

# THE ANCHOR NEWS



## *St. Joseph-Lincoln Senior Center*

3271 Lincoln Avenue  
St. Joseph, MI 49085  
(269) 429-7768

[DIRECTORSJLSC@COMCAST.NET](mailto:DIRECTORSJLSC@COMCAST.NET)

[WWW.SJLSC.ORG](http://WWW.SJLSC.ORG)

Hours: Monday thru Friday 8 am to 4 pm

## *October 2017*

### WELCOME OUR NEW EXECUTIVE DIRECTOR...

We are excited to announce the appointment of Cindi McLaughlin as the new Executive Director of the Saint Joseph-Lincoln Senior Center. Perfectly-suited for this challenging task, Cindi joined the Center in May, 2012 as Staff Assistant and in 2014 became Program Coordinator overseeing the Center's many trips and member activities. She has an intimate



knowledge of all Center operations, a degree in accounting and managerial experience in both personnel and procedures. Her experience in all that we do will ensure that your Center continues to serve as an incredible asset to our Seniors and the region in which they live.

### ...AND OUR NEW PROGRAM COORDINATOR

Jennifer Malone, our newest staffer, has taken the position of Program Coordinator. Jennifer has served among other things as past President of the Executive Professional Women's Association, a Lion's member and event coordinator for many banquet facilities in the area. Jen's experience and effervescent spirit make her an excellent addition to the Senior Center. We hope you'll help make her welcome.

### HALLOWEEN COSTUME PARTY

Tuesday, October 31st, 11:00 am

Everyone is welcome to join us in Friendship Hall. Wear your favorite costume as we will be judging the funniest, scariest and overall best costume for prizes.



Our party begins at 11:00 am with lots of fun, bingo and parade. Stay for lunch at 11:45 am to enjoy a "toothsome" Halloween meal. Sign-up at the front desk to attend the party **AND ALSO** call Senior Nutrition to reserve your lunch.

### BAKELESS BAKE SALE

Our traditional "Bakeless" Bake Sale fundraising event will be October through December. **The funds will go to create much-needed parking spots.** No need to burn your fingers or dirty a single dish. In the envelope included with this *Anchor News*, just contribute the amount you would have otherwise spent on ingredients, including an amount for your time and talents, and drop it off or mail it to the Center. Thanks for your help!

### BOARD ELECTIONS PROCEED

Elections for the center's Board of Directors are nearing an end. **Absentee voting at front desk, Friday October 6 through Wednesday, October 11th.**

**The remaining election event dates are:**

Thurs. Oct. 12 Board Election - 9 am to 4 pm  
Thurs. Oct. 19 Meeting with officer elections  
Friday Oct. 20 Annual Breakfast meeting- 9 am  
Please sign-up by October 13th to attend breakfast.

**COMMODITIES: 9:00 am – 11:30 am**

**Monthly**

**Friday, October 27th**

**SEE PAGE 10 FOR**

**RECERTIFICATION INFORMATION**

## BOOK CLUB

**Wednesday, October 11th, 10:00 am**

The Book Club, led by Lyla Metz, will be reading *Over Here, Over There* by Maxene Andrews and Bill Gilbert. Join them for an interesting discussion of harmonizing singers of the boogie-woogie era.

## BIBLE STUDY

**Thursday, October 12th, 10:00-11:30 am**

Reverend Tim Pietrogallo will be leading October's study entitled "Walking In Unity" in continuing with St. Paul's New Testament epistle to the Ephesians (Eph. 4:1-16). Join them for another spiritually-enlightening discussion as they welcome everyone from all denominations and beliefs.

## ELDER LAW

**Tuesday, October 10th, 10:00 am**

What will you do if you or a loved suddenly needs to be placed in a nursing home? How would you pay for it? Local attorney Bill Westerbeke will be on hand to address this and other topics important to senior citizens. Please sign-up to attend.

## COOKIES AND CANVAS

**Friday, October 27th, 12:00-3:30 pm**

**\$15 per person, payable at sign-up**



Come join the Cookies and Canvas artists for more tasty cookies and a fun session painting this idyllic covered bridge. Painted on a 9' x 12" canvas you can recreate this scene reminiscent of the movie *The Bridges*

*of Madison County*. All supplies will be provided. Please sign-up by Wednesday, October 25th since space is limited.



## EUCHRE PLAYERS WIN TOURNNEY

Diana Hundrieser and Russ Hicks took first place two months in a row, first in July at Cassopolis and then again in August at Niles. Barb Little and Carol Rush took second place and the booby prize was won

jointly by Char Menser and Janis Fleisher. Nicely-played, teams!!

## NEWSLETTER MAILING VOLUNTEERS

*This month's mailing is  
on Wednesday, October 25th at 9:00 am*

## TRAVELING EUCHRE GROUP

**Saturday, October 21st**

This group meets at a different Senior Center on the third Saturday of every month. This month they meet at the Buchanan Center. Come and join the fun! Call 269-695-7119 to reserve your spot.



## FREE VETERANS BREAKFAST

**Friday, November 10th, 9:00 am**

**FREE for Veterans, All others \$3, payable at breakfast**

As a small way of saluting the area's many military veterans, we will be providing ALL VETERANS with a free breakfast in Friendship Hall. It is not necessary to have been in combat or to have been stationed in a war zone—Our breakfast will recognize your sacrifices in uniform wherever and however you may have served. Call to reserve your meal by November 2nd.



## BERRIEN COUNTY IN THE CIVIL WAR

**Friday, November 10th**

**Following the Veterans Breakfast**

John Urschel, who entertained us with his presentation on Andersonville, a Civil War prison camp, returns with more great facts and stats about how Berrien County was effected by the War Between the States. He has extensively researched the subject and has written several books that chronical the involvement of our region's men and women in a war that sometimes pitted brother against brother. Don't miss this expert's captivating presentation. Please sign up to attend.



## BINGO

**October 12th 1:00 pm \$1**

**October 26th 1:00 pm FREE**



## LEFT, CENTER, RIGHT

**1st Thurs of month: 1:00 pm**

**October 5th FREE**



**Be Ready, Stay Safe:** Some tips for preventing falls: Loss of balance sometimes is a sign of a medical issue like seasonal flu or pneumonia, so get your vaccine. Slow down, when you rush you can end up losing your balance. Being a little late is better than falling. Do not text or talk on cell phone when walking, concentrate on walking!

### FOOT CLINIC

**By Appointment Only,**

**Friday, October 13th and Friday, October 20th**

Lakeland Home Health Care provides this service.



This service is also available to diabetics, **only with a doctor's order.**

The first visit is \$30, which includes a reusable foot care kit. Follow up visits are \$25.

### COOKING CLASS!

**Friday, October 13th, 12:00-2:30 pm**

Back by popular demand! Students from Andrews University Dietetics Department will be here to share their healthy recipes. You will be able to try some of their tasty dishes. Sign up soon as space is limited!

### FLU SHOT CLINIC

**Tuesday, October 24th, 9-11:30 am**



The Center will have a flu shot clinic again this year. Please bring your Medicare card with you (red, white and blue one). If you do not have Medicare yet, the cost is \$30. Please call and sign

up so I know how much vaccine to order and to prepare accordingly. Thank you.

### BALANCE PROGRAM

**Tuesday, November 7th, 10:30am**



Do you ever feel unsteady or lack coordination? Come hear Dr. Tara from Fully Alive Family Chiropractic talk about natural ways to improve your balance! Please sign up to attend!



## HEALTH NEWS

### The Nurse is In!

Mary Ann Kuehl, RN

Getting in to see your doctor takes time. Getting the most from your visit is possible with the right questions. Try to focus on 2-3 things that you want your doctor to address. It helps to have a list of questions ahead of time.

Here are some questions to get you started (from Hennepin County Medical Center):

- 1) What is this medication I am taking and why am I taking it? Will it interact with my other meds and what are side effects?
- 2) Are my vaccinations up to date?
- 3) What is a healthy weight for me? What is my blood pressure goal?
- 4) If the doctor orders a test, what is it for? What are you looking for?
- 5) If you are prescribed an opioid painkiller, is it really necessary? What else could I do to alleviate pain?

It is also a good idea to take someone with you, as sometimes we can miss things the doctor says. A good doctor will not become defensive if you ask questions and will welcome the chance to discuss your health with you.

And finally, there are many activities here at the center: Arts and crafts, exercise, cards, music, local history and much more. Stay involved. And remember, as the colder days approach, we're here to help you beat the winter blues. Watch for a new column beginning next month called "*What's Health Got To Do With It?*" in which I will highlight an activity.

See you next month!





## RECURRING SCHEDULE

### MONDAYS

- 9:15 am - Resistive Exercise
- 9:30 am - Quilting Group
- 10:30 am - Range of Motion Exercise
- 10:30 am - Intermediate Bridge Lessons (contact: 487-5170)
- 11:45 am - Moving with Melodie
- 12:00 pm - Beginning Tai Chi
- 12:30 pm - Bridge (contact: 429-7311)
- 1:00 pm - Hand & Foot Cards
- 1:00 pm - Advanced Tai Chi
- 1:15 pm - Chair Drumming

### TUESDAYS

- 9:00 am - Resistive Exercise
- 9:30 am - Begin & Refresh Bridge (contact 252-5464)
- 10:00 am - Calisthenics
- 11:15 am - M & M's Exercise
- 12:30 pm - Euchre
- 12:30 pm - Bridge (contact: 470-6554)
- 1:00 pm - Art
- 1:00 pm - Advanced Line Dancing
- 2:00 pm - Beginning Line Dancing

### WEDNESDAYS

- 9:00 am - Greeting Card Making
- 10:00 am - Moving with Melodie
- 11:00 am - Mah Jong Game
- 11:15 am - Cardio Drumming
- 12:00 pm - Beginning Sitting Tai Chi (no class 10/18/17)
- 1:00 pm - Advanced Tai Chi
- 1:00 pm - Dominoes / Scrabble
- 1:00 pm - Stitch & Chat

### THURSDAYS

- 9:00 am - Resistive Exercise
- 10:00 am - Board Meeting (3rd Thurs. of each month)
- 10:15 am - Range of Motion Exercise
- 11:30 am - M & M's Exercise (1st & 3rd Thursdays)
- 12:30 pm - Bridge (contact: 252-5464)
- 1:00 pm - Hand & Foot (Card Game)

### FRIDAYS

- 9:30 am - Chair Yoga **\*\*NEW\*\***
- 10:00 am - Advanced Line Dancing
- 12:00 pm - Beginning Tai Chi
- 12:30 pm - Euchre
- 1:00 pm - Advanced Tai Chi
- 1:00 pm - Golf (Card Game)

## EXERCISE CLASS SUMMARY

**Beginning and Advanced Line Dancing**--Teaches country dancing either for the new or experienced (active activity).

**Calisthenics**--Total body workout using pronounced body movements designed for the "active senior" (active activity).

**Cardio Drumming**--Standing while you drum along to the beat of music (active activity).

**Chair Drumming**--Seated while you drum along to the beat of music (moderate activity).

**Chair Yoga (NEW)**--improves balance, strength, flexibility, reduce stress, manage pain (moderate activity).

**Moving with Melodie**--Exercises, movements and dance steps to a variety of music, genres and tempos (active activity).

**Music & Motion (M&M)**--Low impact cardio workout using bands, balls and weights through gentle, progressive movements (active activity).

**Range of Motion**--Improves specific joints of your body with careful stretching and body movements (moderate activity).

**Resistive Exercise**--Employs elastic bands to develop and strengthen arm and leg muscles (moderate activity).

**Tai Chi (beginning and advanced)**--an ancient, form of low-impact exercises and poses (seated and standing) to improve muscle tone and strength (moderate activity).

## WEIGHT ROOM MONITOR HOURS

Monitors are on duty in the Circuit Weight Room during the following days and times--our monitors are all volunteers so please call first to make sure a monitor is indeed on duty.

### Monday

Len 10:30 am-12:30 pm\*  
Debbie 8:30 -10:30 am  
May 12:30 -1 pm

### Tuesday

Pauline 9 am - 12 pm\*

### Wednesday

Jerry 10 am -12:30 pm\*  
Tom 12:30 - 2:30 pm\*

### Thursday

May 10:30 - 11:30 am  
Jerry 11:30 am - 12:30 pm

### Friday

Karen 9:00 - 11am

**\*Orientation**

**\*If it is your first time to the weight room, schedule your visit when a monitor is available for your orientation.**

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



# TRIP INFORMATION



## TRIP PLANNING FOR 2018

It's that time of year again to start planning trips for next year. We value your input and will make decisions based on the number of responses we have for each trip. We need a minimum of 36 people for each trip or the trip gets cancelled, so please only express interest if you definitely feel that you would go. Please call to let us know or stop at the trip board in the Center to write down your interests. Feel free to give us any other ideas as well.

Biltmore Estate/North Carolina's Blue Ridge Mountains  
Niagara Falls-NY  
Savannah, Jekyll Island, & Charleston, SC  
Broadway Shows//Kalamazoo or South Bend  
Ark Encounter/Creation Museum-KY  
Chicago Flower & Garden Show  
Underground Railroad Tour  
Mount Rushmore  
Potawatomi Inn at Pokagon State Park-Angola, IN  
Art Institute of Chicago  
Blue Chip Casino  
Football Hall of Fame-Canton, OH  
Brown County-Nashville, IN

Car Show in Chicago  
Washington DC  
New York City  
Detroit Tigers/Chicago White Sox Games  
Mystery Trip  
Hawthorne Race Track-Cicero, IL  
Chicago Neighborhood Tours  
W.K. Manor House at Christmas Time  
Professional or Collegiate Sporting Events  
Four Winds Casino  
Firekeepers Casino  
Frankenmuth  
Saugatuck River Cruise



**TAKE A TRIP WITH US IN 2018.  
LET US KNOW WHERE YOU  
WANT TO GO!**

### THESE TRIPS HAVE WAITING LISTS

#### Kinky Boots

October 22nd, \$78 pp, Moderate Activity

#### Mackinac Island

October 23rd-26th \$770 pp-double occupancy, Active Activity

#### Branson at Christmas Time

November 12th-18th \$609 pp,-double occupancy, Active Activity



We have a new location for our trip departures this year.

Roger's Foodland

4039 Hollywood Road

### TRIP REMINDERS

All Center trips are for ages 60+ 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 is found.



To all of you who bring goodies for the Coffee Table and Front Desk: Golden Brown Bakery, Sandra Kay Bakery, Mary Burke, Deb Liggett, Arden Pridgeon, May Bucher, Dolores Frantz, Panera Bread, Eleanor Krejci, Margaret O'Neill, Renee Williams, Gertrude Weaver, Mary Burke, Doris Schultz, Marilyn Kraklau, Jane Jeffrey, Jim Wagner, Elaine Thomopoulos, Janet & Bob Hahn, Ruth Ann Enos, Melodie Moermond, Marge & Deb Muhlhauser, Elaine Tiefenbach, Rich Ellis, Dorothy Thar, Mary Ann Forsythe, Jerry & Mary Kuhnlein, Norma Truhn, Kitty Fisher and Grace Goodman.

To all those who donate other items that benefit the Center and Participants: Jan Jackson, Deb Liggett, Eldora Lechner, Deb & Jerry Geiger, Barbara Klein, Dolores Frantz, Rosemary Stokes, Tom Oatman, Erna Felgner, Carolyn Summerill, Eunice Leeper, Margaret Haldy, John Smiedendorf, Dolores Frantz, Margaret O'Neill, Amber Anderson, Erika Lucius, Lou Bergman, Bruce Tanke, Nancy Randolph, Maureen Petersen in Memory of Jackie McAllister, Barb & Richard Findley in Memory of Vera Findley and Celina Bevelhymer.

Monetary Donations:

Everyone who anonymously feeds the Little Piggy Bank, along with donations from: Nathan Arent, Priscilla Banghart, Barb Radewald, Lee Wolford, and Kitty Fischer, went into The General Building Fund.

To the anonymous transportation riders and Edna Volkers, Hilda Doyle, and Roger Morrisett for your donations to our Transportation Program.

-June Yeske made a Donation to the Anchor News.

-Jack & Margie Hardy, Darlene State, and Fred Cooper say Thank you for the Loan Closet.

-Monday Night Line Dancers made a Donation for Building Usage.

-Cherilene Mulbar made a Donation in Memory of Harmon Mulbar.

-Marie Volpe made a Donation in Memory of Nick Tenerelli.

-Connie Lind made a Whirlpool Matching Contribution.

-Bob & Mary Anne Ball made a Donation in Memory of Mary (Fleming) Wilken.

-Carolyn Corteville and Phyllis Herod made a Donation in Memory of Margaret Rose.

-Bob & Lucy Ann DeVries and Michael & Beverly Vantieghem made a Donation in Memory of Rose Marie Roth.



Thank you to everyone who shared their produce with us this year. We greatly appreciate you thinking of us! Also, many thanks to the Friendship Garden volunteers who planned, maintained and harvested our garden to share with our seniors!



Individually wrapped chocolates and candies for the front desk.

## WE ROCKED THE FAIR



The Saint Joseph-Lincoln Senior Center really shined at this year's Berrien County Fair with more than 60 works of art entered for judging and 5 hours of great performances by our Center's exercise groups. Of the 60 judged entries, our Seniors took home 3 First Place Ribbons, 3 Seconds, 2 Thirds, 16 Honorable Mentions and 2 each in the High Style and Ingenuity categories. The energetic performances of our Line Dancers, Tai Chi group, Moving with Melodie, Music 'n Motion and the Drummers stood out as they performed their routines with style, grace and precision. We are all very proud of the outstanding image our Seniors make as they are the best public relations tool we could hope to have.

## AARP DRIVING CLASS

**Wednesday, October 18th, 9:00 am-4:00 pm**

**\$15 for AARP Members**

**\$20 for Non-Members**

A refresher course developed for older drivers which includes driving safety strategies, State of Michigan regulations and much more. Check with your insurance agent for discounts upon completion of this class. To attend you must sign up here at the Center--payment is due the day of the class. Lunch is also available from Senior Nutrition by calling 235-4103 to sign up.

## CHRISTMAS TREE BOOK CRAFT

**Tuesday, November 14th, 10:00 am**

Trees are used to make books so let's make books into trees! Learn to turn an old, lonely paperback book into an evergreen with a very simple folding technique. Mary Ann from Lincoln Township Library will supply everything needed to make and decorate your own tree. What a great gift for book lovers and anyone who loves to see things repurposed. Space is limited so please sign up to attend.

## LOST ON THE LAKES: SHIPWRECKS OF BERRIEN COUNTY

**Tuesday, October 10th, 10:00 am**

From schooners to steamers, the remains of many ships occupy the bottom of Lake Michigan off the shores of Berrien County. Learn



about the fascinating history of these ships, the communities they served and unfortunately, their tragic fates. This program will be presented by the Berrien County Historical Society. Please sign up to attend.

## MEDICARE OPEN ENROLLMENT ASSISTANCE PART D AND MEDIGAP-SUPPLEMENT PLANS

Do you need assistance in comparing plans to make sure you have the right healthcare and prescription drug insurance coverage? We have appointment times available on Thursdays starting October 19th thru December 7th from 9 am to 12 pm. Appointments are scheduled for one hour per person--so if you are married, it will be a two hour appointment. Please call soon to make an appointment. If you are new to Medicare, please contact Area Agency on Aging.

## ANNUAL TRIAD SENIOR CONFERENCE

The third Annual Triad Senior Conference takes place 8:30 am to 12:30 pm on **Wednesday, October 11th at The Chapel Evangelical Free Church, 4250 Washington Avenue St. Joseph**. This year's focus is on self-preservation, health, wellness and finances. The Sheriff's Department will be disposing of unused and/or expired prescriptions. There will be snacks, beverages, giveaways and door prizes.

## IF YOU'RE HAPPY AND YOU KNOW IT...

**Tuesday, October 17th, 10:30 am**

Are you happy? Do you know it? Why are the Danes known as "The Happiest People on Earth?"

Raelene Stickney, a Certified Laughter Leader and licensed social worker, invites you to reflect on these questions and more in this session. Specific actions you can take to increase your happiness will be explored through tools such as Gretchen Rubin's book, *The Happiness Project*, and the Danish philosophy of togetherness, comfort and well-being known as Haggel (pronounced Hoo-ga). Come learn the secret of the Danes, reclaim your power to be happy and leave clapping your hands! Please sign up to attend.



## FREE LUNCH

Friday, October 13th, 11:45 am

**FREE  
LUNCH**

Your Senior Center will be providing another Free Lunch prepared by Senior Nutrition. Enjoy a delicious meal and use the occasion to introduce a guest to the Center and to meet new friends. On the menu will be spaghetti with meat sauce. **Please call 235-4103 by noon on October 6th to reserve your meal. Call soon, as space is limited!**

## GOURMET QUICK BITES

Now on Wednesdays, you can take home a tasty frozen meal made by CK Catering and distributed by Meals on Wheels of SW Michigan. Available on a first-come-first-serve basis, they will be different every week. Prices will vary and quantities will be limited. Please check with Marilyn in Friendship Hall or call 925-0137 for more details.



## GIFTS TO LOVED ONES

Tuesday, November 7th, 10:00 am

As the holiday season comes our way, many consider making meaningful gifts to their grandchildren or other loved ones. Should gifts be made during your life or through a will or trust? What is the impact on Medicaid? What are the IRS rules governing gifts? Local Attorney Bill Westerbeke will discuss the importance of these questions and the decisions you may be thinking of when gifting to those you care a great deal about. Please sign-up to attend.

## THE MICHIGAN FLAG

Wednesday, November 8th, 10:00 am

The Berrien County Historical Society will present us with another informative program about our state flag. Why does our flag bear the images of a moose and an elk? What does the word "Tuebor" mean? Why is there a picture of a man holding a rifle? Learn the answers to these questions and more by joining us. Please sign up to attend.



## DISCOUNTED SYMPHONY TICKETS FOR FALL/SPRING SEASONS

The Southwest Michigan Symphony Orchestra once again offers discounted tickets for seniors. Call the Senior Center EACH specific performance you wish to attend--**call no later than the Tuesday before each performance** to be included on the list. Tickets are \$15.00 per person per event. Here is a summary of the upcoming Fall 2017/Spring 2018 season:

**Sunday, October 15, 2017 @ 4:00 pm (HPAC\*)**

*Chaplin's The Kid*, Concert and movie screening

**Sunday, November 12, 2017 @ 4:00 pm (HPAC\*)**

*Angel's Song* featuring Rachel Miller, SMSO Principal Harpist

**Saturday, December 9, 2017 @ 7:30 pm (LMC Mendel Mainstage)**

*Sounds of the Season* featuring Caleb Harris, Guest Conductor & the Citadel Symphony Chorus

**Saturday, February 10, 2018, 7:30 pm (LMC Grand Upton Hall)**

*The True Voice of Elvis* with Doug Church

**Sunday, March 18, 2018 @ 4:00 pm (HPAC\*)**

*Majestic Mahler* featuring the Lake Michigan Youth Orchestra

**Sunday, April 29, 2018 @ 4:00 pm (HPAC\*)**

*Latin Rythms* featuring Jiji Kim award-winning guitarist

\*HPAC--Howard Performing Arts Center, Berrien Springs

## COMMODITIES RECERTIFICATION

**Now through December 31st.** Everyone who receives monthly or quarterly commodities **must re-certify** or you will be dropped from the program. To be re-certified, recipients need to bring: Proof of total household income for ALL people living in the home. If you pay for Medicare Part D, please provide documentation. Also bring proof of identification and address. Falsification of any information that you provide can/will result in denial of services and/or prosecution. If you are unable to re-certify during regular monthly commodities on Friday, October 27th, you will need to make an appointment. Please call the Center with any questions.

## SUPER BOOKS COMING SOON!

The new Super Book should be here in October. **Call to get on the list and we will call you as soon as they arrive.** Save money while supporting our local merchants and our Center at the same time. We make \$8.00 on each book sold, so please buy your book here!







**Menu Is Subject To Change  
Without Notice  
Lunch is served at 11:45 a.m.**


**October 2017**

**CALL 269-235-4103  
2 DAYS IN ADVANCE TO MAKE OR  
CHANGE LUNCH RESERVATIONS**

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
2 Deviled Pork Chop Roasted Sweet Potato Chef's Choice Vegetables Fresh Apples	3 Sloppy Joes Red Skin Potatoes Key West Blend Peach Slices	4 Chicken Tetrizzini Zucchini / Red Peppers Parslied Carrots Apricots in Vanilla	5 Stuffed Peppers Harvest Beets Sunshine Salad Pears	6 Fish Creole over Rice Baked Squash Mandarin Oranges
9 Sliced Turkey W/Gravy Mashed Potatoes Green Bean Casserole Pineapples	10 Goulash Mixed Vegetables Tossed Salad Apple Crisp	11 Greek Chicken Parsley Potatoes Seasoned Spinach Banana in Jello	12 Pepper Steak Brown Rice Snap Peas Citrus Mix	13 <b>FREE LUNCH</b> Spaghetti W / Meat Sauce European Blend Veg. Pears
16 Fall Harvest Maple Chicken Zucchini Parslied Carrots	17 BBQ Pork Chop Baked Potato/Sour Cream Coleslaw Fruit Cocktail	18 Taco Casserole Green Beans Tossed Salad Applesauce	19 Baked Egg & Broccoli Omelet Potato O'Brien Tomato Salad	20 Beef Stroganoff/Noodles Sweet Yellow Corn Marinated Vegetable Salad Fresh Orange
23 Meatloaf Macaroni & Cheese Chef's Choice Vegetables	24 Chicken & Broccoli Casserole Scalloped Tomatoes	25 Tuna Noodle Casserole Peas & Pearl Onions Side Salad W / Ranch	26 Swiss Chicken Twice Baked Potato Corn Zucchini Sauté	27 Lemon Baked Fish Simple Baked Rice Roasted Vegetables
30 BBQ Chicken Hot German Potato Salad Coleslaw Bread Pudding Pears	31 <b>Halloween ! Boo !</b> Zombie Eyes (Meatballs with Spaghetti Sauce) Brains (Spaghetti) Batty Peas Witch's Brew (Cider) <b>(Halloween Party--sign up at the front desk)</b> 		<u>Monthly Income - Fair Share per meal</u> \$1,101 & up \$3.75 \$801-1,100 \$3.25 \$701-\$800 \$2.75 \$551-\$700 \$2.25 \$0 or \$550 \$1.75	Meals provide per week 85 grams of Carbs Calories 600-850 average Protein 19 grams/meal Total Fat 30% of Calories Sodium 800—2% Milk

St. Joseph – Lincoln  
 Senior Center  
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 St. Joseph, MI 49085

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

This newsletter mailed @ St Joseph Post Office on 9-27-17



**Serving the Community Since 1975**

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

**LEAVING TOWN? Call to place a temporary hold on your newsletter.  
 You can always read it online at: [www.sjlsc.org](http://www.sjlsc.org)**

**OR go to:  
[OurSeniorCenter.com](http://OurSeniorCenter.com)—Saint Joseph Lincoln Senior Center—  
 St. Joseph, MI—to download the latest newsletter!**

**Executive Board Members**

**President**– Priscilla Byrns **Vice President**– Rick Freridge  
**Secretary**– Mary Sundblad **Treasurer**– Jerry Radenbaugh  
**Board Directors** Louise Boelcke, Bill Burrows, Dolores Frantz, Bob Hopkins, Tim Kragt, Shirley Miller, Tom Oatman, and Carl Pagel

**Staff**

**Executive Director**— Cindi McLaughlin  
**Program Coordinator**—Jennifer Malone  
**Receptionist**— Onalee Hartman  
**Staff Assistant**—Virgil Bennett  
**Nurse** —Mary Ann Kuehl  
**Building Custodian**—Tai Huynh  
**Senior Nutrition Manager** —Marilyn Hawkins 235-4103  
**AND ALL OUR OTHER EXTRAORDINARY VOLUNTEERS!**

**MONTH AT A GLANCE – OCTOBER**

- 5 Blood Pressure Clinic 9 - 11:00 am  
Left, Center, Right 1:00 pm
- 10 Elder Law 10:00 am  
Lost On The Lakes 10:00 am
- 11 Book Club 10:00 am
- 12 Board Election 9 am - 4 pm  
Bible Study 10:00 - 11:30 am  
Bingo 1:00 pm
- 13 Foot Clinic I: by appointment only  
Free Lunch 11:45 am  
Andrews Cooking Class 12:00 - 2:30 pm
- 17 Blood Pressure Clinic 9 - 11:00 am  
If You're Happy and You Know It... 10:30 am
- 18 AARP Driving Class 9 am - 4 pm
- 19 Board Meeting 10:00 am
- 20 Annual Breakfast 9 am  
Foot Clinic II: by appointment only
- 24 Flu Shot Clinic 9 - 11:30 am
- 25 Newsletter Mailing 9:00 am
- 26 Bingo 1:00 pm
- 27 Commodities Monthly 9 - 11:30 am  
Cookies and Canvas 12:00 - 3:30 pm
- 31 Halloween Party 11:00 am

**Helpful Service Numbers**

Area Agency on Aging	983-0177
Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
National Do-Not-Call	(888) 382-1222
Senior Help Line	(800) 654-2810
Senior Legal Hotline	(800) 347-5297
Michigan OMBUDSMAN	(866) 485-6393
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	983-7111

**Upcoming Dates of Interest**

November 10 - Veterans Day Breakfast  
 December 8 - Christmas Party