

THE ANCHOR NEWS



SEPTEMBER 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

2026 BOARD OF DIRECTORS ELECTION

Board elections are right around the corner, and every member's vote counts! Join us for a special Meet the Board Candidates session on September 22nd to hear their visions, ask questions, and discover how they plan to support our vibrant community. See the schedule below for additional information regarding the election process. Mark your calendar, meet your future leaders, and make sure to cast your vote!

September 17th: Presentation of Nominees to the Board @ 10:00 am

September 18th: Candidate interviews

September 22nd: Meet the Candidate (Friendship Hall) @ 12:00-1:00 pm

October 5th, 6th & 7th: Early voting @ 8:00 am-3:00 pm

October 8th: Board Election @ 8:00 am-3:00 pm

October 15th: Board Meeting with Elections of Officers @ 10:00 am

October 16th: Annual Breakfast @ 9:00 am (Members must sign up by October 9th)



NATIONAL SENIOR CENTER MONTH

National Senior Center Month is a wonderful time to celebrate the vibrant community, lasting friendships, and essential wellness opportunities that make SJLSSC feel like home. Celebrated every September, this national observance highlights how senior centers empower older adults to stay active, connected, and engaged. To keep our programs thriving, please consider supporting us through the **YOUR CENTER, YOUR FUTURE** donation campaign (see page 8 for more information on how you can help). Every contribution directly ensures our community continues to connect and flourish together.



WALKING TRAIL BRICKS

Honor a loved one who brought light into your life with a personalized brick on the walkway surrounding our flagpoles at the Priscilla Upton Byrns Walking Trail and Gardens. This commemorative tribute offers a beautiful, permanent way to celebrate special memories while supporting the future of our grounds. Order forms are conveniently available at the front desk, or you can request one via email or mail. Please note that orders submitted after September 1, 2026 will be available in June 2027.

**THE CENTER WILL BE CLOSED ON MONDAY,
SEPTEMBER 7TH
IN OBSERVANCE OF LABOR DAY.**

NOTES FROM THE BOARD

BEHIND EVERY GREAT DAY AT THE CENTER...THERE'S A VOLUNTEER!



Every day, more than 400 seniors walk through our doors to enjoy exercise classes, card games, crafts, meals, trips, educational programs, and the many other activities that make our Center such a special place.

What many people don't see is everything that happens behind the scenes to make those activities possible.

Of course, our staff works hard every day, but there is another group of people who quietly make a tremendous difference—our volunteers.

From greeting members with a smile as they walk through the door to maintaining our beautiful walking trails, preparing newsletters, organizing bingo, driving members to medical appointments, or helping in the Wood Shop, volunteers are the heart of our Center. Their time, talents, and dedication help keep the Center running smoothly while creating a warm, welcoming place for everyone.

In fact, we have **31 different volunteer opportunities**, so there's something for nearly every

interest and skill level. You might enjoy making crafts or greeting cards, baking treats for special events, helping in the library, serving on a committee, teaching a class or assisting with tax preparation. If you like working outdoors, you can help care for our gardens, walking trails, and landscaping. If you're handy, we can always use help with building maintenance or monitoring the Wood Shop.

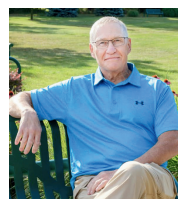
Some volunteer jobs require only a few hours each month, while others offer opportunities to become more involved. Whether you're a people person, enjoy working behind the scenes, or simply want to give back to a place that has given so much to you and others, we have a place for you.

Volunteering isn't just about helping the Center—it is also a wonderful way to meet new friends, stay active, share your talents, and make a meaningful difference in the lives of others.

The next time you walk through our doors and see everything running smoothly, remember that behind every successful event, every welcoming smile, and every enjoyable activity is someone who chose to volunteer.

We invite you to join our team! Stop by the Center to chat with Jill, our Volunteer Coordinator, and explore our current volunteer opportunities. We'd love to help you find a role that perfectly matches your skills and interests.

After all, our Center isn't just a building—it's a community. And communities grow stronger when neighbors help neighbors.



Ted Post
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
- Community Resource Center
- Cornhole
- Educational Programs
- Exercise Room - **8:30 am-3:15 pm**
- 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**
- Learning Lab
- 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 (closed Wed. starting 9/16)**

WE LOVE OUR VOLUNTEERS

VOLUNTEERS NEEDED



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

- Bingo Set Up & Tear Down
- Entrance Greeters
- Exercise Room Monitors
- Front Desk Receptionists
- Vegetable Gardeners
- Wood Shop Hosts

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

LOWE'S VOLUNTEERS



A big thank you to the amazing team of volunteers from Lowe's for helping us spread wood chips along our Nature Trail! We deeply appreciate your hard work in keeping our outdoor trails beautiful and safe for everyone to enjoy.



THANK YOU, VOLUNTEERS!

SJLSSC VOLUNTEERS ARE TRULY EXTRAORDINARY! FROM JANUARY THROUGH JUNE OF 2026, THEY DEDICATED AN ASTONISHING 11,430 HOURS OF THEIR TIME TO HELP OUR CENTER THRIVE. THE NEXT TIME YOU VISIT, PLEASE TAKE A MOMENT TO THANK A VOLUNTEER FOR THEIR INCREDIBLE HARD WORK AND GENEROSITY. THEIR DEDICATION IS THE HEART OF EVERYTHING WE DO!

FEATURED VOLUNTEER ROLES

Please contact our Volunteer Coordinator, Jill for more information about these Volunteer positions:

EXERCISE ROOM MONITORS

Love upbeat music, staying active, and helping others? We're looking for enthusiastic volunteers to assist fellow members in our Exercise Room!



Volunteers will be fully trained in the proper use of our fitness equipment to ensure a safe, supportive environment for everyone. We currently have openings for two convenient shifts: **10:45 am–1:00 pm** and **1:00 pm–3:15 pm**. If you enjoy the benefits of exercise and want to lend a friendly hand, this may be the position for you!

VEGETABLE GARDENERS

If you've enjoyed fresh herbs and vegetables from our Friendship Garden, you've tasted the care and hard work that goes into growing them. To



keep our harvest growing strong, we are looking for a Garden Leader and five experienced gardeners to help plant, weed, water, and harvest throughout the season. If you love spending time outdoors and want to put your green thumb to work growing organic produce for your fellow members, we'd love to have you on the team!

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

CENTER NEWS

JOIN THE CENTER TODAY!



To participate in any of our fantastic events and programs—including our exercise rooms, trips, Wood Shop and all classes—you **MUST** be a **registered member**. The best part? Membership is completely free for anyone aged 60 and older! Please stop by the front desk today to sign up, get a tour of the facility, and start enjoying everything we have to offer.

MDHHS BENEFITS ASSISTANCE AVAILABLE

Navigating Medicare premiums, utility shut-off notices, or rising food costs can be overwhelming, but you don't have to do it alone. The Center is fortunate to host a retired Michigan Department of Health and Human Services (MDHHS) employee, serving as a dedicated MDHHS Volunteer, to assist members. Seniors can schedule a private, confidential appointment to explore qualifications for vital state assistance and public support services. Please contact the front desk for more information.



READY, SET, BOWL!



The SJLSSC Bowling program returns this fall! Open to all skill levels, it's a fun way for members to stay active and socialize. Join us Wednesdays, September 9 - November 18, at 12:45 pm at Striker's Bowling (2705 Cleveland Avenue, St. Joseph). No registration needed, just show up! Pricing details coming soon.

SJLSSC WELCOMES NEW TREASURER



The SJLSSC Board is thrilled to welcome David Roback as our new Treasurer! A Detroit native, Dave relocated to

Southwest Michigan four years ago with his wife, Sue, and brings a wealth of financial experience as a MSU accounting graduate and CPA. Beyond his professional background, he is an alumnus of the Timber Ridge Ski Patrol. Dave and Sue love traveling, Disney, and cherishing moments with their two precious grandchildren. Welcome to the team, Dave!

School is back in session; please slow down and stay alert! The Center parking lot doubles as a neighborhood bus stop, and the newly added sidewalk along Lincoln Avenue means more children will be walking to and from school across our lot entrance. Let's work together to keep our kids safe!

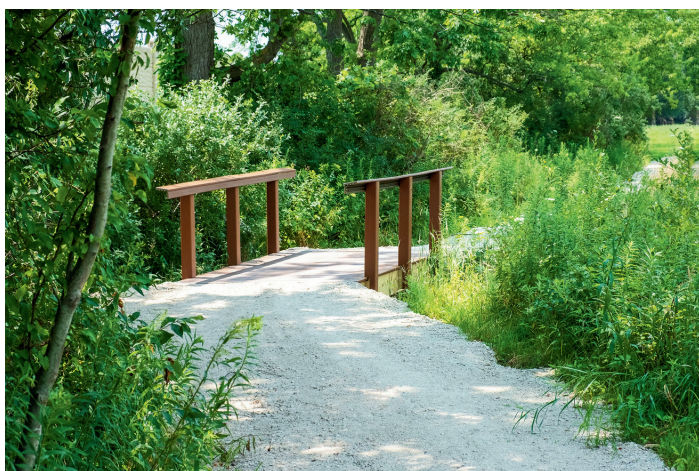
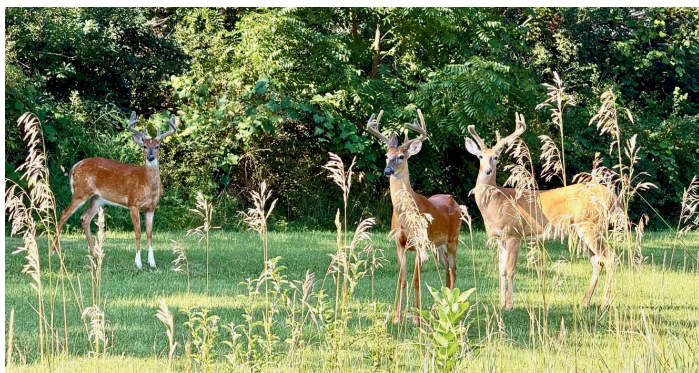
HARVEST TIME IN THE FRIENDSHIP GARDEN!



Harvest season has arrived at the Friendship Garden! Members are welcome to tour and enjoy the blooms, but please kindly refrain from picking. Our volunteers will harvest and bag the fresh produce, placing it on the Center's inside table for everyone to share equally.

CENTER NEWS

TRAIL EXTENSION COMPLETED



The Center's nature trail expansion is officially complete! **The new Pond Path adds nearly 1/5 of a mile of path, bringing our total nature trail network to almost a full mile of scenic routes.** Members can now explore three distinct pathways: the wood-chip Wildflower Trail branching off the paved Priscilla Upton Byrns Walking Trail, the dirt Nature Loop, and the new crushed concrete Pond Path. Keep your eyes peeled for local wildlife—visitors frequently spot deer, turkey families, and various bird species. Late summer and early fall offer the perfect backdrop to step outside, explore the new extension, and enjoy the beauty of nature!

SJLSSC LIBRARY



Did you know the Senior Center Library has something for everyone? Explore our fiction, non-fiction, and biography collections in standard, large print, and audiobook formats. We also offer popular magazines and DVDs packed with movies, musicals, TV shows, and documentaries. Stop by today and “check out” your next favorite!

GYM SCHEDULE UPDATES



Exciting updates are coming to our Gym schedule this month to make more room for your favorite activities! **Starting Tuesday, September 8,** we are expanding our regular Pickleball programming. Please note that **schedule times will adjust for all Monday through Thursday Pickleball sessions**, while Friday times will remain unchanged. Be sure to review the updated schedule below carefully, check **page 19** for our full recurring schedule, or look for posted updates around the Center.

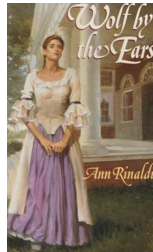
Monday: 12:00-1:30 pm, Intermediate
Tuesday: 11:30 am-3:30 pm, Advanced
Wednesday: 1:30-2:30 pm, Advanced / 2:30-3:30 pm, Intermediate
Thursday (1st & 3rd week of the month): 11:30 am-1:30 pm, Beginner / 1:30-3:30 pm, Intermediate

CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, September 9th, 10:00 am

Wolf by the Ears follows Harriet Hemings, an enslaved girl owned by Thomas Jefferson, her rumored father. Torn between remaining enslaved or claiming freedom, Harriet faces hard truths while deciding whether to pass as white in society. The discussion will be led by Kim Pozidilko. This group is open to all SJLSSC members.



CARD-IOLOGY

Friday, Sept. 11th, 10:00 am-3:30 pm - Autumn's Beauty

Friday, Oct. 2nd, 10:00 am-3:30 pm - Halloween/Fall Fun

Attention card crafters (or CARD-iologists!)-help us spread a little sunshine by designing custom greeting cards for our neighbors in local assisted living facilities. No need to register in advance, simply drop in anytime during the above posted hours to craft with us. Whether you're an expert or a beginner, we'll provide everything you need! Participants are always welcome to bring their favorite supplies from home.

COOKIES & CANVAS

Friday, September 18th, 12:00-3:00 pm

\$20 per person, payable at signup

Make checks payable to Roy Hruska

NO REFUNDS

DEADLINE TO REGISTER IS SEPT. 16th

The watercolor painting for the month of September is titled "Watching the Bobber" and is on a 9"x12" canvas. All materials needed are provided. **Class size is limited and advance registration is required.**



STAMP CAMP

Tuesday, Sept. 29th, 11:00 am-3:30 pm

\$20 per person, payable at sign up

Make checks payable to Caryn McFall

NO REFUNDS

DEADLINE TO REGISTER IS SEPT. 25th

Join in the fun, fellowship and cookies while creating hand-made greeting cards! Autumn will be celebrated in our card designs this month. 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.

FITNESS CLASSES

Regularly participating in our fitness classes offers lasting physical and mental health benefits. For the best experience, wear loose, comfortable clothing paired with supportive, sturdy shoes featuring smooth leather or composition soles. Starting with this issue, we will be highlighting different classes and their specific benefits:



BALANCE CLASS

Mondays & Wednesdays, 11:00 am

Designed to enhance your stability and confidence, this class teaches practical skills to maintain and improve your posture and balance. Through targeted exercises and movement patterns, you will train both brain and body to easily navigate balance during both still and active daily moments. (*Moderate Activity*)

Chaz the Rug Doctor



Convenient In-Home
Carpet Cleaning

Area & Wall to Wall
Deep Cleaning

Senior Oriented

(269) 285-5855

Little
space.
Big
impact.

Advertise here
Call 800-950-9952



Passaro, Kahne, Taylor, Thompson
& Pierangeli Law Offices, P.L.L.C.

your local common-sense legal team

685 West Main Street, Benton Harbor, MI 49022 | (269) 983-0325 | passarokahne.com
17656A US Highway 12, New Buffalo, MI 49117 | (269) 469-5297 | Fax: (269) 983-0328

Serving Seniors...

- Medicaid Applications
- Veterans Benefits • Real Estate
- Wills, Trusts, Powers of Attorney
- Estate Administration

Contact Lori M. Thompson
for additional information:

269-983-0325

lori@passarokahne.com



Starks

Family Funeral Homes & Cremation Services

St. Joseph

Dowagiac

Berrien Springs

South Haven

www.starksfamilyfh.com 269-556-9450

Support Our Advertisers!



Legacy
Counsel PLC
TRUST & ESTATES LAW

Gwendolyn Powell Braswell

- Wills & Trusts
- Powers of Attorney
- Avoid Probate
- Guardianships
- Medicaid Planning

269.222.7480

www.legacy-counsel.com

500 Renaissance Dr., Ste. 104A, Saint Joseph, MI 49085




**Precision
POWER WASHING**

SINCE 2005

269-235-2014

Call for a **FREE Estimate!**

Homes • Decks • Patios & More!



INSURANCE MANAGEMENT SERVICE

Auto-Owners
INSURANCE

LIFE • HOME • CAR • BUSINESS

501 Main Street St. Joseph, MI
269-983-7101

214 N. 4th Street Niles, MI
269-683-4900



(269) 930-0257

@properties

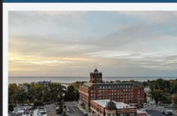
ANNE ODDEN

CHRISTIE'S
INTERNATIONAL REAL ESTATE

Discover Exceptional Senior
Living at The Whitcomb

THE
WHITCOMB
— SENIOR LIVING TOWER —
COMFORT • CARE • COMMUNITY

509 Ship Street
St. Joseph, MI 49085
www.whitcombretirement.com
269-944-7480



INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE



For ad info. call 1-800-950-9952 • www.lpicommunities.com

St. Joseph-Lincoln Senior Center, St. Joseph, MI

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 visiting <https://bit.ly/SJLSSC> or scanning the QR code to make a safe, no-cost, online payment via the Zeffy platform. 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 Room, exercise classes, transportation program, 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 special by purchasing a commemorative brick on the walk around the flagpoles of the Priscilla Upton Byrns Walking Trail & Gardens. Order forms are available at the front desk, by email or mail. Orders placed after September 1st will be available in June 2027.

CURRENT FUNDRAISERS

EAT OUR DUST FUNDRAISER

The SJLSSC Wood Shop is growing, so the group has launched the "Eat Our Dust 2.0" fundraiser—marking our second system upgrade since opening in 2022! We need to raise approximately \$125,000 for a new air filtration system to keep our crafters breathing clean, safe air. Between this year-long campaign and potential grants, every dollar helps. Please consider donating at the front desk, earmarked "Air Filtration Wood Shop."

QUILT RAFFLE



The 2026 Quilt Raffle Fundraiser raised \$814 for our Center! A huge thank you to our talented Quilting Group for creating the stunning 102" x 88" masterpiece, "Be My Neighbor," and to everyone who bought a ticket. Congratulations to our lucky winner, Jo Ann Ingraham. We appreciate your support!

**Your
Center,
Your
Future!**

**DONATE
NOW**



**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, Woodland Terrace, Barbara Ashman, Tracy Spletzer, Vickie Nordberg, D. Moberg, Peggy Hanley, Nancy Kodis, Dennis & Rhonda Rennhack, Dolores Frantz, Betty Ramsey, Robert Riccio, Lisa Hilton, Adolf Pelzer, Phil Langer, Ann & Bob McDowell, Sandy Andert, Vicki Thomas, Millie Carney, Mary Donald, Linda Kincade, and Margaret O'Neill

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

Barbara Ashman, Else Elsner, Ann Niedbala, Dan Wells, Tim Kragt, Celina & Charlie Bevelhymmer, Betty Ramsey, Joyce Zerbe, Caryn McFall, Dale Spencer, Kat Ketelhut, Fred Summerfelt, Debi Steel, Carolyn Strzyzkowski, Marc & Gail Bilka, Rachel Kaufman, Karen Artwohl, Kim Evans, Susan Chandler, Andy Zuber, Chris Wright, Susan McGillnea, Chris Carmichael, Alyssa Konkell, Sally Caldwell, Dara Schulz, Michelle Wloch, Joyce DeLong, Amy Reutlinger, Brian Weackler, Bill Graffenius, Larry Holland, Barb Kunde, Margaret O'Neill, Cindy Coffman, Jeff Fetters, Karen Kesterke, Diana Anderson, Kay Cashner, Sally Hoffman, & Web Griffith

MONETARY CONTRIBUTIONS

BUILDING FUND

Ed Simmons, Jeanne Hoesley, Jo Ann Ingraham, David Jenkins, Bob & Joyce Lawrence, Daniel Tonkel, Mike & Tami Genovese, and Hong Son

WILD FLOWER TRAIL

Jerry Hanes

RESISTIVE EXERCISE CLASSES

Ruth Betker

WOOD SHOP

George Gernot

WOOD SHOP IN HONOR OF RICK FRERIDGE

Janet & John Smiedendorf

EXERCISE CLASSES

Janita Gaulzetti and Anonymous Donors

IN MEMORY OF MARK WHEELER (TO W.S. AIR FILTRATION SYSTEM)

Bruce Banghart, Kate Oppel, Cynthia Doroh, Sarah Melcher, Louis Ghent, Jack & Carole Thielmann, Marlene Bechtel, Barbara Kunde, Greg & Shirley Romszewicz, Richard & Jill Murphy, William & Corinne Potvin, John Schramm, Linda Cheek, and Anonymous Donors

ART CO-OP

Robin Vibbert

YOUR CENTER, YOUR FUTURE! (RECURRING):

Pam Wheeler, Helen Schlaman, Janice Yore, Barb Lackner, Linda McDonald, Lori Tucker, Kevin Emans, Carolyn Strzyzkowski, and Marty & Lois Goldrick

YOUR CENTER, YOUR FUTURE!

Don & Fredonna Kempf, Kay Cashner, Jan Baumgras, and Georgene Dierlam

PICKLEBALL

Anonymous Donors

TRANSPORTATION PROGRAM

Pamela Darman, Bob & Janet Hahn, Ruth Betker, and Stan & Carolyn Strzyzkowski

ON BEHALF OF THRIVENT CHOICE DOLLARS

Bob & Gloria Hopkins, Dave Ingeson, William Wagner, and Jill Weber

IN MEMORY OF TOM SWANK

David & Sally Grumbine

ADDITIONAL DONATIONS

A Big thank you to **Henderson Tree Service** for donating two loads of wood chips for our Wild Flower Trail.

WISH LIST

For the
Center

- **URGENT REQUEST** FOR INDIVIDUALLY WRAPPED CANDY

For the
Wood
Shop

- Small to toddler socks



"For All Your Future Construction Needs"

Roofing • Siding • Flat Roofs
Fascia & Soffit • Gutters

269-983-1500 269-463-ROOF 269-468-3804

Senior discounts • Serving all SW MI • Licensed - Insured - Bonded

Family owned and operated for over 60 yrs!

Mention this ad at time of estimate for special discount



**CORNERSTONE
COUNSELING CENTER**

Lauri Gordon, MA, LLPC

Telehealth and In-Person Counseling

Specializing in Care-Giver Support

Treatment for Anxiety, Depression, Grief, Trauma,
Life Transitions, EMDR trained clinician

Office: 269.375.4363 • Cell: 616.481.9136

Email: LauriGordon97@gmail.com • CornerstoneCounselingCenter.com



**No act of
kindness is
ever wasted**



Advertise Here!

Increase visibility in your
community.

**Does your
organization need
a newsletter?**

We'll cover the
printing costs!

Learn more at
lpicommunities.com



Discover the Power of Hypnosis

**Professional Hypnosis Sessions
to Help You Create Positive Change**

Hypnosis can help you strengthen motivation, develop
better habits, and improve focus and confidence.
Many people use hypnosis to support goals such as:

- Stress Reduction
- Weight Management
- Smoking Cessation
- Improved Concentration
- Personal Motivation

Jeff Alisch, Board Certified Hypnotherapist
269-313-2256 | jeffalisch@gmail.com
www.InspiredMindsHypnosis.com

Hypnosis is not a substitute for medical or psychological care.



**FREE AD
DESIGN WITH
PURCHASE OF
THIS SPACE**

Call 800.950.9952

Support Our Advertisers!



For ad info. call 1-800-950-9952 • www.lpicommunities.com

St. Joseph-Lincoln Senior Center, St. Joseph, MI

15-0754



Our Goal Is To Get You Back To Living Your Life!



Our Return to Home Rehabilitation Unit promotes quick recovery

We accept medicare, most private insurance and medicaid.

Call for more information or stop in for a tour
288 Peace Blvd., St. Joseph, MI 49085 • 269-556-9050

HARTMAN CHIROPRACTIC

Dr. Brian Hartman, D.C.

(269) 235-4024



712 Comings Ave.
St. Joseph, MI



**Your local
MEDICARE agent is
here to help you**

Tom Rivette

Get the benefits
YOU DESERVE

269-208-1940

HEATING AND COOLING
REPAIR SINCE 1963!

BoelckeHeating.com

Call us for all
your HVAC &
Plumbing Needs!

269-429-9261

BOELCKE
HEATING • AIR CONDITIONING • PLUMBING



**Never
miss our
publication!**



Get each new issue
delivered straight to
your inbox.



Scan to subscribe on
MyCommunityOnline.com



**We're Hiring Ad
Sales Executives**

- Paid Training
- Full-time with Benefits

Visit www.lpicommunities.com/careers



**Right Now, we are offering 0% special for
hearing aids, \$217 per month for 24 months.**

The Best Hearing Store

**"Good news: Getting the hearing care you need just
got easier on your budget"**

When hearing loss affects daily life, waiting isn't always an option. With Cherry, you can move forward with hearing exams, hearing aids, and treatment without the burden of paying everything upfront.

- ✓ True 0% APR options available
 - ✓ Flexible payment plans that fit your budget
 - ✓ Instant funding & NO hard credit check
- Hearing your best should be simple.
Apply in under a minute!

Payment options through Cherry Technologies, Inc. are issued by the following financing partners: <https://withcherry.com/financing-partners/>. Term length, approval amount, 0% APR and other promotional rates are subject to eligibility. Instant funding upon approval.

2900 S. State St., Ste 3E, St Joseph MI • 269-815-6116



**FREE AD
DESIGN WITH
PURCHASE OF
THIS SPACE**

Call 800.950.9952

Our community
wouldn't be the
same without you!

Advertise Here!

Contact Terry Sweeney

tsweeney@4LPi.com
(800) 950-9952 x6407



For ad info. call 1-800-950-9952 • www.lpicommunities.com

St. Joseph-Lincoln Senior Center, St. Joseph, MI

15-0754

PROGRAMS

Advanced registration is required
Space is limited
No refunds

BEGINNING FLORAL ARRANGING

Tuesday, September 8th, 1:30-3:00 pm
\$35 per person, payable at sign up.
Make checks payable to Linda Stone
DEADLINE TO REGISTER IS AUGUST 27th

Florist Linda Stone will guide students in creating a stunning fall 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.**



PEACE OF MIND

Wednesday, September 16th, 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

Wednesday, September 16th, 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.

STRUM YOUR WAY TO FUN: BEGINNER UKULELE!

Tuesdays, starting September 8th
2:00-3:00 pm

Discover the joy of music in our Beginner Ukulele class, with an exciting new session kicking off Tuesday, September 8th. Because this is a progressive course, each week builds on the last, making regular attendance the secret to your success.

Loaner instruments are very limited, so bringing your own is highly recommended. Shopping for one? We suggest a tenor ukulele (widely available online)—its slightly larger size makes it the easiest and most comfortable option for adult hands. Registration is required for the first class.



MEMORY RESCUE

Thursdays, September 17th - October 22nd
1:30-2:30 pm (SIX WEEK SESSION)

Improve your memory and protect your brain health in this updated six-week, one-hour class taught by Jane Oelke, ND, PhD. You will explore six critical lifestyle pillars—including exercise, nutrition, stress, and sleep—while practicing actionable techniques to remember names, lists, and presentations easily. By the end of this progressive course, you will confidently master the top ten brain foods. **Students are asked to commit to all six sessions.**

FUNCTIONAL FOODS

Thursday, September 17th, 1:30-2:30 pm

Discover how delicious healthy eating can be! Led by Barbara Starke—a Holistic Nurse and Advanced Practice Nurse—this cooking class teaches simple ways to use everyday ingredients to boost energy, support joint health, and sharpen your mind. Learn realistic habits and take home easy, delicious new recipes.

ART CO-OP WORKSHOP

Monday, September 14th, 12:30-3:00 pm
\$25 per person, payable at registration
Make checks payable to Matt Payovich
DEADLINE TO REGISTER IS SEPTEMBER 9TH

Popular instructor Matt Payovich will return to instruct a beginning pastel (chalk) art class with emphasis on the principles of light and transparency. The subject will be a rose in a vase, or participants may bring their own inspiration piece. All materials needed will be provided.



ARTISAN, NO-KNEAD BREAD WORKSHOP

Monday, September 21st, 1:30-3:30 pm
\$5 per person payable at registration
Make checks payable to Marilyn Mussman
DEADLINE TO REGISTER IS SEPT. 16TH

Master bakery-quality, no-knead bread in this hands-on workshop! **Bring a large bowl and wooden spoon; we provide all other ingredients.** Leave with a prepared loaf ready to proof and bake at home, plus step-by-step instructions.



PLEASE NOTE KEY AT THE TOP OF THIS PAGE FOR ADDITIONAL PROGRAM DETAILS

PROGRAMS

Advanced registration is required
Space is limited
No refunds

ORGANIZED BY DESIGN

Tuesday, September 22nd, 10:30 am

Professional Organizer, Becky Martin, returns for another illuminating workshop on the art of home organization. Fall is the perfect time to clean out your home and unclutter your mind. In this comprehensive workshop, you will gain insights into the world of decluttering and organizing.

WRITERS' HAVEN WORKSHOP

Wednesdays, September 23rd - October 28th

10:00 am-12:00 pm (SIX WEEK SESSION)

Even in the age of AI, good writing remains an important skill for anyone - for creativity, advocacy, social interaction, business, reporting, and more. Please join Pat Grauer in leading this six-week workshop to learn how to hone these skills for your particular purposes and how to publish and market your ideas. Pat has been a published writer since the age of 15, working as a columnist, publicist, science and medical writer, poet, biographer, short story author and an essayist.

FUSED GLASS CLASS: 6x6 PICTURES

Monday, September 28th, 1:30-3:30 pm

\$45 per person, payable at registration

Make checks payable to Fusion Gallery & Studio

DEADLINE TO REGISTER IS SEPTEMBER 21ST

Join instructors from Fusion Gallery & Studio as they guide students in creating a picture of your choice to hang on the wall or set on a shelf. Afterward, your custom design will be professionally fired in the studio's off-site kilns and returned to the Center for pick-up at a later date. These one-of-a-kind creations can brighten up your home or be given as a heartfelt gift!



ESTATE PLANNING BASICS

Tuesday, September 29th, 1:30 pm

What happens to your assets if you become incapacitated or pass away? Who will manage your affairs, and how does probate work? Join Attorney Bill Westerbeke to explore these critical questions, discover the benefits of a Living Trust and Lady Bird Deeds, and master the essentials of effective estate planning.



AARP SMART DRIVER COURSE

Tuesday, September 29th & 30th, 8:30 am-12:30 pm

\$20 AARP members / \$25 non-members of AARP

Cash or checks made payable to AARP

Payable to instructor on first day of class

Join Jo Ann Flowers from AARP as she hosts the AARP Smart Driver course. **This is an 8-hour, classroom-only course, taken over 2 days.** The course teaches proven driving techniques to help keep drivers and their loved ones safe on the road. Attendees **MUST** attend both sessions to receive a certificate, which can be presented to some insurance carriers for a discount. Michigan law requires the class to be taken every three years to maintain the discount.

MATTER OF BALANCE

Tuesdays, October 6th - December 1st (no class 11/3)

10:30 am-12:30 pm

Workbook fee \$20, payable on first day of class

(scholarship is available, if needed)

Are you interested in improving balance, flexibility and strength? Matter of Balance enables participants to reduce the fear of falling by learning to view falls as controllable and exercises to increase strength and balance. Offered through the Area Agency on Aging, this program includes eight, 2-hour classes presented to a small group led by trained coaches. **Students must attend all 8 sessions.**

PACE OF SOUTHWEST MICHIGAN

Tuesday, October 6th, 1:30 pm

Join PACE (Program of All-Inclusive Care for the Elderly) staff members as they share information about a unique healthcare solution for seniors who struggle with health issues that may jeopardize their independence. PACE services are designed to help seniors remain safely in their home while also providing much needed respite for family caregivers. Learn more about the PACE program and their comprehensive team of healthcare professionals.



ORAL HEALTH & HEALTHY AGING

Thursday, October 15th, 10:00 am

Join Dr. Anjana Gupta and the team from Smiles on Niles Dentistry to discover the vital link between your dental health and overall wellness as you age. This senior-focused class offers practical, easy-to-understand tips for caring for teeth, implants, and dentures. Learn to manage medication-induced dry mouth, prevent cavities and gum disease, and spot oral cancer early. Gain absolute confidence on exactly when to seek professional care.



PLEASE NOTE KEY AT THE TOP OF THIS PAGE FOR ADDITIONAL PROGRAM DETAILS

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.

Chicago Cubs Game - September 14th

A Closer Walk with Patsy Cline - September 15th

Dale Chihuly: Full Blown Experience - September 23^d

Art Institute of Chicago & Dinner - October 7th

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

SPRINGTIME IN MACKINAC ISLAND!

Members of the SJLSSC recently enjoyed a memorable Spring Mackinac Island Grand Experience, complete with island tours, stunning views from the iconic Grand Hotel porch, and expert guidance from trip leaders Cindy Miller and Peggy Miller.



TRIPS

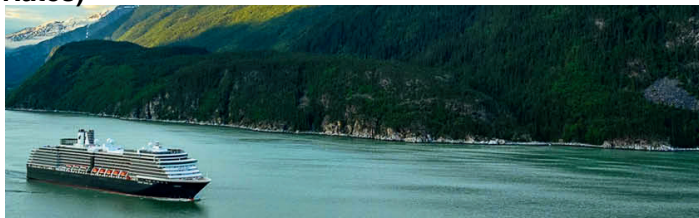
NEW! **New Trip**  **Moderate Activity**  **Active Activity**  **Very Active Activity**  **Payable at signup**

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)



All registration for this trip will be through Collette Travel. Please contact Carol Olson @ 269-982-0901 for more information.

Experience Alaska as you always imagined on a breathtaking land and sea journey with Holland America Cruise Lines from Alaska to Vancouver. Travel deep into Denali National Park for premier wildlife viewing, enjoy a lively musical at the Denali Dinner Theater, and ride a luxury, glass-domed railcar to Talkeetna with expert guides. Then, take to the sea to cruise through the rugged natural wonders of Glacier Bay and the Inside Passage. Along the way, you will explore Alaska's gorgeous capital, Juneau, and visit Ketchikan, the "Salmon Capital of the World," on an unforgettable Pacific coast adventure.

BRITISH LANDSCAPES



featuring England, Scotland and Wales

October 18-27, 2026 - **2 spaces left!**

Double - \$5,329; Single - \$6,329

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



TUSCANY, LAKE MAGGIORE & THE ITALIAN RIVIERA



October 22-30, 2027

Book early & save on per person rates!

Double - \$5,129; Single - \$6,129



VOTE FOR SJLSSC 2027 TRIPS!

We've compiled your fantastic trip suggestions from July and August—now it's time to choose our destinations for 2027! From Tuesday, September 1 through Friday, October 30, stop by the bulletin board across from the gym to cast your vote. **Please note, voting represents interest in a trip and does not mean the trip will happen.**

REGISTER AT THE FRONT DESK TO join representatives from Collette Travel at the St. Joseph-Lincoln Senior Center for a Tuscany, Lake Maggiore & the Italian Riviera trip presentation on Monday, August 24th, 10:30 am. All registration for this trip will be through Collette Travel.

This nine-day Collette tour includes a scenic boat cruise across Lake Maggiore to the Borromeo Palace on Isola Bella, as well as highlights of Isola Bella Palace & Garden, Stresa, Parma, Italian Riviera, Cinque Terre, Lucca, Tuscan Villa Stay, Florence, the Chianti Countryside and more. Ten meals (seven breakfasts and three dinners) are included, as well as round-trip airfare from O'Hare International Airport, air taxes and fees and hotel transfers.

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.

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.

We are in need of sympathy and birthday cards. Christmas cards are not needed at this time.

REMI
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.

United Way's **Rake a Difference** offers free yard raking for seniors on Thursday, November 12th. Berrien, Cass, and Van Buren County residents aged 60+ who cannot perform or afford yard work qualify. Spots fill quickly on a first-come basis! Register starting Tuesday, September 1st by calling United Way at 269-932-3554 between 9:00 am-4:00 pm.

THE RICK FRERIDGE WOOD SHOP

HOURS OF OPERATION: Monday - Friday 8:30 am-3:30 pm (Closed on Wednesdays from Sept. 16th-Nov. 4th)

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.

TRINKET BOX FOR SALE

Add a touch of charm to your home with this beautiful wooden trinket box. Perfect for storing jewelry, keepsakes, small treasures, or other special items. A lovely gift or decorative accent for any room. Hand crafted by our Wood Shop. \$15 for a plain box or \$25 with inscribing. See front desk for an order form.



LAST CALL FOR FRENCH ROLLING PINS!



Available through September 30th for \$40, with custom engraving for an additional \$10. Pick up an order form at the reception desk today!

WOOD SHOP PROGRAMS

■ No refunds ● Advanced registration required ◆ Space is limited ★ All Members ❁ Wood Shop Members Only

CEDAR BIRD FEEDER

Tuesday, September 8th

9:00 am-12:00 pm

Instructor: Bob Mann

\$30 per person

Payable at sign up

With scarce food supplies approaching, it is a vital time to support our local backyard birds. To help keep them healthy and well-fed, the SJLSSC Wood Shop is once again hosting a project to build a stylish bird feeder crafted entirely from durable cedar, which is well-suited for Michigan winters. While some experience with power tools is helpful, all necessary materials are provided for you to complete the project. **You do not need to be a Wood Shop member to participate in this class.**



ADVANCED PICTURE FRAMES

Monday, September 28th

3:00 pm-6:00 pm

Instructors: Glen Peterson and

Sarah Melcher

\$50 per person

Payable at sign up

This class will explore issues related to both the design and construction of frames; such as the use of moldings, inlay veneer, joinery, matting and using contrasting species of wood in frame making. Students will bring a piece of art to the initial class in order to design and begin the building process. The instructors will schedule follow-up sessions to assist with the construction.



PEN TURNING

Thursday, October 8th, 3:00 pm-5:30 pm

Instructor: Tom Hurst

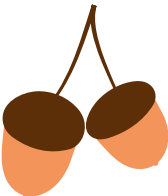
\$25 per person

Payable at sign up

During this pen turning class, you will learn basic woodturning techniques, including tool and lathe safety, how to set up and use a pen mandrel, sizing wood blanks, drilling the wood blanks for brass tubes to be inserted and applying a finish to your two completed pens. **We are excited to say this class is open to all SJLSSC members!**



RECURRING SCHEDULE

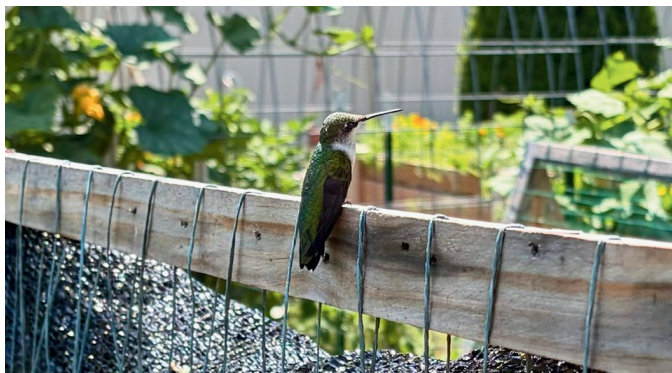
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise NO CLASS 9/3	8:30 am - World Dance
9:30 am - Quilting Group	9:30 am - Pinochle	9:00 am - Greeting Card Making	10:00 am - Range of Motion	9:30 am - Yoga for Mind & Bone Health NO CLASS 9/11 & 9/18
10:00 am - Calisthenics	10:00 am - Range of Motion NO CLASS 9/8	10:00 am - Calisthenics NO CLASS 9/9 & 9/16	12:00 pm - Tai Chi	10:00 am - Mah Jongg
10:00 am - Jokers and Marbles	11:30 am-3:30 pm Advanced Pickleball NEW! STARTING 9/8	11:00 am - Balance Class NO CLASS 9/9 & 9/16	11:30 am-1:30 pm Beginner Pickleball NEW! STARTING 9/17 NO CLASS 9/10 & 9/24	10:30 am-12:30 pm Beginner Pickleball
11:00 am - Balance Class	12:30 pm - Advanced Pickleball 9/1 ONLY	11:45 am - Cardio Drumming NO CLASS 9/9 & 9/16	12:30 pm - Beginner Pickleball 9/3 ONLY	12:00 pm - Parkinson's Exercise NO CLASS 9/4
12:00 pm - Tai Chi	12:30 pm - Advanced Ukulele	12:00 pm - Parkinson's Exercise	12:30 pm - Scrabble	12:30 pm-3:30 pm Intermediate Pickleball
12:00-1:30 pm Intermediate Pickleball NEW! STARTING 9/14	1:00 pm - Euchre	12:30 pm - Dominoes	12:30 pm - Hand & Foot Cards	1:00 pm - Euchre
12:30 pm - Hand & Foot Cards	2:00 pm - Beginner Ukulele NEW! STARTING 9/8	1:00 pm - Mah Jongg	1:00 pm - BINGO SEE DATES BELOW	
1:00 pm - Art Co-Op See bulletin board for weekly topic	 Class descriptions are posted on the bulletin board outside the gym and additional information is available at the front desk.	1:00 pm - Advanced Pickleball 9/2 ONLY	1:00 pm - Softball offsite @ Well's Field, St. Joseph	
1:00 pm - Cribbage		1:30-2:30 pm - Advanced Pickleball NEW! STARTING 9/9	2:00 pm - Intermediate Pickleball 9/3 ONLY	
1:30 pm - Choir Group		1:00 pm - Stitch & Chat	1:30-3:30 pm - Intermediate Pickleball NEW! STARTING 9/17 NO CLASS 9/10 & 9/24	
1:45 pm - Line Dancing for Absolute Beginners		1:30 - Open Pool Table Play	 SEPTEMBER BINGO Please do not enter the Gym until the room is set up. Thank you! 10 \$2 Bingo 24 Bingo is free	
2:45 pm - Line Dancing for Beginners		2:30 pm - Intermediate Pickleball 9/2 ONLY		
		2:30-3:30 pm - Intermediate Pickleball NEW! STARTING 9/9		

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

Non-Profit Org.
U.S. Postage Paid
St. Joseph, MI 49085
Permit 416

**DATED MATERIAL DO NOT DELAY
RETURN SERVICE REQUESTED**

This newsletter mailed @ St. Joseph Post Office on 8-26-26



SERVING THE COMMUNITY SINCE 1975

SJLSSC BOARD MEMBERS

President	Bob Hopkins
Vice President	Ted Post
Secretary	Patty Nordberg
Treasurer	David Roback
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 Bingham
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	(269) 408-4322
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



SEPTEMBER ACTIVITIES

- 2 Wood Shop: Wood Coaster Class** 12:00-3:00 pm
- 7 Labor Day - CENTER IS CLOSED**
- 8 New Session - Beginning Ukulele** 2:00 pm
- 8 Beginning Floral Arranging** 1:30-3:00 pm
- 8 Wood Shop: Cedar Bird Feeder** 9:00 am-12:00 pm
- 9 Book Club** 10:00 am
- 10 Bingo \$2** 1:00 pm
- 11 CARD-iology** 10:00 am-3:30 pm
- 14 Art Co-Op** 12:30-3:00 pm
- 16 Peace of Mind** 10:00 am
- 16 Fraud Prevention** 10:30 am
- 17 Board Meeting** 10:00 am
- 17 Memory Rescue** 1:30 pm
- 17 Functional Foods** 1:30 pm
- 18 Cookies & Canvas** 12:00-3:00 pm
- 21 Artisan No-Knead Breadmaking** 1:30-3:30 pm
- 22 Organized by Design** 10:30 am
- 22 Meet the Candidate (Board Election)** 12:00 pm
- 23 Writers' Haven** 10:00 am-12:00 pm
- 24 Bingo** 1:00 pm
- 28 Newsletter Mailing** 8:30 am
- 28 Fused Glass Class** 1:30-3:30 pm
- 28 Wood Shop: Picture Frames** 3:00-6:00 pm
- 29 AARP Smart Driver Course** 8:30-12:30 pm
- 29 Stamp Camp** 11:00 am-3:30 pm
- 29 Estate Planning Basics** 1:30 pm



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