

# THE ANCHOR NEWS



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**St. Joseph-Lincoln  
Senior Service Center  
3271 Lincoln Avenue  
St. Joseph, MI 49085  
(269) 429-7768**

**[DIRECTOR@SJLSC.ORG](mailto:DIRECTOR@SJLSC.ORG)  
[WWW.SJLSC.ORG](http://WWW.SJLSC.ORG)**

**HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM**



## **VOLUNTEER APPRECIATION THANK YOU FOR HELPING US GROW!**

**Friday, April 29th, 9:00 am**

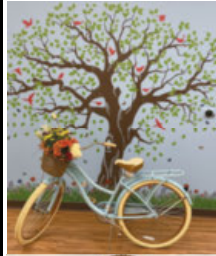
**Sign up by April 22nd**



We are extremely fortunate to have an amazing group of volunteers who assist us in operating our busy Center. Without their help we couldn't offer all of the services we do. Although we thank them often, this is the one time each year we celebrate them with an event in their honor. If you have volunteered in the last year, please join us for breakfast and let us express our gratitude.

**Please remember to sign up by April 22nd.**

## **SILENT AUCTIONS**



We are currently in the midst of both of our Silent Auctions for the Huffy 26-inch Nel Lusso Women's Cruiser bike and 50 purses. If you haven't been to the Center to view these treasures, you don't know what you are missing. We have **changed the ending date to April 13<sup>th</sup> at noon** so stop by soon to get your bid in. Thank you again to Claudia Figlia and Carol Small for their generous donations to benefit our Center!

## **GARDEN PLANTERS**



Do you love to garden, but hate to bend over to do it? We have a solution for that. We are selling raised planters and there are models on display near the Wood Shop Board right outside of the gym. Come in and take a look. **April 15<sup>th</sup> will be the last day to place an order**, so get your order in so you can get those gardens planted! They will be delivered to your home. This year you can get your garden growing in style!



**CENTER IS CLOSED APRIL 15TH IN  
OBSERVANCE OF GOOD FRIDAY**

\*\*\*\*\*

**CENTER IS CLOSED UNTIL 11 AM ON  
APRIL 29TH FOR OUR  
VOLUNTEER APPRECIATION EVENT**

**PAULINE'S  
POST**

This month's topic is loneliness. I chose this subject after talking with people that came to the Center in prior years to have their taxes done. I volunteered in the intake process helping people complete the form and organize their documents prior to seeing the tax preparer. While waiting for their appointment, I had conversations with them and I would tell them the different programs the Center provided. Often the conversation would lead to discussing their loneliness.

There is a huge difference to being alone versus experiencing loneliness. Having some alone time to read a book or watch a movie can provide great joy. Loneliness is a state of mind, being physically alone is not necessarily a sufficient condition to experience loneliness. One in three people in America is affected by loneliness, and one in twelve is affected severely. Loneliness is a universal condition that makes a person irritable, self-centered, depressed and is associated with a 26% increase in the odds of premature mortality.

Due to COVID, the last two years has caused isolation to so many of our members. With the reduction in COVID numbers and the Center's precautionary measures, many members have returned. If you have not returned, maybe now is the time.

Now the good news! Loneliness is typically reversible. Below are some ways to cope with loneliness by Elizabeth Scott, PhD.

- ◆ Join a class or club. An art, book or exercise class exposes you to a group of people that share at least one of your interests.
- ◆ Volunteer. Volunteering gives you a sense of purpose.
- ◆ Develop meaningful relationships. Come up with at least one supportive friend or family member who you can reach out to. Strong social support is beneficial to your mental health.

- ◆ Keep busy. Take some time to invest in yourself and your interests to keep your mind occupied.
- ◆ Adopt a pet. Pets give unconditional love. Walking a dog opens you to meeting other dog walkers.
- ◆ Take care of yourself. Eating nutritious food, exercising, and getting enough sleep will only make you feel better in the long run.
- ◆ Seek professional help.

If your loneliness stems from grief, our community is very fortunate to have an exceptional place to cope with your loss. Lory's Place is a family service center located in St. Joseph. Their mission is to provide peer support services for grieving adults, children, and families throughout Southwest Michigan. Lory's Place provides a safe, comforting atmosphere in which grief healing can take place.

I recently had the privilege to tour this facility. I had heard recommendations from some of our members on the great benefits of Lory's Place. Their staff provided me with materials which I have placed in the reading section in our Friendship Hall. A staff member from Lory's Place will be presenting a program at the Center in June (look for that date in future newsletters). It will be a great opportunity to hear the services they provide to our community.

Our Senior Center has many opportunities to get involved. Check our newsletter on page 7 for the section of our recurring schedule, what we have to offer, volunteers needed, monthly programs and trips. You may find one to try.

Lastly, April is Volunteer Appreciation Month. On behalf of our Board of Directors, we wish to give a big **THANK YOU** to our awesome volunteers. This place could not operate at our current level without you!

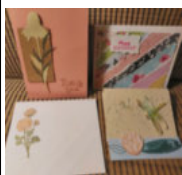
**Pauline Fox  
SJLSC Board of  
Directors President**



## CONSISTENT MONTHLY PROGRAMS

### HAND STAMPED CARD MAKING

Friday, April 8th, 10:00 am-12:00 pm  
\$12 per person, per class, payable at sign up  
Make checks payable to Peggy Hruska

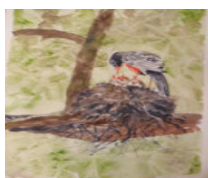


Peggy Hruska will be teaching how to make homemade stamped greeting cards and in this class you will get to make 4 themed cards. You will receive a free stamp to take home. All materials will be supplied, but please bring your own scissors and a glue stick or Elmer's glue.



### COOKIES & CANVAS

Friday, April 8th, 12:00 pm-3:00 pm  
\$15 per person, payable at sign up  
Make checks payable to Roy Hruska

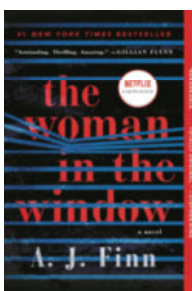


The painting for the month of April is Robin's Nest. Remember, if you sign up for this class and you cancel or don't show, your money will not be refunded.



### BOOK CLUB

Wednesday, April 13th, 10:00 am



The book to be read for the month of April is The Woman in the Window by A. J. Finn. Leading the discussion for this month will be Pat Husek. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

### COMPUTER CLASS

Wednesday, April 13th, 3:00-4:00 pm  
Wednesday, April 27th, 3:00-4:00 pm



Saint Joseph High School Key Club members will be here to teach our seniors computer skills. On April 13th you will learn more about cell phones and on April 27th you will learn how to skype. We will have these classes twice a month, so remember to sign up if you are interested in attending this program.



### FOOT CLINICS

By Appointment Only  
Thursday, April 21st  
Thursday, April 28th



A signed permission form by your doctor is required to receive this service. Permission forms are available at the Center or can be emailed to you. Once you have this form from your doctor, please call the Center and we will make you an appointment. Your first visit is \$30, which includes a reusable foot care kit. Follow up visits are \$25.



### SMSO MAINSTAGE TICKETS



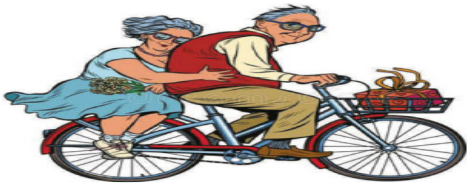
Southwest Michigan Symphony Orchestra is once again offering discounted tickets for seniors. The next date is Sunday, April 24th, 4:00 pm, Symphonic Stories, at the Howard Performing Arts Center. The SMSO presents an afternoon of stories brought to life by great music. This symphonic storybook features classic tales that we all know and love. If you are interested, call the Center to be included on the list. Cut off date for this program is Tuesday, April 19th.

### VOLUNTEER APPRECIATION BREAKFAST

On Friday, April 29th, the Center will be closed until 11:00 am so that we may take this time to show our appreciation to all of our Volunteers. We will be hosting a Volunteer Appreciation Breakfast. Again, we could not do what we do without all of YOU! Thank you!



If you would like an email reminder when the newsletter is online, please email us at [assistant@sjlsc.org](mailto:assistant@sjlsc.org)



# TRIPS



## GILMORE CAR MUSEUM

**Tuesday, September 13th**

**\$66.00 per person**

**Payable in full at sign up**

Includes round trip motorcoach transportation, museum admission, step on tour guide, and lunch. This is North America's Largest Car Museum in Hickory Corners Michigan. Start the day with the museum's step on tour guide, joining the bus as they take us through the museum grounds. Following this you will have lunch at their authentic 1941 Blue Moon Diner. The day will end with a self-guided tour of the expansive exhibits, theatre, library, museum store, and more.

**NEW TRIP - MODERATE ACTIVITY**



## NASHVILLE SHOW TRIP

**November 28th-December 2nd**

**\$875 per person, single occupancy**

**\$695 per person, double occupancy**

**\$675 per person, triple occupancy**

**\$75.00 deposit at sign up**

**Trip balance due: 9/12/22**

**Participants must sign COVID waiver when registering for trip.**



This trip includes motorcoach transportation, 4 nights lodging in the Nashville area, 8 meals: 4 breakfasts and 4 dinners, 2 great shows at The Grand Ole Opry, which will be elaborately decorated for Christmas, and Nashville Nightlife Dinner theater, guided tours of Nashville and Belle Meade Historic Site & Winery, admission to the Country Music Hall of Fame and Grand Ole Opry Behind the Scenes Tour, Madame Tussauds Wax Museum, Johnny Cash Museum and Patsy Cline Museum. **Mandatory trip meeting is Tuesday, November 15th; mark it on your calendar.** Sign up soon!

**NEW TRIP - ACTIVE ACTIVITY**

### TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, unless otherwise noted. We only accept cash or checks. Most trips fill quickly, but waiting lists are taken. In cases of cancellations, refunds, less a \$5.00 administrative fee are given, if a replacement can be found. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.

**TICKETS STILL AVAILABLE**  
**All trips payable in full at sign up**

## THE BEAUTY AND THE BEAST THE BARN AT NAPPANEE SHIPSEWANA

**Wednesday, May 4th - \$113 per person**

The play is a Disney classic. Trip package includes roundtrip motorcoach transportation, tour of Shippshewana, lunch at the Farm Table Restaurant, and much more!

**MODERATE ACTIVITY**



## CUBS VS. PADRES

**Thursday, June 16th - \$93 per person**

You will travel by motorcoach to and from Chicago to watch the Chicago Cubs battle their nemesis, the San Diego Padres. Take advantage of this opportunity to see this game in the picturesque Wrigley Field.

**ACTIVE ACTIVITY**

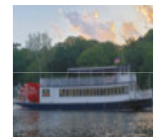


## MURDER MYSTERY LUNCHEON

**Thursday, July 7th - \$126 per person**

Join us for a 7-course luncheon and a murder at the upscale Henderson Castle in Kalamazoo. This trip includes roundtrip transportation, lunch with hors d'oeuvres, dessert, and non-alcoholic beverages.

**MODERATE ACTIVITY**



## STAR OF SAUGATUCK RIVER CRUISE

**Tuesday, July 19th - \$79 per person**

This is a 90-minute river cruise viewing the beautiful town of Saugatuck. Price includes boat ride, dessert and coffee at Crane's Pie Pantry and roundtrip motor coach transportation.

**MODERATE ACTIVITY**



## SAUDER VILLAGE

**Thursday, August 11th - \$89 per person**

Come enjoy some fun in the past at Ohio's largest living history destination. Trip includes roundtrip transportation and a home-style luncheon buffet will be provided at the Barn Restaurant.

**ACTIVE ACTIVITY**

**CALL FOR MORE DETAILS ON THESE TRIPS**

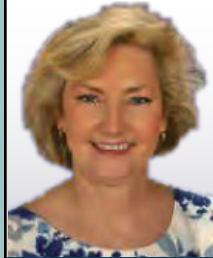


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### DONATION OPPORTUNITIES

Contributions to our non-profit 501(c)3 corporation are tax deductible. There are many ways to donate and assist us in continuing to provide many services to our members.

**BERRIEN COMMUNITY FOUNDATION ENDOWMENT FUND** - Made to ensure long term sustainability of our organization.

**BUILDING FUND DONATIONS** - Made to contribute to our direct building expense.

**FORGET-ME-NOT SOCIETY** - Honoring those who choose to make a legacy gift to the SJLSC Endowment Fund, which is administered by the Berrien Community Foundation. This endowment will provide essential stability for our Center.

**HONORARY DONATIONS** - Made in honor of someone who has enriched your life.

**MEMORIAL DONATIONS** - Made in memory of a friend or loved one who has passed away.

**PROGRAM DONATIONS** - Designate a donation for a particular program we offer at the Senior Center, exercise classes, Circuit Training Room or to one of our outside areas; the Walking Trail or Friendship Garden.

### **MOVIES AT THE CENTER!**

**Monday, April 18th, 1:00 pm**



We have purchased a Public Performance License which doesn't allow us to name the movie title to the general public and since our website is accessible to the general public, we

will need to advertise the movie title within our Senior Center. Look for the flyers throughout the building or call to see what the movie is. Remember to sign up.



### \*\*\*CURRENT FUNDRAISERS\*\*\*

**BIKE SILENT AUCTION**- This beautiful bike was donated by Claudia Figlia and the proceeds will go to the Quilting Group/Stitch & Chat group. We will have a silent auction until **April 13th for this treasure.**

**BRICK SALE** - This is an opportunity for you to celebrate the life of someone by purchasing a brick to be placed on the walk around the flag poles. Remember a loved one who brought light to your life, a friend or your grandchildren. The purchase of a brick will forever honor or memorialize our loved ones. The profits from this project will assist in maintaining the Priscilla Upton Byrns Walking Trail and Gardens. Order forms can be emailed, mailed, or picked up at the front desk.

**GARDEN PLANTERS** - These planters are a fundraising project to be split between the Friendship Garden Fund and the Wood Shop Fund. Order now for Spring delivery. **April 15th will be the last day to place an order.**

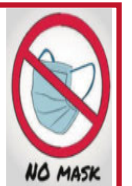
**PURSE SILENT AUCTION** - These pretty purses were donated by Carol Small and could be yours if you are the highest bidder during our silent auction. **Auction ends on April 13th.**

**WOOD SHOP** - Please consider making a donation designated to our Wood Shop. We need monetary donations and a large variety of tools. You can stop at the front desk and make a specific donation for a tool or just a general donation to assist in the development of the Wood Shop. Thank you in advance!



Please slow down in the parking lot and look out for others. It's important to take your time backing up, pulling out from a parking spot, and driving through the parking lot. The safety of our members is very important.

**We are no longer requiring masks at our Senior Center, but we do encourage you to stay home if you aren't feeling well. We look forward to seeing some new faces and smiles!**



## RECURRING SCHEDULE

### MONDAYS

- 9:00 am - Resistive Exercise
- 9:30 am - Quilting Group
- 10:00 am - Calisthenics
- 10:30 am - Jokers and Marbles
- 11:00 am - Balance Class
- 12:00 pm - Tai Chi
- 1:15 pm - Hand & Foot Cards
- 1:15 pm - Beginning Line Dancing
- 1:30 pm - Exploring Art (Resumes)
- 1:45 pm - Intermediate Line Dancing



### TUESDAYS

- 9:00 am - Resistive Exercise
- 10:00 am - Range of Motion
- 11:00 am - Chair Drumming
- 12:30 pm - Pickleball
- 12:30 pm - Bridge
- 1:00 pm - Euchre



### WEDNESDAYS

- 9:00 am - Resistive Exercise
- 9:00 am - Computer Lab
- 9:00 am - Greeting Card Making
- 10:00 am - Calisthenics
- 10:00 am - Pinochle
- 11:00 am - Balance Class
- 11:45 am - Cardio Drumming
- 12:00 pm - Parkinson's Exercise

### **REGISTRATION REQUIRED**

- 1:00 pm - Mah Jong
- 1:00 pm - Pickleball
- 1:00 pm - Stitch & Chat
- 1:00 pm - Scrabble
- 1:15 pm - Dominoes



### THURSDAYS

- 9:00 am - Resistive Exercise
- 10:00 am - Range of Motion
- 11:00 am - Tai Chi
- 12:30 pm - Beginner Pickleball
- 1:00 pm - BINGO **2nd & 4th week**
- 1:15 pm - Hand & Foot Cards



### FRIDAYS

- 9:00 am - Chair Yoga
- 10:30 am - Beginner Pickleball
- 12:00 pm - Parkinson's Exercise

### **REGISTRATION REQUIRED**

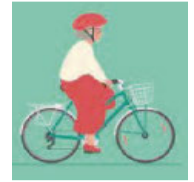
- 1:00 pm - Euchre
- 1:00 pm - Sit & Share-Parkinson's Support Group

### **LAST FRIDAY OF THE MONTH**



## WHAT WE HAVE TO OFFER

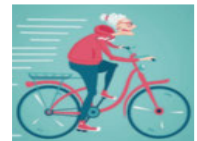
- ♦ Arts/Crafts
- ♦ Betty Kohn Outdoor Fitness Zone
- ♦ Cards/Games
- ♦ Circuit Training Room
- ♦ Commodity Distribution
- ♦ Computer Lab/Computer Classes
- ♦ Educational Programs
- ♦ Fitness Classes
- ♦ Foot Clinic
- ♦ Friendship Garden (Seasonal)
- ♦ Garden Nook
- ♦ Lending Library
- ♦ Loan Closet
- ♦ Lunch
- ♦ Monthly Movies
- ♦ Parkinson's Support Group (Sit & Share)
- ♦ Pickleball
- ♦ Priscilla Upton Byrns Walking Trail & Gardens
- ♦ Puzzles (to take home)
- ♦ Softball (Seasonal)
- ♦ Transportation In Our Service Area
- ♦ Trips
- ♦ Video of Circuit Training Room equipment
- ♦ Videos Of Exercise Classes On Our Website
- ♦ Videos Of How To Properly Use Our Outdoor Equipment On Our Website
- ♦ Volunteer Opportunities
- ♦ Website & Facebook



### **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:

- ⇒ Commodities Distribution
- ⇒ Foot Clinic Volunteers
- ⇒ Front Door Greeters
- ⇒ Handymen or Handywomen
- ⇒ Newsletter Mailing
- ⇒ Transportation Drivers



If you are interested, please call the Center and speak to our Volunteer Coordinator, Sharyl.



**Thank you Volunteers, for your amazing generosity and dedication. SJLSC is a better place because of you!**



### DO YOU SHOP AT HARDING'S

If so, we need you to register. This is an easy way to generate some revenue for our Center. Signing up is easy:

- ◆ Visit Harding's.com and click the "Savings & Rewards" tab.
- ◆ Click "Digital Coupons."
- ◆ Click the Green "Register Now" button and enter your information. Your eWallet is now created.
- ◆ Click "My Rewards" and choose St. Joseph Lincoln Senior Center to receive your donations.
- ◆ You will need to enter your phone number each time you shop at check out.

A percentage of your purchases comes back to the Center. Thank you for supporting us!

### EXPLORING ART

Monday, April 4th, 1:30 pm-3:30 pm



#### ART CLASS

Join us for this art class taught by Carr Pierce, a local artist from St. Joe. This weekly class will explore art-making and nature. Projects will include drawing from nature and making art inspired by nature. Art projects will include drawing, painting, collage, and found object construction. Class activities will also include looking at art, talking about art, and sharing ideas. Class instruction will cover drawing, color, design, and demonstration of media and techniques. All are welcome in this class regardless of experience. You will get a list of materials that you will need for this class upon signing up.



### TRANSPORTATION DRIVERS NEEDED



We need you! At times we are short on transportation drivers. We would only need you to drive 1-2 times a month. You do not need a chauffeur's license but all drivers will be subject to a background check. If this is something you think you'd be interested in doing, please call and ask for Jennifer.



### SCRABBLE ANYONE?



If you love the game of Scrabble you can now play this at the Center! Come in and join us on Wednesdays at 1:00 pm!

### CRIBBAGE AND PINOCHLE



Would you like to play Cribbage or Pinochle, but you don't know how? If you would be interested in learning either of these card games, please call the Center to let us know.

### CALLING ALL POOL SHARKS!



Do you like the game of pool? Do you want to just meet up with friends, maybe learn more about the game? If so, let us know. Contact the front desk so we can get your name on an interest list.



### LOOKING FOR CRAFTERS



Do you love crafts and would like to share your craft with others? Are you wanting to learn a new craft? We are looking for new crafters to share their skills here at the Center. If you would be interested in doing this, please stop by and see Jennifer.

### UPCOMING EVENT

We are excited to announce that we will be having a fundraiser in May that gives you an opportunity to eat great food and also makes it possible to contribute to our Senior Center. On May 23rd-26th you can dine in or take out from Papa Vino's. Please tell your friends, neighbors, relatives and everyone you know about this event so we can maximize our profits. More information will be available in the May newsletter. You will need to have a voucher for your purchase to be applied to our Center fundraiser. **Vouchers will be available at the Center in May.** Put these days on your calendar now so you don't forget the dates.

#### BINGO

Thursday, April 14th, 1:00 pm \$1

Thursday, April 28th, 1:00 pm

PLEASE DO NOT ENTER THE GYM UNTIL ROOM IS SET UP







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[veterans@berriencounty.org](mailto:veterans@berriencounty.org)



When it comes to Veterans Benefits, many veterans and dependents don't know what they don't know. Nationwide, less than 10% of those eligible apply. Let us help to educate and navigate you thru the maze of what is available from discharge to death. Here are some of the many benefits:

- ★ Disability Compensation benefits for prior conditions, diseases or injuries that occurred in service or many years later as a result of service (e.g. Agent Orange Exposure, Camp Lejeune Contaminated Water, Post Traumatic Stress Disorder - combat or personal trauma) to name a few.
- ★ PTSD Counselors from the South Bend Vet Center who come to Berrien County twice a week.
- ★ Non-Service Connected Veterans Pension and Survivors Pension benefits (House Bound as well as Aid and Attendance) for low income veterans over age 65 or prior to age 65 that are disabled and have at least one day of wartime service (additional means tested restrictions apply).
- ★ Free transportation at designated stops for veterans enrolled in the VA Health Benefits Program to the VA Medical Center in Battle Creek and the VA Health Care Center in Mishawaka.
- ★ Financial assistance thru the Michigan Veterans Trust Fund for wartime veterans or peacetime veterans who earned an expeditionary medal (additional means tested restrictions apply).
- ★ Free financial coaching from an Accredited Financial Counselor and Financial Fitness Coach Counselor as well as ongoing Dave Ramsey's Financial Peace University Military Edition classes.



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15-0754

## STEELHEAD TRIATHLON

Thursday, June 23rd, 9:00 am-12:00 pm



Would you like to help out by packing goodie bags for the Triathlon athletes? If so, please call the Center to sign up. If you have any questions, please see Jennifer.

## LOAN CLOSET



We have an overabundance of loan equipment, so at this time we are not accepting donations. We have walkers, wheelchairs, shower benches, toilet seat risers, and bedside commodes, which we can loan to you for two months. Because of the surplus of loan equipment in our Loan Closet at this time, if you would like to purchase anything you may do so. Call to inquire about prices.

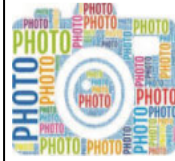
## EARTH DAY



Earth Day was founded in 1970 as a day of education about environmental issues, and Earth Day 2022 will occur on Friday, April 22nd. This holiday is now a global celebration that's sometimes extended into

Earth Week, a full seven days of events focused on green living. The official first Earth Day was on April 22, 1970. The first Earth Day was effective at raising awareness about environmental issues and transforming public attitudes. Since 1970, Earth Day celebrations have grown. In 1990, Earth Day went global, with 200 million people in over 140 nations participating. Today, the Earth Day Network collaborates with more than 17,000 partners and organizations in 174 countries. According to the Earth Day Network, more than 1 billion people are involved in Earth Day activities, making it "the largest secular civic event in the world."

## PHOTO CONTEST



Calling all photographers! Twin City Camera Club will once again be sponsoring a photography contest. There will be 4 categories: Nature, Architecture, People, and Animals/Pets. There will be a \$25 prize for each category. **You can start submitting your photos starting Monday, April 25th, and end date is Friday, May 6th. Photos must be 8x10 inch prints and are limited to 4 entries per person.** Entries will be on display beginning Monday, May 16th and you can cast your vote on this day. One vote per person per category. In case of a tie, impartial judges will decide the winner. Voting ends on Friday, June 3rd, and we will announce the winners. Get out your cameras and give it your best shot!



## BRIDGE IS BACK!



We have a room available on Tuesdays at 12:30 pm for you to play bridge. Get a group of people together and enjoy the company and the skill of the game!

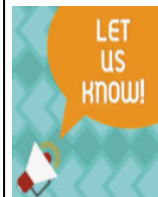


## THANK YOU!



We would like to thank the Starks and Harte families for their very generous donation of an irrigation system in our Walking Trail and Gardens. In recognition of these wonderful families, we had this beautiful boulder engraved. You will find it along the Walking Trail and Gardens. Thanks to the Starks and Harte families, our volunteers no longer have to spend many hours manually watering all the beautiful plants and trees. We cannot thank you enough!

## SUGGESTIONS



We would like to hear from you! Are there things we're not doing at the Center that you'd like to see being done? Is there a class you'd like to join, but we don't have it here? Please let us know! We're here for you and what you have to say matters! Thank you!





Are you looking for a great book to read or an interesting movie to watch? You should check out our library. In our library you will find DVDs, fiction, non-fiction, biographies, large print books, and magazines. The weather will be getting sunny and warm. Why not grab that book you've been meaning to read and find a spot in the sun to read? We have great reading areas outside, too! You can check out the books for a month and the DVDs for two weeks at the front desk.



### ONLINE EXERCISE VIDEOS



If for some reason you can't make it into the Center, remember that you don't have to miss out. All of our classes are online! Follow the steps below to our

online exercise videos.

- \* [Go to www.sjlsc.org](http://www.sjlsc.org)
- \* **Click on exercise videos on the home page (top right-hand corner)**
- \* **There you will find our exercise videos**

### CIRCUIT TRAINING ROOM VIDEO

We now have a video on how to use the equipment in our Circuit Training Room. This video walks you through how to properly use each machine. If you are interested, you can view this video in the Activity Room when we don't have activities happening.





**NEWSLETTER MAILING VOLUNTEERS**  
This month's mailing is Wednesday,  
April 27th at 9:00 am

### SENIOR SOFTBALL



Senior Softball will start Thursday, April 28th, 1:00 pm-2:30 pm at Well's Field 2214 S. State Street (by old Jefferson School, now condos). Those who are interested will play every Thursday until fall. If weather is questionable, the Center will know by 11:00 am if it will be cancelled, so give us a call. If you'd like to join this fun group of guys and have a great time, please let us

know. You can sign up at the front desk.

### ESTATE PLANNING



**Tuesday, April 12th, 10:00 am**



Gwendolyn Powell Braswell, from Legacy Counsel Trusts & Estates Law, will be presenting estate planning with the latest legislation and bills that have passed and the

impact they can have on planning your estate. Sign up please!

### MOSAIC JEWELRY CLASS



**Tuesday, April 19th, 10:00 am**

**\$20.00 per person, payable at sign up**  
**Make checks payable to Barb Freridge**



Barb Freridge will be here to teach you the art of making mosaic jewelry. In this class you will be making a pendant necklace using beads and metals. If you have a tiny piece of keepsake jewelry, feel free to bring it. Beads, bezel and cord

will be provided. Space is limited, so be sure to sign up!

### RAISED PLANTER PROGRAM



**Friday, April 22nd, 10:30 am**




If you purchased one of our raised planters, or if you have one of your own, come learn the proper way of planting your garden. Master gardener, Erika

Mauerman, will cover sand and soil layering for proper drainage, plant spacing, and much more. Class will be held outside (weather permitting), which is also Earth Day! Please remember to sign up to attend this program.

## HISTORY OF GILMORE CAR MUSEUM

**Tuesday, April 26th, 10:30 am**



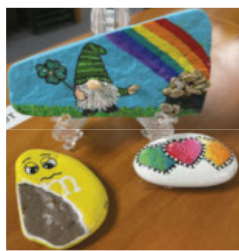

Fred Colgren, Director of Education, will be here for a presentation of the History of the Gilmore Car Museum. He will be educating you on Donald Gilmore, the founder, and how he started the museum, their connection to Walt Disney, who was a friend of Donald Gilmore, and would visit the museum, and many other historical facts. This is sure to be an interesting class, so be sure to sign up to attend! We are planning a trip to the Gilmore Car Museum on September 13th, check it out on page 4. Remember to sign up for this program.

## KINDNESS "ROCKS"

**Tuesday, April 26th, 1:30-3:30 pm**

**\$5.00 per person, payable at sign up**

**Make checks payable to Carol Wier**

Have you seen beautiful painted kindness rocks around town or at the Senior Center? Come and join us to learn how to prepare and paint your very own rocks to keep or "hide" for others to enjoy. Check out St.

Joseph MI Rocks on Facebook to see other rocks that have been painted. Carole Wier and Judy Paruch will be teaching the art of painting rocks. Supplies will be provided in class. Remember to sign up.


## DIABETES SERIES

**Tuesday, May 3rd, 10:00 am - Diabetes Basics**

**Tuesday, May 10th, 10:00 am - Carb Counting/ Meal Planning**

**Tuesday, May 17th, 10:00 am - Medications**

**Tuesday, May 24th, 10:00 am - Diabetes Complications**

Mike Rushlow, RN is a retired Certified Diabetes Educator offering a series of diabetes classes. He will cover four different topics and you are welcome to sign up for one, two, or all of the classes depending

on your needs and interests. Please remember that you must sign up to attend these series of classes.

## THE UNINVITED GUEST

**Thursday, May 5, 10:30 am**



An Uninvited Guest has inhabited our world for the last few years and doesn't show signs of leaving anytime soon. This intruder has been called many names, COVID-19; the virus; Omnicrom; the pandemic; and probably some names not appropriate for this newsletter. How has this guest impacted your world? Please join Raelene Stickney, retired Social Worker, for a presentation/discussion. Sharing our stories can help us make meaning of our experiences and perhaps have a few laughs along the way. Please sign up to attend.

## ALZHEIMER'S SUPPORT GROUP

**Monday, May 9th, 10:30 am**




Join us as Jeanne Merkel, MSW, Certified Alzheimer's Speaker will be here to present the first session of Alzheimer's monthly support group. Anyone who has a loved one with Alzheimer's needing education on this disease, or just support, is welcome to attend. This will be an open group to discuss issues, etc. Please remember to sign up to attend.

## THE ST. JOSEPH SESQUICENTENNIAL QUILT PRESENTATION

**Monday, May 16th, 10:30 am**



In 1984 the Berrien Towne & Country Quilt Guild was asked to make a quilt depicting old buildings for the St. Joseph's 150th birthday celebration. The quilt hung in the foyer of The Heritage Museum until the building burned to the ground in 1994. This is the story of the making of the quilt and how it survived from the rubble. Eileen Chapman is the Berrien Towne & Country Quilt Guild founder, owner of Eileen's Design Studio & Quilt Books, and author of 8 quilt books and designer of 50+ patterns. Please remember to sign up to attend this program. It's sure to be an interesting one!

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



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**Menu Is Subject To Change  
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Lunch is served at 11:45 a.m.  
Arrive 10 minutes early  
**APRIL 2022**

**CALL 269-925-0137 TO SIGN UP  
2 DAYS IN ADVANCE TO MAKE OR  
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Meals are Funded in part by



Served in partnership with the Senior Center and Senior Nutrition Services, DBA Meals on Wheels of SW Michigan.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WHEN THIS MENU WAS PRINTED WE WERE ONLY SERVING LUNCH ON MON., WED., &amp; FRI. CALL THE PHONE NUMBER ABOVE TO SEE IF MORE DAYS HAVE BEEN ADDED.</p>				<p>1 Roast chicken Cheesy potatoes California blend vegs. Pears Roll</p>
<p>4 Roast beef with gravy Mashed potatoes Stewed tomatoes WW roll Pears</p>	<p>5 Chicken sandwich Lettuce and tomato Marinated vegetables Potato wedges WW bun Mixed fruit</p>	<p>6 Beef fajitas Onions and peppers Black beans Tortilla shell Apple crisp</p>	<p>7 Turkey ala king Noodles Vegetable blend Biscuit Citrus mix</p>	<p>8 Baked cod Tartar sauce Rice Mixed vegetables Roll Yogurt with fruit</p>
<p>11 Orange chicken Rice Oriental vegetables Peas Pineapple</p>	<p>12 Cheeseburger Potatoes O'Brien Coleslaw WW bun Apricots</p>	<p>13 Pizza casserole Green beans Breadstick Fruited jello</p>	<p>14 Easter Meal Sliced ham Roasted asparagus Easter cookies Fruit punch</p>	<p>15 <b>CENTER CLOSED IN OBSERVANCE OF GOOD FRIDAY</b></p>
<p>18 Oven fried chicken Mashed potatoes Mixed vegetables Biscuit Craisins</p>	<p>19 Sausage &amp; shells Steamed broccolini Breadstick Peach crumble</p>	<p>20 Stuffed green pepper Rice Sliced carrots Roll Baked Apples</p>	<p>21 BBQ chicken Mac &amp; cheese Spinach salad Ambrosia salad</p>	<p>22 Meatloaf Mashed potatoes Gravy Side salad Mandarin oranges Birthday cake</p>
<p>25 Beef chili Corn Coleslaw Crackers Banana pudding</p>	<p>26 Chicken teriyaki Rice Carrots Peas Pears</p>	<p>27 Sloppy joes Carrot salad Sweet potato WW bun Fruit yogurt</p>	<p>28 Pasta with meat sauce Green salad Ranch dressing Breadstick Vanilla pudding Fruit</p>	<p>29 Pork sandwich Mixed bean salad Potato wedges Applesauce Bun</p>
			<p>Meals provide (average per week) Carbs: 75 grams Calories: 800 avg. Sodium: 800 mg Protein: 19 grams Total fat: 30% 2% Milk</p>	<p>Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can. We thank you!</p>



To everyone who brings goodies or snacks:

John Schmidtman, Len Casario, Adolph Pelzer, Joan McDonald, Charlotte Wilkens, Linda Mueller, Bob May, Alyse Bluver, Mary Jane Hiler, and Sally Matzke.

To everyone who donates other items that benefit the Center and Participants: Art Wagner, Cherie Okonski, Fred Teichert, Charlotte Wilkens, Jan Jackson, Janet Smiedendorf, Jean Green, Sandra Kay's Bakery, Andrew Zuber, Celina Bevelhymmer, Nancy Munson, Pauline Fox, Adolf Pelzer, Velana Garner, Quentin Parker, Lucy Ann DeVries, Don & Karen Kiehl, Ed Crampton, Sharyl Freehling and Cathy Haley.

To everyone who donated tools for our Wood Shop:

Monica Decker, Carol Conklin, John & Jonelen Faher, Ron Griffin, Janet Wolff, and Linda Csepregi.

To everyone who is supporting Friendship Garden & the Wood Shop by purchasing a Raised Planter: Onalee Hartman, Carolyn & Stan Strzyzkowski, Joyce Wark, Becky Beach, Barb & Bill Klein, Janet Wolff, Larry & Julie O'Brian, Janice Ferguson, Pam Wheeler, David Holmgren, Sharon Dreese, and Diane Rau.

MONETARY CONTRIBUTIONS:

- \* All the anonymous transportation riders along with Carolyn Strzyzkowski and Barb Findley for Donations to our Transportation Program.
- \* Celeste Pauley, Gloria Winn, Sheran Wallis, and Anneliese Keehn, made a Donation to our General Building Fund.
- \* David & Claire Rutlin, Janet Wolff, and Don & Fredonna Kempf made a Donation to the Brick Fundraiser.
- \* David & Claire Rutlin, Deb Mihlhauser, and Clover Lee Wolford made a Donation to the Wood Shop.
- \* Michele Croyer says Thank you for the Loan Closet.
- \* Mary Ann Forsythe made a Donation to Exercise Classes.
- \* David Day made a Donation to the Circuit Training Room.
- \* Gloria Hopkins, Sharon King, and Wendy Simons made a Donation through Thrivent.

Special thanks to the group of hard working guys who are assisting in preparing our new Wood Shop. We have had a wonderful group of volunteers tearing down walls and ripping up carpeting. We greatly appreciate it!

**WISH LIST:** Decaffeinated coffee, individually wrapped chocolate candy, and small paper plates.



April is National Volunteer Month which is dedicated to promoting and celebrating volunteerism. We will be honoring our amazing group of volunteers towards the end of the month, but we wanted to express to our entire membership how important these volunteers are to our organization. It would be impossible for our Center to operate without this special group of people who have committed their time to assist us in so many ways. In the last year we have been blessed with 197 volunteers who have donated approximately 10,000 hours! The next time you see one of our volunteers or our Board Members, please thank them for making it possible for us to provide the community with a Senior Center that fills so many needs for our members. **THANK YOU TO ALL OF OUR VOLUNTEERS!!**

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It is the mission of the St. Joseph-Lincoln Senior Service Center to provide safe, friendly, and positive social, educational, and recreational services for the 60+ citizens of our community.

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PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	(269) 983-7111

**APRIL ACTIVITIES**

- 8 Hand Stamped Cards 10:00 am-12:00 pm
- 8 Cookies & Canvas 12:00 pm-3:00 pm
- 12 Estate Planning 10:00 am
- 13 Book Club 10:00 am
- 13 Computer Class 3:00 pm-4:00 pm
- 14 BINGO 1:00 pm
- 15 **CENTER CLOSED - GOOD FRIDAY**
- 18 Movie 1:00 pm
- 19 Mosaic Jewelry Making 10:00 am
- 21 Board Meeting 10:00 am
- 21 Foot Clinic I - **BY APPOINTMENT ONLY**
- 22 Commodities - 9:00 am-11:00 am
- 22 Raised Planter Program 10:30 am
- 26 History of Gilmore Car Museum 10:30 am
- 26 Kindness "Rocks" 1:30 pm-3:30 pm
- 27 Newsletter Mailing 9:00 am
- 27 Computer Class 3:00 pm-4:00 pm
- 28 Foot Clinic II - **BY APPOINTMENT ONLY**
- 28 BINGO 1:00 pm
- 29 Volunteer Appreciation 9:00 am



**HAPPY  
 EASTER!**

