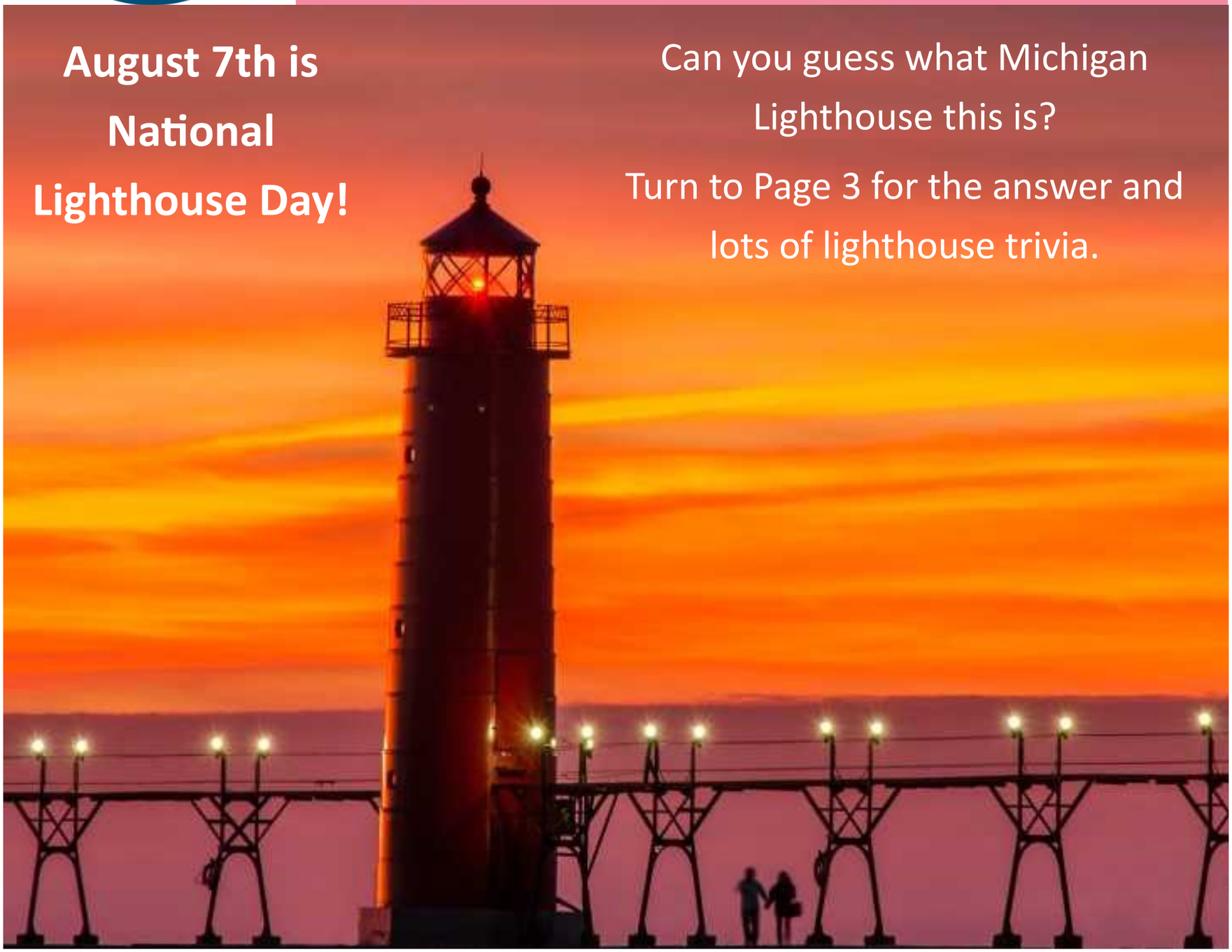
The Senior Connection

August 2020
VOLUME 8

August 7th is National Lighthouse Day!

Can you guess what Michigan Lighthouse this is?

Turn to Page 3 for the answer and lots of lighthouse trivia.



St. Joseph County Commission on Aging

Rivers Enrichment Center & Residence

1200 W. Broadway Street
Three Rivers, MI 49093
269-279-8083
1-800-641-9899
8am - 4pm (M-F)

Oaks Enrichment Center

306 N. Franks Avenue
Sturgis, MI 49091
269-279-8083
1-800-641-9899
8am - 4pm (M-F)

www.sjccoa.com
FAX: (269) 273-7058

Like us on Facebook and follow us on

Instagram

Bingocize® is Coming to the COA!

Many of our members enjoy playing Bingo. And we also know many enjoy exercising. Bingocize® is an evidence-based disease prevention program that merges these two fun activities into one. Exercise can help prevent chronic diseases and falls in older adults, but unfortunately, less than 15% of older adults exercise regularly. Many older adults report that traditional exercise programs are not enjoyable, leading to inactivity and related health issues. Bingocize® offers a unique solution that mixes exercise, health education, and Bingo that is beneficial for all ranges of physical and mental ability. Evidence shows social, cognitive, and physical improvements from doing Bingocize®, so why not give it a try?

WHEN: **Wednesday, August 19 at 10am in Three Rivers**
Friday, August 21 at 11am in Sturgis

Participation is limited to 10 people so you must call and register in advance. If the centers are closed we will offer it through Zoom. Questions? Call Amanda at 279-8083, Ext. 112. We plan to offer this twice a week at both centers but are not sure when that will happen. Stay tuned.

Join Us For An Outdoor Adventure!

Meet Amanda and Ruth in the park for a scavenger hunt. Spend some time outdoors together while maintaining our social distance.

Tuesday, August 11 at 11 am at Thurston Woods Park (behind the Oaks Enrichment Center)

Tuesday, August 18 at 11 am at Scidmore Park in Three Rivers

You must call 279-8083 to sign up and we will provide you with a box lunch that you can eat in the park afterwards. Just bring your own beverage.

August 21 is National Senior Citizens Day!

We want to celebrate YOU!

We're offering a treat to any senior citizen who wants to stop by either of our centers that day.

An Ohana Shaved Ice Treat will be available from 12pm - 2pm at the Sturgis Enrichment Center and from 4pm - 6pm at the Rivers Enrichment Center in Three Rivers.

The truck will be in the parking lot at each center during those times. Stop by and get your free treat in honor of National Senior Citizens Day.

Senior Advisory Council Meetings

Tuesday, August 18

Three Rivers at 9am

Light refreshments will be served. Meeting minutes can be found at each center

www.sjccoa.com

Any senior is welcome to attend!

Severe Weather Closings

To find out if the COA will be closed during severe weather, we suggest you obtain information from the following radio and television stations:

WLKM AM 1510
WLKM FM 96
WBET FM 99.3
WWMT (CBS)
WOOD (NBC)
WOTV (ABC)

The COA is supported by funds from:

- Administration on Aging
- Michigan Office of Services to the Aging
- Branch-St. Joseph County Area Agency on Aging IIIC
- St. Joseph County Senior Millage
- Older Americans Act
- Older Michiganians Act
- Donations

The COA complies with Title VI of the Civil Rights Act of 1964.

Lighthouse Trivia

Did you guess what lighthouse is pictured on the front page of this newsletter?
It's the Grand Haven Lighthouse!

The Port of Grand Haven had its first lighthouse in 1839, which was built on the beach where today's Oval is located. It consisted of a five-room cottage for the keeper with a separate light tower. Within a few years the error of the location became apparent and a seawall was built to protect the light tower. Erosion continued and in 1852 a late fall storm took out the seawall on December 6. The storms persisted and, although ice banks slowed the process, less than two weeks later, on December 17, 1852, the tower and cottage collapsed. The Port of Grand Haven was without a beacon for the next three years.

A second light with an adjoining keeper's dwelling was built in 1855 on the bluff behind and 150 feet above the beach. It was equipped with a $4,000 lenticular French Fresnel lens that reflected light visible for 25 miles under clear conditions. On May 10, 1856 a rotating light was installed which was regulated by a clock work that produced a flash every 1.5 minutes.

Many tourists now walk the pier the lighthouse is on and it is one of the most beautiful looking lighthouses in the Midwest.

Did you know...

- The first lighthouse in America was at Boston on Little Brewster Island (1716). The original tower was destroyed by the British and eventually reconstructed in 1784.
- The first American built lighthouse on the West Coast was Alcatraz Island in 1854.
- The only lighthouse equipped with an elevator is Sullivan's Island in Charleston, SC.
- The highest number of lighthouses in operation in the United States was never more than 850 although about 1,500 were constructed in this country over the years. Michigan has the most with 140 followed by Maine with about 80.
- The most expensive lighthouse built in America was at St. George Reef off Crescent City, CA. It took 10 years to construct from 1882-1892 and cost $715,000. The Coast Guard abandoned it in 1972.

TURN TO PAGE 8 FOR A FUN LIGHTHOUSE CRAFT!

Pre-registration is Required for ALL Life Enrichment Programs!

Listed on the Calendars on Pages 9 & 10 are the exercise classes we hope to offer in August. This is not what our normal schedule will look like. Some of our instructors are not listed in this newsletter but still plan to return to in-person teaching - they just have not determined when that will be. We are still working on how we can play Bingo safely. We also have some crafts planned so check those out on Page 8.

All activities are limited to 10 people or less, so pre-registration is required for everything, including all of our exercise classes. Please call the COA at 279-8083 to sign up for any activity. Whether we open August 1 or not, many of our exercise classes will be offered on Facebook Live. We also are offering some crafts on Facebook as well. If you have any questions, please call Life Enrichment Manager Ruth Mancina at 279-8083, Ext. 108.

New Exercise Classes in Sturgis:

- Kathy Bingaman will now be in Sturgis on Tuesdays teaching Zumba Gold at 1 p.m. and Chair Yoga at 2 p.m. When the newsletter went to press it was not determined if Kathy was going to teach her classes in person or continue to offer a Chair Yoga class on Facebook Live.
- Diane Markus is coming back to teach Smooth Moves (Arthritis Exercise) on Tuesdays and Thursdays at 9 a.m. and Fit After Sixty on Tuesdays at 10 a.m. Her start date was not determined at the time we went to press.
- Kim Stuck is our newest instructor who has been doing classes on Facebook Live. She is teaching a Stretch & Strengthen class on Mondays, Wednesdays and Fridays that will eventually become a balance class. She is getting her certification in balance this summer. The class will be at 10 a.m. on Mondays and Fridays and at 10:30 a.m. on Wednesdays.

Lunch at the Centers

We will **NOT** be offering dine-in meals at our Life Enrichment Centers in August. We will offer a carry-out option for anyone who would like to get a meal to take home. The meals will typically be a sandwich and a salad with some chips and fruit.

YOU MUST CALL THE COA 48 HOURS IN ADVANCE TO REQUEST A TAKE-OUT MEAL! Also, please note that we cannot allow people to eat meals at the centers at this time.

Things will be different and we anticipate things will be different for quite some time. We appreciate your patience as we attempt to offer our seniors life enrichment programs while also taking as many safety precautions as we can.

Do You Like Helping Seniors?

We Have the Perfect Job For You!

One of the services that the COA provides to seniors in their homes is help with yard work or projects that are just too much to handle, such as cleaning out a room and moving boxes or other items that are too heavy for them to lift. We also help with leaf raking, lawn mowing and snow removal. If you are looking for part-time work and are physically able to do this type of work, give us a call to learn more. This is a great opportunity to earn some extra cash while helping seniors. For more information, call Residential Services Manager Nicki Notestine at 279-8083, Ext. 110.

COA ACTIVITIES

Check monthly calendars for dates!

WELLNESS

Blood Pressure Screening

Three Rivers: Fridays
(10am - 11am)
Thank you Fred's Pharmacy!

Sturgis: Monday, August 3 and
Monday, August 17 (11:30am - Noon)

Blood Sugar Screening

Three Rivers: Third Friday of the Month
August 21
(10am - 11am)
Thank you TR Health Home Care & Hospice!

Foot Clinic

Sturgis: Tuesday, August 4
Three Rivers: Monday, August 24
Please call the COA to schedule an appointment at (269) 279-8083.

WELLNESS

Bingocize®

This evidence-based disease prevention program provides the best of both worlds: having fun while doing something to improve your health.

Three Rivers: Wednesday, August 19
(10am - 11am)

Sturgis: Friday, August 21
(11am - Noon)

We will work toward offering Bingocize® twice a week in the future. If the centers are closed in August we will offer Bingocize® through Zoom and we will need your email address to send you an invitation.

SOCIAL

Breakfast Club Social Group

Meets the fourth Tuesday of each month at 9am at a local restaurant. Must be meal-ticket eligible - please register at COA. Must pay for non-COA menu items. Check the Three Rivers monthly calendar for date and restaurant location. Call 279-8083 to sign up.

Book Club

We are pushing back the start date of book club to September! Stay tuned for more details...

SERVICES

MMAP Counseling

The COA offers free health benefits counseling services to residents. We want to help Michigan's Medicare beneficiaries find their way through the health benefits maze.

To make an appointment, please call the COA at 269-279-8083.

The MMAP hotline is 1-800-803-7174.

Hearing Assessment

Three Rivers: Second Tuesday - every other month from 9am - Noon. (August 11)
Please schedule an appointment by calling the COA. Offered by: Beltone

Sturgis: Third Wednesday of each month from 2pm to 4 pm. (August 19)
Please schedule an appointment by calling the COA. Offered by: HearingLife

COA ACTIVITIES

Check monthly calendars for dates!

SOCIAL

Quilt & Sew

Bring your supplies and get ready to sew or quilt in a welcoming and fun environment with some instructional help offered.

Sturgis: Tuesdays
(1pm - 4:00 pm)
Three Rivers:
Wednesdays
(1pm - 4:00pm)

Sit & Sew

Sturgis: First Wednesday of the month
August 5
(9am - 4pm)

Granma's Greetings

Our class on how to make your own beautiful greeting cards has been cancelled for August. Adela is planning to start back up in September.

Call 279-8083 at the end of August if you are interested in signing up.

SUPPORT

Alzheimer's Association Caregiver Support Group

Three Rivers: First Tuesday of the month
August 4 (6pm - 7:30pm)
Sturgis: Third Thursday of the month
August 20 (2pm - 3:30pm)

Grief Support

If you are in need of help coping with a loss, we have a licensed bereavement counselor you can call. Please enquire at either reception desk at the COA.

Kinship Care Support Group

A support group for grandparents and other relative caregivers raising grandchildren.

This group normally meets on the third Thursday of the month at 6 pm but meetings are cancelled until further notice. **The support group leader is going to have a Zoom Meeting on Thursday, August 20 at 6 p.m.** If you would like to participate, please give him a call so he can email you an invitation. The contact person is Clark Fries and he can be reached at 269-858-5704.

EDUCATIONAL

Technology Help is Available at the COA!

If you have any questions related to your computer or a mobile device, such as a smart phone or iPad, perhaps we can help! Whether you need help turning things on, navigating the Internet, sending photos, questions about your email, or questions about Facebook and other social media sites, we can try to assist you. Call 279-8083 to make an appointment.

Monthly Riddle:

David's father has three sons:
Snap, Crackle and _____?

Answer on Page 11

COA ACTIVITIES

ALL EXERCISE CLASSES ARE LIMITED TO 10 PARTICIPANTS ONLY

FITNESS

Line Dancing

Sturgis: Mondays with Richard
(2pm - 4pm)
Three Rivers: Fridays with Julie Linn
(9:30am - 10:30am)

We've Got the Beat:
Cardio Drumming

Three Rivers: Mondays & Thursdays
(9:30am - 10:30am)
Instructor: Cathy Taylor

Sturgis: Wednesdays & Fridays
(2pm - 3pm)
Instructors: Patty VanZile/Mary Haylett

This fun, upbeat class can be done standing or seated. It uses large exercise balls and sticks and is sure to put a smile on your face!

Three Rivers HealthTRAC
Aqua Fit

A shallow water workout using a variety of tools to improve strength, cardiovascular endurance, flexibility and range of motion. Perfect for all levels and non-swimmers.
Wednesdays
(10am -10:45am)

FITNESS

Arthritis Foundation Exercise

Take part in low impact exercise for those with arthritis or related conditions. Class designed to help mobility. Our instructors are Certified AFEP Instructors. (Evidence Based)

Three Rivers: Tuesdays & Thursdays
(11am - 12pm)
Instructor: Cathy Taylor

Chair Yoga

Three Rivers: Mondays & Thursdays
(1pm - 1:45pm)
Instructor: Lynn Zeiler

NEW!!!

Sturgis: Tuesdays
(2pm - 2:45 pm)
Instructor: Kathy Bingaman

Zumba Gold®

Three Rivers: Mondays & Thursdays
(2pm - 3pm)
Instructor: Lynn Zeiler

NEW TIME!!!

Sturgis: Tuesdays
1pm - 1:45pm
Instructor: Kathy Bingaman

FITNESS

Say YES! To Weights

Three Rivers: Tuesdays
(9:30 am - 10:30 am)
Instructor: Cathy Taylor

Flexible You

Three Rivers: Wednesdays
(9:30am - 10:30am)
This class will feature stretching exercises done on the floor on mats to increase flexibility and range of motion
Instructor: Cathy Taylor

Balance Exercise

Three Rivers: M-W-F
(11am - Noon)
Instructors: Ted Ream & Thelma James

NEW!!!

Stretch & Strengthen

Sturgis: M-W-F
10am - 11am on Mondays and Fridays
10:30am - 11:30 am on Wednesdays
Instructor: Kim Stuck
Kim is an experienced yoga instructor with a great personality. She is working on getting her certification to teach a balance exercise class specifically for seniors and this class will become a balance class. For now, enjoy this excellent program on stretching and strengthening your body.

COA ACTIVITIES

Check monthly calendars for dates!

CRAFTS

Let's Make a Coffee Mug Rack

We'll show you how to make this adorable board to hang your favorite coffee mugs.

WHEN: Wednesday, August 12th in Three Rivers
Friday, August 14th in Sturgis

TIME: 10 a.m.

PRE-REGISTRATION IS REQUIRED BY CALLING 279-8083

August is National Watermelon Month!

Let's Make Watermelon Coasters

WHEN: Tuesday, August 25th in Three Rivers
Thursday, August 27th in Sturgis

TIME: 10 a.m.

PRE-REGISTRATION IS REQUIRED BY CALLING 279-8083.

We're Celebrating National Lighthouse Day August 7th

Michigan has more lighthouses than any other state. While we hope to take a trip someday exploring some of these beautiful buildings, for now we are going to show you how to make a lighthouse of your own that is perfect for your porch, patio or backyard.

We will provide all the supplies and written instructions in a kit that you can pick up at the front desk of either center on Friday, August 7th. Also on that day we will post a video on our Facebook page and our website that you can watch at your own pace to see how to make this project.

If you would like to get a lighthouse craft kit, please call the COA at 279-8083 and let us know you are stopping by to pick one up and at what center you will be getting it at.

August Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30am - Cardio Drumming 11am - Balance Exercise 1pm - Bridge 1pm - Hand and Foot 1pm - Chair Yoga 2pm - Zumba Gold	**4** 9:30am - YES to Weights 11am - Arthritis Exercise **6pm - Alzheimer's Assoc. Caregiver Support Group**	**5** 9:30 am - Flexible You 11am - Balance Exercise 1pm - Cribbage 1pm - Quilt & Sew Club	**6** 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bridge 1pm - Hand & Foot 1pm - Chair Yoga 2pm - Zumba Gold	**7** 9:30am - Line Dancing 10am - Blood Pressure 11am - Balance Exercise **LIGHTHOUSE CRAFT KITS AVAILABLE FOR PICKUP**
10 9:30am - Cardio Drumming 11am - Balance Exercise 1pm - Bridge 1pm - Hand and Foot 1pm - Chair Yoga 2pm - Zumba Gold	**11** 9:30am - YES to Weights 11am - Arthritis Exercise	**12** 9:30 am - Flexible You **10am - Coffee Mug Rack Craft** 11am - Balance Exercise 1pm - Cribbage 1pm - Quilt & Sew Club	**13** 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bridge 1pm - Hand & Foot 1pm - Chair Yoga 2pm - Zumba Gold	**14** 9:30am - Line Dancing 10am - Blood Pressure 11am - Balance Exercise
17 9:30am - Cardio Drumming 11am - Balance Exercise 1pm - Bridge 1pm - Bunco 1pm - Hand and Foot 1pm - Chair Yoga 2pm - Zumba Gold	**18** **9:00am - Senior Advisory Council Meeting** 9:30am - YES to Weights **11am - Scavenger Hunt at Scidmore Park** 11am - Arthritis Exercise	**19** 9:30am - Flexible You **10am - Bingocize®** 11am - Balance Exercise 1pm - Cribbage 1pm - Quilt & Sew Club **1:30 pm - COA Advisory Board Meeting at Oaks Enrichment Center in Sturgis**	**20** 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bridge 1pm - Hand & Foot 1pm - Chair Yoga 2pm - Zumba Gold	**21** 9:30am - Line Dancing 10am - Blood Sugar Screen 10am - Blood Pressure 11am - Balance Exercise **NATIONAL SENIOR CITIZEN DAY! Ohana Shaved Ice for our seniors from 4-6pm**
24 **9am - Foot Doctor** 9:30am - Cardio Drumming 11am - Balance Exercise 1pm - Bridge 1pm - Hand and Foot 1pm - Chair Yoga 2pm - Zumba Gold	**25** **9am - Breakfast Club** **10am - Watermelon Coaster Craft** 9:30am - YES to Weights 11am - Arthritis Exercise	**26** 9:30am - Flexible You **10am - Bingocize®** 11am - Balance Exercise 1pm - Cribbage 1pm - Quilt & Sew Club	**27** 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bridge 1pm - Hand & Foot 1pm - Chair Yoga 2pm - Zumba Gold	**28** 9:30am - Line Dancing 10am - Blood Pressure 11am - Balance Exercise
31 9:30am - Cardio Drumming 11am - Balance Exercise 1pm - Bridge 1pm - Hand and Foot 1pm - Chair Yoga 2pm - Zumba Gold	If we are open for activities in August, please sign up for ALL activities in advance. We also will be offering many of our exercise classes on Facebook Live at the time of class, so if the class is full or you are not ready to come to the center, you can still participate at home.			

August Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **10am - Stretch & Strengthen** 11:30am - Blood Pressure 2pm - Line Dancing	**4** 8:30am - Pinochle 9:30am - Foot Doctor 1pm - Quilt & Sew Club **1pm - Zumba Gold** **2pm - Chair Yoga**	**5** 9am - Sit & Sew **10:30am - Stretch & Strengthen** 1pm - Euchre 2pm - Cardio Drumming	**6** 1pm - Hand & Foot	**7** **10am - Stretch & Strengthen** 8:30am - Pinochle 2pm - Cardio Drumming **LIGHTHOUSE CRAFT KITS AVAILABLE FOR PICKUP**
10 **10am - Stretch & Strengthen** 2pm - Line Dancing	**11** 8:30am - Pinochle **11am - Scavenger Hunt at Thurston Woods Park** 1pm - Quilt & Sew Club **1pm - Zumba Gold** **2pm - Chair Yoga**	**12** **10:30am - Stretch & Strengthen** 1pm - Euchre 2pm - Cardio Drumming	**13** 1pm - Hand & Foot	**14** **10am - Coffee Mug Rack** **10am - Stretch & Strengthen** 8:30am - Pinochle 2pm - Cardio Drumming
17 **10am - Stretch & Strengthen** 11:30am - Blood Pressure 2pm - Line Dancing	**18** 8:30am - Pinochle 1pm - Quilt & Sew Club **1pm - Zumba Gold** **2pm - Chair Yoga**	**19** **10:30am - Stretch & Strengthen** 1pm - Euchre 2pm - Cardio Drumming 2pm - Hearing Assessment by Hearing Life - Please call to make an appointment **1:30 pm - COA Advisory Board Meeting at Rivers Enrichment Center**	**20** 1pm - Hand & Foot 2pm - Alzheimer's Assoc. Caregiver Support Group	**21** **10am - Stretch & Strengthen** 8:30am - Pinochle **11am - Bingocize®** 2pm - Cardio Drumming **NATIONAL SENIOR CITIZEN DAY! Ohana Shaved Ice for our seniors from 12-2pm.**
24 **10am - Stretch & Strengthen** 2pm - Line Dancing	**25** 8:30am - Pinochle 1pm - Quilt & Sew Club **1pm - Zumba Gold** **2pm - Chair Yoga**	**26** **10:30am - Stretch & Strengthen** 1pm - Euchre 2pm - Cardio Drumming	**27** **10am - Watermelon Coaster Craft** 1pm - Hand & Foot	**28** **10am - Stretch & Strengthen** **11am - Bingocize®** 8:30am - Pinochle 2pm - Cardio Drumming
31 **10am - Stretch & Strengthen** 2pm - Line Dancing	If we are open for activities in August, please sign up for ALL activities in advance. We also will be offering many of our exercise classes on Facebook Live at the time of class, so if the class is full or you are not ready to come to the center, you can still participate at home.			

Meals on Wheels & Congregate Meals Menu
AUGUST

DATE	HOME DELIVERED MENU ENTREE
Monday, August 3	Salisbury Steak, Redskin Potatoes, Mixed Vegetables
Tuesday, August 4	Honey Mustard Chicken, Sweet Potatoes, Peaches
Wednesday, August 5	Pollock Nuggets, Northern Beans, Broccoli
Thursday, August 6	Pepperoni Pizza, Four Seasons Vegetables, Banana
Friday, August 7	Ginger Pork, Redskin Potatoes, Green Peas
Monday, August 10	Chicken Parmesan, Redskin Potatoes, Mixed Veggies
Tuesday, August 11	Pork & Zesty Orange Rice, Green Peas, Carrots
Wednesday, August 12	Beef Strips & Gravy, Spinach, Four Seasons Veggies
Thursday, August 13	Breaded Fish, Sweet Potatoes, Cauliflower
Friday, August 14	Beef Patty over Cheesy Chipotle Rice, Broccoli
Monday, August 17	Three Layer Lasagna, Spinach, Corn with Peppers
Tuesday, August 18	Meatballs with Rice & Gravy, Stewed Tomatoes
Wednesday, August 19	Chicken with Tomato Basil Penne, Green Beans
Thursday, August 20	Cheese Omelet & Salsa, Hash Browns, Broccoli
Friday, August 21	Southwest Chicken Tenders, Sweet Potatoes, Pineapple
Monday, August 24	Creamy Country Fried Steak, Redskin Potatoes
Tuesday, August 25	Smoked Sausage with Beans, Winter Blend Veggies
Wednesday, August 26	Fried Egg Patties, Asparagus, Sweet Potatoes
Thursday, August 27	Chicken Teriyaki & Rice, Brussel Sprouts, Peaches
Friday, August 28	Beef Patty & Onion Gravy, Redskin Potatoes, Broccoli
Monday, August 31	Chicken Tenders over Zesty Orange Rice, Bean Blend

The COA will not be offering dine-in lunch at its centers, Mystic Grove apartments or Kline's Resort in the month of August.

We are offering take-out meals Monday through Friday that can be picked up from 11:30am - 12:30pm at the centers.

Your request for a takeout lunch must be made 48 hours in advance. The number to call is (269) 279-8083.

The meals are to go and cannot be eaten at the COA.

Questions? Call COA Nutrition Director Katie Hughes at 279-8083, Ext. 109.

Answer to the riddle:

The third son's name is David

***Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+**

Join us for Lunch

***Call the COA to reserve your lunch at Three Rivers, Kline's or Sturgis.**
Lunch served daily except at Kline's.

Rivers Enrichment Center
269-279-8083
Monday-Friday @ Noon
1200 W. Broadway Street
Three Rivers, MI 49093

Oaks Enrichment Center
269-279-8083
Monday-Friday @ Noon
306 N. Franks Avenue
Sturgis, MI 49091

Kline's Resort
269-279-8083
Fridays @ Noon
22260 Kline's Resort Rd.
Three Rivers, MI 49093

The COA offers lunch at Noon on the first and third Friday of each month in Colon at Mystic Grove Apartments.

Any COA member is welcome.

COA MISSION STATEMENT

We provide exceptional programs and services promoting independence, healthy lifestyles and engagement that focuses on all seniors and benefits all citizens of St. Joseph County.

The Senior Connection
St. Joseph County Commission on Aging
1200 W. Broadway Street
Three Rivers, MI 49093

Address Label

Want *The Senior Connection* mailed to your home?

Please enclose this form with a check for $8.00 and mail to:
COA
1200 W. Broadway Street
Three Rivers, MI 49093

Checks payable to: COA
*Include your full name and mailing address

Name _____

Address _____

City _____ State____ Zip_____

Phone # _____