or used cards to help us keep this wonderful program going. Our volunteers are in need of the following:

- Sympathy Cards
- Humorous Birthday Cards
- Children's Birthday Cards
- Specific Age Birthday Cards (all ages except 80th)

If you have the above listed new or used cards at home that you are no longer in need of, please consider dropping them off at the front desk. We are not in need of Christmas cards at this time. Thank you for supporting our card makers!

SAVOR THE SUMMER WITH HEALTHY EATS!



We are thrilled to announce that Healthy Eats is bringing delicious treats to our Center this summer! Starting in June, cool down with Smoothie Days every Tuesday, offering flavorful smoothies for only \$7! Plus, kick off the season right with a Summer Cookout, June 15th-19th. Enjoy a classic menu of a burger or hot dog, potato salad, pasta salad, baked beans, and fruit for just \$9. **Mark your calendars!**

A Dad is someone you never outgrow your need for.

GARDEN NOOK



Have you discovered our hidden gem, the Garden Nook? Tucked away just past the Gym towards the Wood Shop hallway, this serene spot offers comfortable seating, perfect for relaxing. Browse our collection of gardening and bird conservation books, or grab a magazine to enjoy with a friend. Feel free to borrow any reading material—just return it when you're finished. Take a well-deserved break and soak in this beautiful space!

SENIOR 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 - next to the Jefferson School condos). If weather conditions are poor, a decision regarding softball cancellations will be made by 11:00 am.



WALKING TRAIL BRICKS



As the seasons change, honor the people who brought light into your life with a lasting tribute. We invite you to purchase a commemorative brick along the walkway of the Priscilla Upton Byrns Walking Trail and Gardens. Your personalized brick not only honors a loved one but directly supports the beauty and upkeep of this cherished community space. Order forms are available at the front desk, by email or mail.

CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, June 10th, 10:00 am

The Art of Hearing Heartbeats by Jan-Philipp Sendker is a poignant story about Julia, who travels to Burma to uncover her father's past. She discovers a profound, resilient love story involving a blind boy, Tin Win, and Mi Mi. The novel beautifully weaves together themes of destiny and connection in Burma. Leading the discussion will be Gail Blazo. This group is open to all SJLSSC members who have a passion for reading.

CARD-IOLOGY

Friday, June 5th, 10:00 am-3:30 pm - Life Outdoors

Friday, July 10th, 10:00 am-3:30 pm - Summer Fun

Attention card crafters (or CARD-iologists!)--help spread a little sunshine by designing custom greeting cards for our neighbors in local assisted living facilities. Drop in anytime during the posted hours to craft and 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, June 19th, 12:00-3:00 pm

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

DEADLINE TO REGISTER IS JUNE 17th

The watercolor painting for the month of June is "Michigan Lighthouse" 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, June 30th, 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 JUNE 26th

Join in the fun, fellowship and cookies while creating hand-made greeting cards! In this class you will be making eight cards with envelopes, with the focus on creating summer-themed cards. Alternative phrases will be available along with papers, embossing supplies, punches, decorative scissors and stamps. No experience necessary. There will be demonstrations and written instructions. All participants will work at their own pace. **Students will need to bring small scissors and double stick tape to class. Class size is limited and advance registration is required.**



FOOT CLINIC

By Appointment Only

Darlene Anderson, RN of Bless Your Feet, LLC performs Foot Clinics at our Center two times per month. Please contact Darlene at 540-333-4596 for appointments and with any questions about the service. This service is available to our members, but is not a function of our Senior Center.



LET'S GET PHYSICAL

SJLSSC EXERCISE ROOMS

HOURS OF OPERATION

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

USING CENTER 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.

**THE BODY
 ACHIEVES WHAT
 THE MIND BELIEVES.**

CIRCUIT ROOM TRAINING EQUIPMENT: MATRIX VERSA CONVERGING SHOULDER PRESS

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mimics a natural path, reducing joint strain while improving functional, daily movements like reaching overhead.



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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.

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 <https://bit.ly/SJLSSC>, 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 1st.

CURRENT FUNDRAISERS

2026 QUILT RAFFLE



The St. Joseph-Lincoln Senior Service Center Quilters have crafted another stunning masterpiece! View the 102" x 88" "Be My Neighbor" quilt, on display near the front desk until the winner is drawn at noon on August 6th. Tickets are available for \$1 each or six for \$5. Every purchase enters you into our weekly drawing for a chance to win five free tickets. Thank you to our talented quilters for your hard work!



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, Chris Corbett, Phil Langer, Trudy Krajecki, Dolores Frantz, DeWayne Hellenga, Adolf Pelzer, Betty Ramsey, Erika Lucius, Sandy & Tom Andert, Pam Duffy, Lani Agens, Fay Pressnitz, Millie Carney, Linda Kurzynski, Kathy Ketelhut and Carolyn Strzyzkowski

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

Tim Kragt, Joyce Zerbe, Ken McKeown, Connie Yore, Carolyn Strzyzkowski, Betty Ramsey, Adolf Pelzer, Ginger Kelm, Don & Fredonna Kempf, Dolores Frantz, Chris & Judy White, Else Elsner, Sharon Owens, Daniel Tonkel, Millie Carney, Sodus Township Fire Department, Bekki Lund, Annie & Randy Kaeding, Genny Ingeson, Dennis McCarthy, Dolores Kuriata and Anonymous Donors

MONETARY CONTRIBUTIONS

FRIENDSHIP GARDEN

Jon Sleder

BUILDING FUND

Pauline Fox in honor of Vergie Wolfe's 95th Birthday & Mother's Day, Scott Radde, Nancy Stock, Lydia Groth, Mike & Tami Genovese, Jeannine Marks (through GBU Life Matching Gift) and Anonymous Donor (Papa Vino's Fundraiser)

BUILDING FUND PROGRAM

Silvia Ryno, Jill Robertson, Vergie Wolfe, Susan Cimarioli, Liz Ball, Maureen Dohm, Sandy Beaudette and Wilma Cates

EXERCISE ROOMS (CTR)

Ron Robinson and Janita Gaulzetti

PICKLEBALL

Intermediate Pickleballers

RESISTIVE EXERCISE CLASSES

Barbara & Mark Gray and Ruth Betker

WOOD SHOP

Jeff Starke, Diana Swartz, Diana Flora, Bob Eppelheimer, Frank Alsup, Peter Carey and Anonymous Donors

WALKING TRAIL

Nancy Moore and Shelia Ott

ON BEHALF OF THRIVENT CHOICE DOLLARS

Suzanne Clifton and David Wiersbe

PARKINSON'S EXERCISE

Hillary Florin and Stan Comstock

YOUR CENTER, YOUR FUTURE

Pam Wheeler

WOOD SHOP USED TOOL SALE

Lynn Tumminaro

SILVER TONES

Jeannine Marks and Anonymous Donors

TRANSPORTATION PROGRAM

Bob & Janet Hahn, Ruth Betker and Mary Donald

LOAN CLOSET

Barb Brown

WISH LIST

For the Center

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

For the Wood Shop

- Small to toddler socks



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PROGRAMS

All programs require advance registration, unless noted on the specific program

 No refunds

 Space is limited

SPEED FRIENDING EVENT



Wednesday, June 3rd, 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

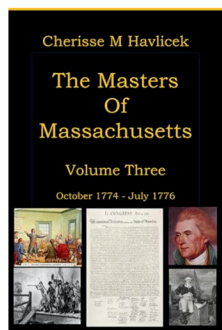
Thursday, June 11th, 10:00-11:30 pm

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.

THE MASTERS OF MASSACHUSETTS

Wednesday, June 17th, 10:00 am-12:00 pm

Join author and amateur historian Cherisse Havlicek for a riveting, humorous look at how Massachusetts men shaped America's founding. Covering 1763-1776, this presentation dives into her three-volume novel, highlighting intimate, lesser-known stories of pivotal figures like Abigail and John Adams, Paul Revere, and Ben Franklin. Discover the untold, fascinating history behind the Revolution that schoolbooks missed, focusing on the crucial role of Bostonians in the nation's start.



ANNE'S REAL ESTATE ROUND TABLE: FOCUS ON INSURANCE

Thursday, June 18th, 1:00 pm

Confused by home and auto coverage? Join us with retired insurance expert Jon Veersma to discover the critical questions to ask your insurance agent to ensure you're properly protected.

HEAR BETTER. LIVE BETTER. STAY ACTIVE!

Tuesday, June 23rd, 10:00 am

Join Professional Hearing Services as they share information on how hearing health supports an active and vibrant life! Recognize the signs of hearing loss and explore simple ways to protect and improve your hearing. Walk away with practical tips and modern solutions to help you stay engaged, confident, and fully connected to the life you love. This session offers valuable insights for both current hearing aid wearers and those who have not yet experienced hearing aids.



USING AI FOR BEGINNERS

Tuesday, June 23rd, 10:30 am

Ever wonder what AI *actually* is? Join St. Joseph High School's AI Foundations instructor, Colin Uren, for an exclusive look behind the curtain of artificial intelligence. Colin will demystify AI, explaining it in plain English as a 'smart assistant' that learns from data just like we do. You'll see firsthand how it recognizes patterns to answer questions and learn practical, fun ways to use it daily—all while staying safe and secure online.

BEGINNING BIRD WATCHING



Wednesday, June 24th, 9:00 am

Discover the joy of birding in this beginner-friendly class. From 9:00-9:45 a.m., enjoy an indoor lecture by Teri Village, featuring over 15 years of backyard birding experience. Afterward, move outside to the Center's walking trails for practical, hands-on birding. Attendees must bring binoculars and be able to independently navigate natural trail terrain. Join us to kickstart your new hobby!

All programs require advance registration, unless noted on the specific program.

PROGRAMS

All programs require advance registration, unless noted on the specific program

 No refunds

 Space is limited

BEGINNING FLORAL ARRANGING: SUMMER CENTERPIECE

Tuesday, June 30th, 1:30-3:00 pm 
\$35 per person payable at sign up
Make checks payable to Linda Stone
DEADLINE TO REGISTER IS JUNE 18th



Florist Linda Stone will guide students in creating a beautiful summer arrangement. Learn basic floral design principles, flower preparation and preparing your containers using floral foam to hold your greenery and flowers in place. Containers and flowers are included in the price of the class. Students are asked to bring sharp scissors or pruners to cut stems.

COOKIE DECORATING: PATRIOTIC COOKIES

Thursday, July 2nd, 1:30-3:30 pm 
\$20 per person payable at sign up
Make checks payable to Pauline Fox
DEADLINE TO REGISTER IS JUNE 25th



Get ready to add some sparkle to your summer desserts! Expert decorator Pauline Fox is sharing her passion for cookie art in an upcoming, hands-on patriotic cookie decorating class. Students will bake and decorate festive, red, white, and blue-themed cookies, learning techniques perfect for the 4th of July. Students are asked to bring a container to take your beautiful creations home.

2026 SJLSSC MEMBER ART SHOW, SPONSORED BY THE ART CO-OP

July 6th-23rd



Following last year's hit exhibition, we are thrilled to bring back the SJLSSC Member Art Show this July! From July 6th through the 23rd, we will once again showcase the incredible creativity of our community—ranging from vibrant pastels and oils to intricate woodwork, ceramics, glass and more.

We invite all Center members to display their work and share their talent. Simply bring your artwork to the Art Show display table across from Friendship Hall the week of July 6th and complete a provided label, including your name and art medium. ALL art must be picked up between Monday, July 27th and Thursday, July 30th. There will be no Art Co-op guest instructor workshop for July.

FRENCH LANGUAGE CLASSES

Tuesdays, July 7th-August 11th

Beginners: 10:30am-12:00 pm

Advanced Beginners: 12:30-2:00 pm



Immerse yourself in the beauty of French with a native speaker! Whether you're a beginner or have some French-speaking experience, join our 8-week sessions to accelerate your journey to fluency. When registering, please specify if you are joining the Beginners or Advanced Beginners session.

HYPNOSIS FOR STRESS REDUCTION

Tuesday, July 7th, 1:30-3:30 pm

Discover how to harness your mind for stress reduction and improved well-being. Join Jeff Alisch, a NGH Board Certified Instructor with 12 years of experience, for an engaging, in-depth look at how hypnosis can positively impact your life. This workshop focuses on genuine techniques, not stage performance. Experience a live session and learn simple, effective self-hypnosis tools in this insightful workshop.

HEARING AID CLEANING CLINIC

Thursday, July 9th, 10:00 am-12:00 pm

Expert, trusted team members from Professional Hearing Services will be onsite to conduct FREE hearing aid cleanings and ear wax checks. Regularly cleaning hearing aids keeps them working their best and can improve overall hearing experience. No registration is required for this walk-in event.



PEACE OF MIND

Monday, July 13th, 10:00 am

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join host Mark Casey of Starks Funeral Homes as he discusses pre-arrangements, Veteran's benefits, cremation, burials and more.



FRAUD PREVENTION

Tuesday, July 14th, 10:30 am

With fraud targeting seniors 60 and older on the rise, it's more important than ever to be as informed as possible about these sophisticated scams! Join Rachel Tompkins, UFCU Fraud Manager and the United Federal Credit Union Fraud team as they present information on current scams, fraud trends, how to avoid being scammed, and basic advice on fraud from the Credit Union.

All programs require advance registration, unless noted on the specific program.

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 next to 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.

The Righteous Brothers - June 18th
Lunch Boat Cruise & Shopping in Holland, MI - June 26th
A Closer Walk with Patsy Cline - September 15th
Mackinac Island Grand - Fall: October 13th-16th
British Landscapes: October 18th-27th - Collette Tours
 Contact Carol Olson @ 269-982-0901 for more information

CHICAGO CUBS GAME

Sunday, September 13th
 \$144 per person

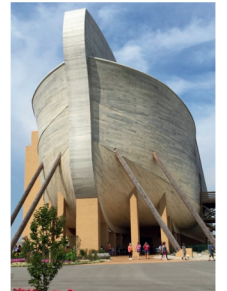


Get your peanuts and Cracker Jack ready for a trip to the historic Wrigley Field to watch the Chicago Cubs take on the Pittsburgh Pirates! Join us for a fantastic afternoon of baseball in the heart of Chicago. We've secured upper deck seats (section 308 - along the third base line) for a 1:20 p.m. (CST) first pitch. Passengers will be dropped near Wrigley front gate. Your ticket package includes round-trip motorcoach transportation/gratuities, game tickets and taxes. **ALL TICKETS ARE ELECTRONIC. ALL TRAVELERS MUST HAVE A SMART PHONE, AS INDIVIDUAL TICKETS WILL BE SENT TO YOU VIA TEXT. (PAPER TICKETS ARE NO LONGER AVAILABLE FROM THE VENUE).** Please also note that Wrigley Field is a cashless venue. Bus will depart St. Joseph at 11:00 am (EST) and return around 8:30 pm (EST). Don't miss this chance to cheer on the Cubs in one of the most iconic ballparks in America! GO CUBS GO!

THE ARK ENCOUNTER & CREATION MUSEUM



September 14-18th
 \$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 3rd @ 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.**

TRIPS

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

DALE CHIHULY: FULL BLOWN EXPERIENCE

Meijer Gardens, Grand Rapids, MI
 Wednesday, September 23rd
 \$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 7th
 \$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.

ALASKA DISCOVERY LAND & CRUISE

July 28-August 9, 2027

Prices vary depending on cabin size & type (Inside, Ocean-view or Veranda available in Single or Double Rates)



Join representatives from Collette Travel at the St. Joseph-Lincoln Senior Center for an Alaska Discovery Land & Cruise trip presentation on Tuesday, June 16th, 10:30 am. Register at the Front Desk to attend this program.

Traverse the Pacific coast by land and sea aboard one of Holland America Cruise Lines' lovely ships on a breathtaking journey that takes you from Alaska to Vancouver, British Columbia. Cruise the Sternwheeler Discovery and encounter Alaska's diverse culture and rich history. Enjoy local dishes and a lively musical performance at the Denali Dinner Theater about the first brave men to summit Denali. Ride a luxury domed railcar from Denali to Talkeetna, soak in views of the incredible landscapes from glass-ceiling railcars and open-air observation platforms as guides provide expert commentary. Travel deep into Denali National Park for the best opportunities to view the region's wildlife. Cruise through Glacier Bay and the Inside Passage, taking in rugged natural wonders. Explore Alaska's gorgeous capital, Juneau. Visit Ketchikan, the "Salmon Capital of the World." This is Alaska as you always imagined. Registration and payments for this trip will be through Collette.

COMMUNITY RECYCLING EVENTS

Tuesday, June 2nd
2:00-6:00 pm

Chikaming
 Township Hall
 13535 Red Arrow Highway, Harbert

Accepting: Household chemicals,
 Electronics (fees may apply)

Saturday, September 12th
9:00 am-1:00 pm

Silver Beach County Park
 101 Broad Street, St. Joseph

Accepting: Household chemicals, Electronics
 (fees may apply, payment due at event),
 Foam/Polystyrene

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.

SJLSSC MISSION STATEMENT

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

IMPORTANT REMINDERS

Remember to **sign in when entering the building** for any reason, even to sign up for a trip, return a library book or sign up for a program. You need to go through the screens until you find the activity/activities you are here to attend and remember to hit FINISH when done so it will log your day's activities.

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

We have a **large library** filled with fiction and non-fiction books, as well as audio books, current magazines & DVDs. Please check these items out at the front desk.

Our **Library is not presently accepting book donations**, however, we are accepting magazines which should not be older than 3 months.

If you would like an email reminder when the newsletter is posted online, please email us at support@sjlsc.org.

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

If you **misplaced a personal item** such as a book, eyeglasses, or clothing, please stop at the front desk and we will point you in the direction of our Lost & Found.

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

Be sure and check the "Community Resource Center" bookcases located in the SJLSSC Game Room for information about assisted living facilities, bereavement counseling, senior care, veterans, MMAP, safe pill disposal, recycling events and more.

Please see the article on page 5 regarding cards & envelopes we are in need of. Christmas cards are not needed 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.

**JUNE
TEENTH**

JUNETEENTH (JUNE 19) IS A FEDERAL HOLIDAY IN THE UNITED STATES THAT COMMEMORATES THE END OF SLAVERY, MARKING THE DAY IN 1865 WHEN ENSLAVED AFRICAN AMERICANS IN GALVESTON, TEXAS, WERE INFORMED THEY WERE FREE, MORE THAN TWO YEARS AFTER THE EMANCIPATION PROCLAMATION.

THE RICK FRERIDGE WOOD SHOP

HOURS OF OPERATION: Monday - Friday 8:30am-3:30pm

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.

HELP SUPPORT THE WOOD SHOP

We are starting work on our Annual Christmas Fundraiser and our Readiness Center Project. Both of these projects take time and many hands to complete. This year, we are starting early as the shop gets busy at the end of the year with our members working on gift giving projects of their own. **Keep your eyes on the bulletin board by the shop for dates, times and additional information regarding the projects.** Whether you're a seasoned crafter or just starting out, we can use your help—drop in and join the fun! (Note: These volunteer opportunities are for Wood Shop members only.)



WOOD SHOP PROGRAMS

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

BANDSAW (TREASURE BOX)

Tuesday, June 16th, 12:00-3:00 pm
Instructor: Tom McDonough
\$25 per person

In this hands-on class, you'll get an overview of the process and procedures of how to make a Bandsaw Box (Treasure Box) using only the bandsaw. The class begins with a short orientation with samples, process overview, then it's into the shop with the goal of completing your functional Bandsaw Box. The Wood Shop will provide all of the tools, equipment and a wooden blank to complete your Treasure Box.



BANDSAW SCOOP CLASS

Thursday, June 18th, 12:00-3:00 pm
Instructor: Tom McDonough
\$20 per person

In this hands-on class, you'll get an overview of the process of how to make a Bandsaw scoop using only the bandsaw. The class begins with a short orientation with samples, process overview, then it's into the shop with the goal of completing your functional Bandsaw scoop. The Wood Shop will provide all of the tools, equipment and a wooden blank to complete your project. Standard and accepted safety rules are to be followed. Hearing and eye protection is required, filter/mask and shop apron are optional.



RECURRING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise NO OVERFLOW 6/11	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 NO CLASS 6/19 & 6/26
10:00 am - Calisthenics	10:00 am - Range of Motion	10:00 am - Calisthenics	12:00 pm - Tai Chi	10:00 am - Mah Jongg NEW - ADDITIONAL DAY!
10:00 am - Jokers and Marbles	12:30 pm - Advanced Pickleball	11:00 am - Balance Class	12:30 pm - Beginner Pickleball 6/4 & 6/18 ONLY	10:30 am - Beginner Pickleball
11:00 am - Balance Class	12:30 pm - Advanced Ukulele	11:45 am - Cardio Drumming	12:30 pm - Scrabble	12:00 pm - Parkinson's Exercise
12:00 pm - Tai Chi	1:00 pm - Euchre	12:00 pm - Parkinson's Exercise	12:30 pm - Hand & Foot Cards	12:30 - Intermediate Pickleball
12:00 Corn Hole	2:00 pm - Beginner Ukulele	12:30 pm - Dominoes	1:00 pm - BINGO SEE DATES BELOW	1:00 pm - Euchre
12:30 pm - Hand & Foot Cards	<div style="background-color: #FFD700; padding: 5px; border: 1px solid #FF8C00;"> <p>Class descriptions are posted on the bulletin board outside the gym and additional information is available at the front desk.</p> </div>	1:00 pm - Mah Jongg	1:00 pm - Softball offsite @ Well's Field, St. Joseph	
1:00 pm - Art Co-Op See bulletin board for weekly topic		1:00 pm - Advanced Pickleball	2:00 pm - Intermediate Pickleball 6/4 & 6/18 ONLY	
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			<div style="border: 2px solid #00AEEF; padding: 10px; background-color: #FFF9C4;"> <p style="text-align: center;">JUNE BINGO</p> <p>Please do not enter the Gym until the room is set up. Thank you!</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>11</p> <p>\$2 Bingo</p> </div> <div style="text-align: center;"> <p>25</p> <p>Bingo is free</p> </div> </div> </div>	
2:45 pm - Line Dancing for Beginners				



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

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SERVING THE COMMUNITY SINCE 1975

SJLSSC BOARD MEMBERS

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



SJLSSC TEAM MEMBERS

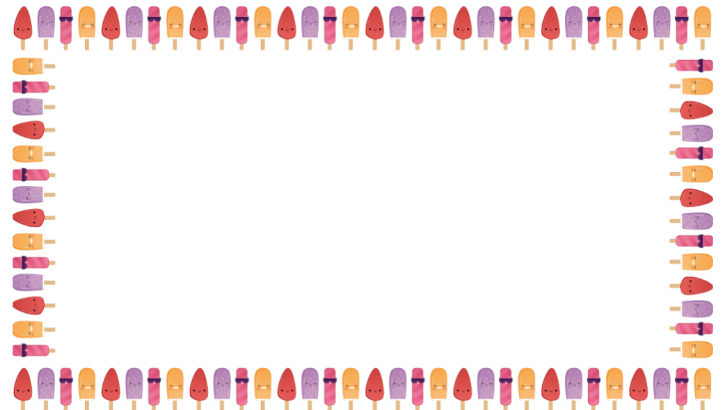
Executive Director	Cindi McLaughlin
Program Coordinator	Jamie Bingaman
Administrative Assistant	Sandy Draper
Staff Assistant	Julie Hartman
Support Associate	Jill Soghomonian
Staff Associate	Deb Burkhard
Receptionist	Chriss Lyon
Building Custodian	Tai Huynh



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



JUNE ACTIVITIES

- 1 Art Co-Op** 12:30-3:00 pm
- 3 Speed Friending** 1:30-3:30 pm
- 5 CARD-iology** 10:00 am-3:30 pm
- 10 Book Club** 10:00 am
- 11 Voices of the Titanic Production** 10:00-11:30 am
- 11 Bingo \$2** 1:00 pm
- 16 Alaska Trip Presentation** 10:30 am
- 16 Wood Shop: Bandsaw Box** 12:00-3:00 pm
- 17 Masters of Massachusetts** 10:00 am-12:00 pm
- 18 Board Meeting** 10:00 am
- 18 Wood Shop: Bandsaw Scoop** 12:00-3:00 pm
- 18 Anne's Real Estate Round Table** 1:00 pm
- 19 Cookies & Canvas** 12:00-3:00 pm
- 23 Hear Better. Live Better. Stay Active!** 10:00 am
- 23 Using AI for Beginners** 10:30 pm
- 24 Beginning Bird Watching** 9:00 am
- 25 Bingo** 1:00 pm
- 26 Newsletter Mailing** 8:30 am
- 30 Stamp Camp** 11:00 am-3:30 pm
- 30 Floral Arranging: Summer** 1:30-3:00 pm



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