

THE ANCHOR NEWS



OCTOBER 2026 EDITION

ST. JOSEPH- LINCOLN SENIOR SERVICE CENTER

3271 Lincoln Avenue
St. Joseph, MI 49085

HOURS OF OPERATION

Monday through Friday
8 AM - 4 PM

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

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

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www.sjlsc.org

2026 BOARD OF DIRECTORS ELECTION

Board elections are right around the corner! This year, four seats are open, each offering a three-year term. Our candidate lineup includes: Tim Kragt, Gary Krokker, Dave Roback and Cheryl Ryno. We invite all Center members to stop by the candidate bios on display near the front monitors. As a reminder, members must reside within the SJLSSC service area to be eligible to vote.

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 - Center members are welcome to meet the newly elected Board Members (Breakfast registration ends October 9th)

SPOOKTACULAR HALLOWEEN PARTY!

Friday, October 30th, 1:00 pm

Get ready for a howling good time at the annual Halloween Bash on **Friday, October 30th**! Show off your style in our costume contest with prizes for Most Creative, Spookiest, and Hilarious outfits, while enjoying music, light refreshments, and festive fun. **Reservations are limited. Please sign up by Friday, October 23rd.**



VETERAN'S DAY BREAKFAST

Wednesday, November 11th, 9:00 am

Starks and Menchinger Funeral Homes will once again sponsor our Veteran's Day Breakfast. Veterans and their spouses are invited to join us for a morning of food, fellowship, and heartfelt thanks for those who have served our nation. **Please sign up by Wednesday, November 4th.**



YOUR CENTER, YOUR FUTURE!: OPEN FORUM

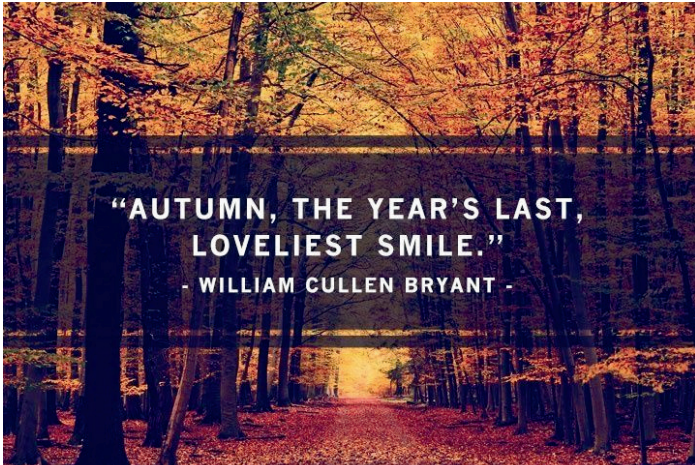
Monday, October 19th, 10:30 AM

Join us for an Open Forum to discover how you can help secure the future of our Center through the Your Center, Your Future! initiative. We are proud of our growing community and honored to serve an average of 400 members every day. However, like many organizations, we are facing rapidly rising operational costs that threaten the scope of our services. Building lasting, sustainable support starts with you! Come learn how your involvement can keep our community thriving for years to come. **Please register at the front desk to attend.**



**THE CENTER WILL BE CLOSED FOR A
STAFF DAY ON THURSDAY,
NOVEMBER 5TH.**

NOTES FROM THE BOARD



I received a phone call from the Senior Center Program Coordinator yesterday, reminding me that this was my month as a Board Member to write the article for the newsletter. I responded with, "UH OH" or something to that effect. When is it due? Tomorrow by 4 pm. How many words? 400. Double "UH OH". I will have it ready.

Here we go! What could I write about? My first thought: the Senior Center and its wonderful members, and our volunteers who give so much of their time, energy and support to make SJLSSC such a wonderful place. But, that has already been done. Maybe how proud Bonnie (my wife) and I are of our eleven grandchildren and their accomplishments. Nope, nobody wants to read that.

Since y'all are reading this in October probably not a soul wants to read about how good Notre Dame and Ohio State (oh heavens no) football are doing so far. And since baseball's regular season is over, I'm sure reading about how disappointing the Detroit Tigers were this year is no longer a topic of conversation. So I made myself a cup of tea and continued thinking about what else there could be to write about. Then, I started to look at our backyard.

The corner hydrangea is starting to fade after blooming gloriously for months. The wildflower garden bloomed out after providing red, white, blue, pink and yellow flowers for the bees and butterflies to enjoy. The spring/summer flowers are starting to fade but all is not lost. Fall colors of mums and ageratum (love calling them purple fuzzies) are coming on board. The backyard will still be a colorful, relaxing area for the next couple of months.

The hummingbirds have started their migration, blue birds have left, summer birds seem to have taken flight. Now, we wait for our winter feathered friends and for the trees to begin their colorful change to hibernation.

Still thinking, as I finish my tea, I have no idea what to write about. So I guess I'll sit here, staring at an empty cup, thinking what a wonderful spring and summer we had. Then wonder what pleasures autumn and winter will bring us. Maybe it's time for a glass of wine to stimulate the soul and help me decide, "what could I possibly write about?"



James Hlifka
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
- 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. through 11/4)

WE LOVE OUR VOLUNTEERS

VOLUNTEERS NEEDED

volunteer

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!

WONDERFUL SJLSSC VOLUNTEERS IN ACTION!

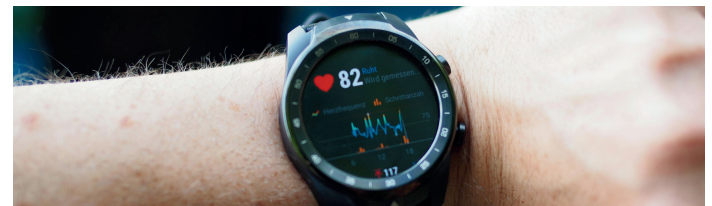


THANK YOU, VOLUNTEERS!

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:



Volunteer Cardio Monitor

If you have some time to spare, our Exercise Room has an opening on Fridays for the 1:00-3:15 pm shift in the Cardio Room. Volunteers will be trained in the proper use of our fitness equipment, to safely support members in their workout.



Friendship Garden Volunteers

The Friendship Garden is in need of a leader and a few helping hands for the 2027 growing season. If you're an experienced gardener that finds joy in growing organic produce and loves working outdoors, we'd love your help at the Center.

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

CENTER NEWS

ANNUAL PICNIC CELEBRATION

SJLSSC members celebrated a historic milestone with friends, food, and fun at our Annual Picnic on Friday, August 7th! Honoring America's Semiquincentennial with the theme AMERICA—CELEBRATING 250 YEARS, 140 attendees enjoyed games, lunch, and music from our Choir and Ukulele Groups while raising \$545 in our exciting dessert raffle.



HOLIDAY NEWSLETTER UPDATE

Please note that our November and December newsletters will be combined into one special issue, mailing in late October! Look inside the November/December issue for details on all Center programs, holiday activities, and events running through the end of 2026—plus everything happening during the first two weeks of January.



SNOWBIRD REMINDER

As cooler weather approaches, members heading south for the winter can help us save on postage! If you receive our mailed newsletter, please let us know when you leave so we can temporarily pause shipments. Notify us upon your return to resume delivery and help us avoid costly returned mail fees.



HEALTHY EATS FALL SPECIALS

Looking for a quick, delicious, and wholesome meal? Stop by Healthy Eats presented by Base Bowls & Co. in Friendship Hall! Open Monday through Friday from 11:00 AM to 1:00 PM, Healthy Eats serves fresh, daily-made soups, salads, and sandwiches. Starting October 5th, you can pre-order hot meals on select days! Register in Friendship Hall by Friday the week before to reserve your plate for the following week. Meals are cash only.



October 5th-7th (\$10): Meatloaf, mashed potatoes and gravy, corn, and carrots

October 19th-21st (\$12): Corned beef, cabbage, carrots, and red skin potatoes

CENTER NEWS

PHOTO CONTEST WINNERS!

With 47 impressive entries in the 2026 Twin City Camera Club Photo Contest, 104 voters enjoyed an extraordinary gallery of local talent! Congratulations to our category winners, who each received a \$25 prize. Thank you to all who participated, and a huge thank you to the Twin City Camera Club for sponsoring this wonderful event!

Barb Kunde, Animals/Pets

Barb Kunde, Landscapes

Paget Whitney, People

Richard Thomas, Nature/Wildlife

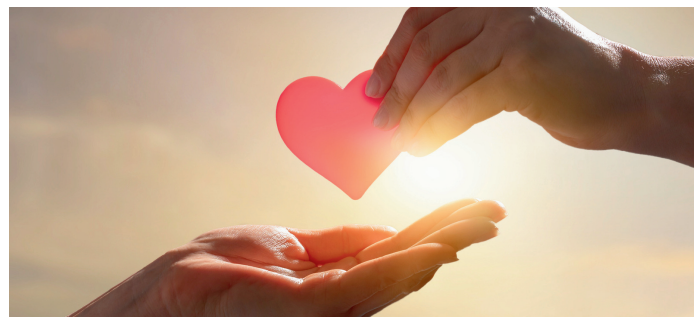


2026 SOFTBALL SEASON



The 2026 SJLSSC softball season has officially ended on a high note! With participants gathering weekly at Wells Field, the group enjoyed a season of friendly competition, camaraderie, and, most importantly, fun. A huge thank you goes out to every SJLSSC member who came out to play. A special shout-out to Coach Jerry Radenbaugh for making this such a successful and enjoyable program!

PLANNED GIVING



Did you know you can leave a lasting legacy at our Senior Center through planned giving? A planned gift is more than a financial decision—it's a powerful reflection of your values, vision, and compassion. It costs nothing today, yet ensures future generations continue to benefit from the vital support and programs we provide. To learn more about maximizing your impact, turn to page 12 for details on our "Giving Back, Tax Free" program on October 21st.

READY, SET, BOWL!

The SJLSSC Bowling program is back! Open to all skill levels, this weekly gathering offers members a fun way to stay active and connect with friends. Join the fun on Wednesdays at 12:45 PM through November 18th at Striker's Bowling (2705 Cleveland Avenue, St. Joseph). The cost is \$10 to bowl, plus a \$2 shoe rental fee. No advance registration required—just head to the lanes and join in!



CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, October 14th, 10:00 am

In Robert Louis Stevenson's novel *Dr. Jekyll and Mr. Hyde*, London lawyer Gabriel Utterson investigates the unsettling bond between his friend, Dr. Jekyll, and the repulsive Edward Hyde, uncovering a horrifying truth about human nature and inner corruption. The discussion will be led by Mary Baker and the group is open to all SJLSSC members.



CARD-IOLOGY: NEW TIME!

Friday, Oct. 2nd, 11:00 am-3:30 pm - Halloween/Fall Fun

Friday, Nov. 6th, 11:00 am-3:30 pm - Thanksgiving

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, October 16th, 12:00-3:00 pm

\$20 per person, payable at signup

Make checks payable to Roy Hruska

NO REFUNDS

DEADLINE TO REGISTER IS OCTOBER 14th

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



STAMP CAMP

Tuesday, October 27th, 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 OCTOBER 23rd

Join in the fun, fellowship and cookies while creating hand-made greeting cards! Thanksgiving and Christmas cards will be the subject of our card creations. 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 attending our recurring fitness classes boosts both physical and mental well-being. For optimal comfort and safety, please wear loose clothing and supportive shoes with smooth leather or composition soles. We're continuing our new feature! In every issue, look out for a spotlight on one of our recurring classes and how it can support your health (see page 19 for a listing of the recurring program schedule).



CALISTHENICS CLASS

Mondays & Wednesdays, 10:00 am

Exercises designed to be gentle on the joints, while challenging the muscles and cardiovascular system. Low-impact movements will help to improve your lifestyle and well-being. (*Active Activity*)

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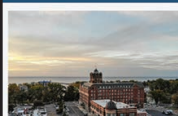
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DONATION OPPORTUNITIES

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.



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 in October 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."

WOOD SHOP CUTTING BOARDS FUNDRAISER



Just in time for holiday entertaining and gift-giving, orders for our handcrafted Wood Shop cutting boards can be placed at the front desk beginning **October 19th**! Want a personal touch? We offer custom engraving ready in about 5 business days! Unengraved boards will also be available for immediate pickup while supplies last. Make your holiday shopping easy this year with a unique, locally crafted gift!

Cutting boards pricing:

10x16: \$50

10x18: \$60

\$10 per side for custom engraving

DONATION WISH LIST

THE CENTER

- ★ Individually-wrapped candy
- ★ Regular & Decaf Coffee
- ★ Bottled Water

WOOD SHOP

- ★ Small to Toddler Socks

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

THANK YOU DONORS

GOODIES & SNACKS



Sandra Kay's, Flour Shop, Event Committee, Gretchen Gabler, Mary Donald, Dennis Rennhack, Claire Gillespie, Betty Ramsey, Dorothy Thar, Sharon Kabel, Chris Corbett, Dolores Frantz, Bob Mann, Lani Agens, Laurie Ulmer, Carol Conklin, Ann Niedbala, Phil Whitehead, Pam Malenfant, Brenda Lyons, Amy Ebbers, Jerry Radenbaugh, DJ Rogers, Lisa Hilton, Sally Matzke, Helen Mitchell, Phil Langer, Jane Jeffery, Sharon Foxworthy and Carole & Jack Thielmann

ITEMS THAT BENEFIT THE CENTER

Tim Kragt, Celina & Charlie Bevelhymmer, Ann Hunnell, Dennis Rennhack, Alice Sherrill, Betty Ramsey, Linda Taylor, Jim Jakubs, Ann Stockwell, Ann Tucker, Dolores Frantz, Romy Collier, Frank Alsup, Fay Pressnitz, Susan Chandler, Debbie Johnson, Marc & Gail Bilka, Rachel Kaufman, L.W.F. Veterans, Shurlie Rochefort, Gail Adcock, Ann Niedbala, David Scheffler, Jo Flowers, Joy Reschke, Don & Fredonna Kempf, Lois Wallace, Daniel Tonkel, Gloria Winn, Amy Reutlinger, Anita Wandel, Tai Huynh, Subhas Dhodapkar, Mike Doroh, Joe Bryant, Kathy Manni, Ann Murphy, Ruth Beach, Kim Fetton, DJ Rogers, Deb & John Terry, Barb Kunde, Clem Brueck, Connie Ferrier, Helen Mitchell, Gerrt Nemethy, Dona Lucker, Vickie Florin, Sally Caldwell and Anonymous Donors

MONETARY CONTRIBUTIONS

TRANSPORTATION PROGRAM

Ruth Betker, Elli Maas and Mary Donald

BUILDING FUND

Pat Forbes, William & Kathy Hanley, Shelia Ott, Susan Chandler, Serge Schillio, Tom Fischer, Patty Nordberg, Onalee Hartman, Tim & Christine O'Leary, Clyde Daniel, Karen Schiltz, Barb Gray-Maruk, Robert & Ann Niedbala, Beth Chapman, John Anderson, Lynne Willadsen, Jack Thielmann (Texas Corral Fundraiser), Mike & Tami Genovese, Ruth Ann Bredeweg, Bob Donaldson, Jeanette Jeske, Tim & Ginger Kelm, Phyllis Herod, Dave Golladay and James Anderson

YOUR CENTER, YOUR FUTURE!

Don & Fredonna Kempf, Kathy Kasewurm, Robert & Nancy Van Horn and Burwell & Christine Carmichael

YOUR CENTER, YOUR FUTURE! (RECURRING)

Pam Wheeler, Helen Schlaman, Janice Yore, Barb Lackner, Linda McDonald, Lori Tucker, Kevin Emans, Carolyn Strzyzkowski, Marty & Lois Goldrick, Cathy Eppard, Joan Contardo and Gil Urban

SILVER TONES CHOIR

Serge Schillio, Donna Kirby and Rita Depedro

WILD FLOWER TRAIL

Celina Bevelhymmer

CTR/EXERCISE ROOM

Ron Robertson

BRICK FUNDRAISER

Christine, Dana & Robert Cox

EXERCISE CLASSES

Ruth Betker, Jim Thompson, Frank Alsup and Don & Joy Janke

WOOD SHOP

Steve Smith

WOOD SHOP "EAT OUR DUST 2.0"

Serge Schillio, Jack Thielmann, Carolyn Strzyzkowski and Barb Kunde

WOOD SHOP "EAT OUR DUST 2.0" IN MEMORY OF DEAN WILLIAMS

Bruce & Priscilla Banghart

WOOD SHOP "EAT OUR DUST 2.0" IN MEMORY OF MARK WHEELER

Elaine Keller

QUILTERS GROUP

Toshiko Miller

TECH EQUIPMENT FOR THE GYM

William & Kathy Hanley

IN MEMORY OF JUDY STELTER

Mary Sundblad

PICKLEBALL

Anonymous Donors

THE LIBRARY

Mark Matzke

FRENCH CLASS

Faye Brockmiller

IN MEMORY OF DONALD SCHLIPP

Lana Schlipp

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

15-0754

PROGRAMS

● **Advanced registration is required**
◆ **Space is limited**
■ **No refunds**

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.



ART CO-OP WORKSHOP

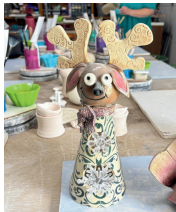
Create with Clay (OFF-SITE CLASS)

**Monday, October 19th OR Tuesday, October 20th
12:30-3:00 pm**

\$27 per person, payable at signup

**Make checks payable to Create with Clay
DEADLINE TO REGISTER IS OCT. 13TH**

Join a Create with Clay instructor to craft a unique holiday creation! Due to popular demand, we're offering two distinct sessions at the Create with Clay Studio (1403 Castle Court, St. Joseph). Choose Monday for a turkey or reindeer, or Tuesday for a decorative pumpkin. All materials are included; finished pieces will be fired and returned to SJLSSC for easy pickup. Please choose class date at time of registration.



LIFE CARE PLANNING

Tuesday, October 20th, 10:30 am

Life Care Planning (LCP) is a comprehensive legal approach that integrates care advocacy, asset protection, estate planning and Medicaid planning to support families caring for a loved one with a chronic illness. Rather than addressing these needs separately, Attorney Bill Westerbeke will take a holistic view, helping families navigate care decisions, protect financial resources, and access benefits that make long-term care affordable and effective.

PARKINSON'S DISEASE FOR BEGINNERS

Tuesday, October 20th, 1:00 pm

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

GIVING BACK, TAX FREE: MAKE THE MOST OF YOUR IRA

Wednesday, October 21st, 1:00 pm

Join Craig Anderson, president and founder of Family Focused Financial, for a 1-hour workshop on fulfilling your Required Minimum Distribution (RMD)—the mandatory annual withdrawal required from tax-deferred IRAs. Discover how a Qualified Charitable Distribution (QCD) allows you to transfer these IRA funds directly to causes you care about, completely tax-free!



**FAMILY FOCUSED
FINANCIAL**

FLU SHOT CLINIC

Thursday, October 22nd, 8:30-11:30 am

Stay healthy this season by signing up for our flu shot clinic, hosted with Corewell Health. When registering, select your preferred option: standard or high-dose (recommended by the CDC for adults 65+). Please wear clothing allowing easy upper-arm access and bring your Medicare card and supplemental insurance cards. Participation requires Medicare or valid health insurance, as no other payment methods can be accepted.

LEAF PRESSING ON ROCKS

Thursday, October 22nd, 10:00-11:30 am



Get creative with nature this season! Join us for a unique, hands-on crafting session led by instructor Kelly Wells. We'll gather real fallen leaves to create stunning, natural impressions and intricate designs on smooth rocks. This relaxing, simple activity offers a wonderful way to enjoy the outdoors while crafting a one-of-a-kind keepsake to take home for your garden or share on display.

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

PROGRAMS

Advanced registration is required
Space is limited
No refunds

FUSED GLASS CLASS: FALL LANDSCAPES

Monday, October 26th, 1:30-3:30 pm
\$45 per person, payable at registration
Make checks payable to Fusion Gallery & Studio
DEADLINE TO REGISTER IS OCTOBER 19TH

Birch trees are known for their distinctive white bark, which makes them stand out in any wooded area. In this class you can create a woodland scene, or your favorite flowers. Afterward, your custom design will be professionally fired in the studio's offsite 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!



FRENCH LANGUAGE CLASSES

Tuesdays, October 27th-December 1st
Beginners: 10:30 am-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 six-week sessions to accelerate your journey to fluency. **When registering, please specify if you are joining the Beginners or Advanced Beginners session.**



BEGINNING FLORAL ARRANGING

Tuesday, October 27th, 1:30-3:00 pm
\$40 per person, payable at signup
Make checks payable to Linda Stone
DEADLINE TO REGISTER IS OCTOBER 15TH

Florist Linda Stone will direct students through creating a stunning, festive Halloween floral 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.**



HEARING AID CLEANING CLINIC

Thursday, October 29th, 10:30 am-12:30 pm

Expert, trusted team members from Professional Hearing Services will be onsite to conduct **FREE** hearing aid cleanings and checking your ears for wax. Regularly cleaning your hearing aids keeps them working their best and can improve your overall hearing experience.

No registration is required for this walk-in event.



ART CO-OP WORKSHOP

Monday, November 2nd, 12:30-3:00 pm
\$30 per person, payable at registration.
Make checks payable to Alexandra Hibshman
DEADLINE TO REGISTER IS OCTOBER 29TH

Alexandra Hibshman will instruct beginning to intermediate artists on making up to five (5) watercolor holiday cards. All materials needed will be provided.



MICHIGAN SECRETARY OF STATE MOBILE OFFICE VISIT

Wednesday, November 4th, 10:30 am-2:30 pm

The Michigan Secretary of State brings services directly to our members when their mobile office visits the Center! The streamlined office offers a vast majority of Secretary of State services, including processing driver's license and state ID applications, corrections and renewals; disability parking placard applications, renewals and replacements; and vehicle title and registration transactions. The SoS Mobile Office will be available to meet with St. Joseph-Lincoln Senior Service Center members by appointment only.

MYSTERY OF THE MISSING WORDS: A HEARING EXPERIENCE

Monday, November 9th, 10:30 am

Join Professional Hearing Services for "THE MYSTERY OF THE MISSING WORDS" an interactive session to test your listening skills and experience what hearing loss actually sounds like. Take the restaurant challenge and learn simple hearing hacks to become a certified Hearing Detective. Best of all, there are no medical slides or lectures—just games, surprises, and laughs!

FINDING YOUR BEST MEDICARE PART D PLAN

Wednesday, November 11th
See below for available times

Registration for Medicare Part D has officially begun, and we're here to help you navigate it with ease. Bob Hopkins will walk you through the process on mymedicare.gov to help you find the plan that best fits your needs. **To complete your update during the session, please be sure to bring your Medicare card, a list of your preferred pharmacies, and a full list of your prescription medications with dosage information.** **Contact the Center to join one of our 90-minute sessions: 8:30 am-10:00 am, 10:15 am-11:45 am, 12:30 pm-2:00 pm or 2:15 pm-3:45 pm.**

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

TRIPS

NEW! 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.

Art Institute of Chicago & Dinner - October 7th
Mackinac Island Grand: Fall - October 13th-16th

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.

REFLECTIONS OF ITALY OCTOBER 19-28, 2027



REGISTER AT THE FRONT DESK TO join representatives from Collette Travel at the St. Joseph-Lincoln Senior Service Center for a Reflections of Italy trip presentation on Monday, November 2nd at 10:30 am. All registration for this trip will be through Collette Travel.

UPDATED TRIP! We're always looking to plan trips our members will love. After reviewing member feedback on our previously planned tour to Italy, we decided to make a switch. We've replaced the original itinerary with an incredible new tour! Whether it's your first time visiting Italy, or you've been before, this is the perfect tour to visit all the highlights. Embark on a captivating journey that takes you from the piazzas of Rome to the canals of Venice. Discover the rolling hills of the scenic Tuscan and Umbrian countryside. Explore medieval hill towns and visit Assisi, the birthplace of St. Francis. Spend time at a historic winery in the heart of the Chianti region and enjoy a chef-led cooking class with lunch. Discover the masterpieces of the Renaissance in Florence. See glass transformed into exquisite art on Murano Island. Linger in iconic Venice for two nights. Encounter a land rich in history, culture, art, and romance.

TRIPS

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

VOTE FOR SJLSSC 2027 TRIPS!

We've compiled all your fantastic trip suggestions from July and August—now it's time to choose our destinations for 2027! Stop by the bulletin board across from the gym to cast your vote through Friday, October 30th.

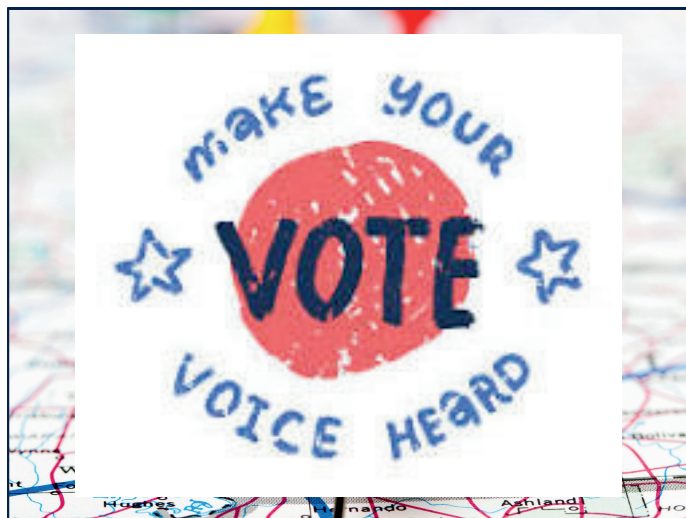
Please note: voting represents interest in a trip and does not mean the trip will happen.

2027 SUGGESTED DAY TRIPS

Blue Gate Christmas show
Blue Gate Theater Show
Boat cruise, similar to Holland trip
Bronners with dinner at Bavarian Inn
Car Museum South Bend or Kalamazoo
Centerville Amish Trip (Lunch & Dinner w/Amish Family)
Chicago Botanical
Chicago Polish Museum of America
Chicago Riverboat
Chicago Zoo (Brookfield) Lunch Cruise from Navy Pier
Covered Bridges of Indiana or Illinois
Cubs baseball game
Daniel O'Donnel Concert at Shipshewana
Gerald R. Ford Museum
Grand Rapids Theater Show
Greenfield Village
Hot Air Balloon ride
IKEA (Bolingbrook)
Italian Dinner/Lunch
Michigan Audubon Society Cerulean Warbler Tour(Hastings, MI)
Obama Presidential Library & Museum
Saugatuck River Trip with Shopping
Tigers Baseball game
USS Silver Sides, (Muskegon, MI)

2027 SUGGESTED OVERNIGHT TRIPS

Branson, MO
Cleveland, OH (Museums-Art, Car, Rock/Roll Hall of Fame, City Market, Christmas Story House
Detroit (Art Museum, Train Station, Little Mexico for lunch)
Detroit (New Station, Fox Theater, Renaissance Area)
Eastern States
Finger Lakes, NY
Gettysburg, PA/Antietam/Shanksville
Las Vegas & Grand Canyon
Mackinac Island
Manitou Island/Leland/Fishtown
Mt. Rushmore
Nashville, TN
National Parks
New York City (Broadway)
Niagara Falls
South Dakota, Mt. Rushmore Via Iowa
Train ride to San Francisco through Rockies
Upper Peninsula to WI to MN



ON THE MOVE: WHY TRAVELING MATTERS

Traveling brings vibrant energy and fresh perspectives for seniors! Both day trips and overnight excursions offer fantastic health, cognitive, and social benefits for active older adults:

- **Cognitive Sharpness:** Stepping outside familiar daily routines provides rich mental stimulation, keeping your mind engaged, creative, and sharp as you explore new settings.
- **Physical Vitality:** Exploring historic downtowns, scenic parks, or regional museums naturally encourages gentle, low-impact exercise that improves mobility, balance, and heart health.
- **Social Connection:** Traveling with peers effectively combats social isolation, offering a fun, supportive space to build lasting friendships, share meaningful conversations, and laugh together.

Ultimately, these accessible group adventures give everyone exciting upcoming milestones to anticipate, boosting overall well-being, confidence, and independence!



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 family & ages 1-100 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.

Don't forget to set your clocks back one hour on Sunday, November 1st, for Daylight Saving Time! Enjoy that extra hour of sleep, and we look forward to seeing you at the Center refreshed and ready for autumn activities.

THE RICK FRERIDGE WOOD SHOP

HOURS OF OPERATION: Monday - Friday 8:30 am-3:30 pm (Closed Wednesdays from 8:30-1:45 on 9/16-11/4)

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.

AROUND THE SHOP: SEPTEMBER'S CEDAR BIRD FEEDER CLASS



WOOD SHOP PROGRAMS

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

XTOOL LASER ENGRAVING



Thursday, October 8th

12:30-3:30 pm

Instructor: Gabe Krajecki
& Steve Smith

\$30 per person

Payable at sign up



Attendees will gain a basic understanding of how the Xtool Laser Engravers in the woodshop work, as well as examples of what can be done and not done on each. They learn where to find and use simple designs that are appropriate for each of the lasers. Then attendees will learn how these designs can be used to personalize and take home: a wooden bottle opener, a wooden USB memory stick, a wooden coin, a wooden dice, a magnetic name badge, a wooden pen, a wooden key tag.

Prerequisite: Basic computer knowledge.

Please bring your cell phone as you will need access to your email to set up an XTool account.

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!**



STEP STOOL



Tuesday, October 27th

9:00 am-1:00 pm

Instructor: Rick Freridge

\$30 per person

Payable at sign up

Build a sturdy four leg stool for yourself, your grandchildren or a loved one. These make great Christmas gifts. In this course you will: cut and shape the seat, drill angled holes for legs, install the legs. Assistance will be available to personalize your stool on the Laser Engraver. You will learn finishing techniques to do at home or after the class.



RECURRING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - Resistive Exercise NO CLASS 10/26	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	8:30 am - World Dance NO CLASS 10/2, 10/9, 10/16 OR 10/30
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 10/2 & 10/16
10:00 am - Calisthenics NO CLASS 10/12	10:00 am - Range of Motion	10:00 am - Calisthenics NO CLASS 10/14	12:00 pm - Tai Chi	10:00 am - Mah Jongg
10:00 am - Jokers and Marbles	11:30 am-3:30 pm Advanced Pickleball	11:00 am - Balance Class NO CLASS 10/14	11:30 am-1:30 pm Beginner Pickleball NO CLASS 10/8, 10/15, 10/22 & 10/29	10:30 am-12:30 pm Beginner Pickleball NO CLASS 10/30
11:00 am - Balance Class NO CLASS 10/12	12:30 pm - Advanced Ukulele	11:45 am - Cardio Drumming NO CLASS 10/14	12:30 pm - Scrabble	12:00 pm - Parkinson's Exercise NO CLASS 10/30
12:00 pm - Tai Chi	1:00 pm - Euchre	12:00 pm - Parkinson's Exercise NO CLASS 10/28	12:30 pm - Hand & Foot Cards	12:30 pm-3:30 pm Intermediate Pickleball NO CLASS 10/30
12:00-1:30 pm Intermediate Pickleball	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	Class descriptions are posted on the bulletin board outside the gym and additional information is available at the front desk.	12:45 - Bowling @ Striker's Bowling	1:30-3:30 pm - Intermediate Pickleball NO CLASS 10/8, 10/15, 10/22 & 10/29	
1:00 pm - Art Co-Op See bulletin board for weekly topic		1:00 pm - Mah Jongg		
1:00 pm - Cribbage		1:30-2:30 pm - Advanced Pickleball		
1:30 pm - Choir Group		1:00 pm - Stitch & Chat		
1:45 pm - Line Dancing for Absolute Beginners		1:30 - Open Pool Table Play		
2:45 pm - Line Dancing for Beginners		2:30-3:30 pm - Intermediate Pickleball	OCTOBER BINGO Please do not enter the Gym until the room is set up. Thank you! 08 \$2 Bingo 22 Bingo is free 29 \$2 Bingo	

St. Joseph – Lincoln
Senior Service Center
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SERVING THE COMMUNITY SINCE 1975

SJLSSC BOARD MEMBERS

President	Bob Hopkins
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Treasurer	David Roback
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SJLSSC TEAM MEMBERS

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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

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



OCTOBER ACTIVITIES

- 2 CARD-iology** 11:00 am-3:30 pm
- 6 Matter of Balance** 10:30 am-12:30 pm
- 6 PACE of Southwest MI** 1:30 pm
- 8 Board Election** 8:00 am-3:00 pm
- 8 Bingo \$2** 1:00 pm
- 8 Wood Shop: X Tool Laser Training** 12:30-3:30 pm
- 8 Wood Shop: Pen Turning** 3:00-5:30 pm
- 14 Book Club** 10:00 am
- 15 Oral Health & Aging** 10:00 am
- 15 Board Meeting** 10:00 am
- 16 Annual Board Breakfast** 9:00 am
- 16 Cookies & Canvas** 12:00-3:00 pm
- 19 Your Center/Your Future! Open Forum** 10:30 am
- 19 Art Co-Op (offsite)** 12:30-3:00 pm
- 20 Life Care Planning** 10:30 am
- 20 Art Co-Op (offsite)** 12:30-3:00 pm
- 20 Parkinson's Disease for Beginners** 1:00 pm
- 21 Giving Back, Tax Free** 1:00 pm
- 22 Flu Shot Clinic** 8:30-11:30 am
- 22 Leaf Pressing on Rocks** 10:00-11:30 am
- 22 Bingo** 1:00 pm
- 26 Fused Glass Class** 1:30-3:30 pm
- 27 French - Beginners** 10:30 am-12:00 pm
- 27 Stamp Camp** 11:00 am-3:30 pm
- 27 French - Advanced Beginners** 12:30-2:00 pm
- 27 Floral Arranging** 1:30-3:00 pm
- 28 Newsletter Mailing** 8:30 am
- 29 Hearing Aid Cleaning Clinic** 10:30 am-12:30 pm
- 29 Bingo \$2** 1:00 pm
- 30 Halloween Party** 1:00 pm