



The Senior Connection

St. Joseph County Commission on Aging Newsletter

April 2021
VOLUME 3
ISSUE 7



National Arbor Day is this Month!

Come Celebrate with Us - Learn More on Page 4

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

The COA is
closed
Friday,
April 2.



Happy Easter!

Like us on Facebook!

**Follow us on
Instagram (sjccoa)
and YouTube**



What is Happening at Our Centers

We are cautiously thrilled to announce that we are offering group activities at our enrichment centers. We started slowly in March with a few exercise classes and Bingo. We will continue to offer more each month, but we continue to look to the health department for guidance. Masks are required at all times in our centers - whether you have been vaccinated or not - and we ask you maintain social distancing guidelines as well.

In this issue we have calendars for each center so you can see what is being offered. We are required to keep class sizes to a minimum, so you must call to sign up. If you signed up for a class or Bingo and cannot attend, PLEASE call the COA and let us know. There are people on the waiting list. We will also monitor our waiting lists and if we are able to offer a second class, we will do our best to make that happen. Our goal is to provide our older adults with activities, while still keeping their health and safety as our top priority. Look for some activities to be held outside - if possible - as the weather turns warmer.

At the time this newsletter went to print congregate lunches were still on hold. These decisions are following guidelines issued by the Michigan Department of Health and Human Resources. If you would like to read more about the state's COVID-19 response, please visit its website at: <https://www.michigan.gov/coronavirus/>

If you have any questions or concerns, please call us - we are here for you!



Our Sturgis folks are happy to be playing Bingo again!

Project Advisory

Council (P.A.C.) Meeting

Tuesday, April 20 - ST @ 11am

All Are Welcome! The meeting will be in person but if you do not feel comfortable coming to the COA we can offer it to you via Zoom - just let us know!

These meetings are to be led by the seniors - it's a great way to get involved in your center.

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 or WLKM FM 96
WBET FM/AM 99.3
WIN 98.5

WWMT (CBS) Channel 3
WOOD (NBC) Channel 8
WZZM (ABC) Grand Rapids
WSBT (CBS) South Bend
WNDU (NBC) South Bend

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.

Do You Have Spring Fever?

We do, too! Let's make these crafts and keep our fingers crossed for warm days ahead.

The first craft is this adorable banner that you can hang on your front door or anywhere in your house. We are going to make these in person at our centers on **Tuesday, April 13**. If you prefer to take this home as a craft kit to-go, that is fine, too. Just let us know. You will need an iron if you want to do this at home.

TIME: 10 a.m. in Sturgis

2 pm in Three Rivers (directly after Bingo)



Our second craft for the month is jars that we will decorate in fun patterns. We also will be doing a little painting on this project, too.

Again, you must call the COA at 279-8083 to reserve your spot. We will be doing this craft in person on **Tuesday, April 27** at both centers. You can choose to do the craft in person or take it "to-go". You just need to let us know.

TIME: 10am in Sturgis

**2 pm in Three Rivers
(directly after Bingo)**



On-Line Learning for Older Adults

If you are looking for educational opportunities or just a class on how to keep your brain active, then look no further than your MSU Extension Office. They have some great programs on their website at: <https://www.canr.msu.edu/rlr/>

In addition, we have flyers at both our enrichment centers on virtual classes the MSU Extension Office is offering this spring on some great topics such as: healthy living for your brain and body, how to manage chronic pain, stress less with mindfulness, powerful tools for caregivers and much more. Stop by either reception to ask for a flyer or give us a call at 279-8083 and ask for Ruth. She can help you find it on the MSU Extension website or even help you register for a class if needed.

Come Help Us Celebrate National Arbor Day!

What is Arbor Day? Arbor Day is a secular day of observance in which individuals and groups are encouraged to plant trees. Today, many countries observe such a holiday. Though usually observed in the spring, the date varies, depending on climate and suitable planting season. Arbor Day is celebrated in all 50 states. The most common date for the state observance is the last Friday in April.

We are celebrating at the COA by planting a tree at both our centers on Thursday, April 29. (Our rain date is April 30.) Our ceremony will take place at 10 a.m. in Three Rivers and at 2 p.m. in Sturgis.

In addition, we will be giving away 25 native trees to our members to take home and plant in their yard, or to give to someone who might want to plant a tree.

Carolyn Grace from the St. Joseph County Conservation District will be on hand to talk a little bit about the importance of planting trees and how to care for them. Thank you to the Conservation District and St. Joseph County Commission for providing us with the trees to plant and trees to give away. We also will be serving refreshments that will be individually wrapped for your safety.

Hope to see you there!



April is Perfect for...Walking Outside!

April 7 is National Walking Day. We’re going to celebrate by starting walking clubs at both our centers. It’s easy to join...just show up and walk with friends. If you want to keep track of your walking and receive small prizes from the COA, then stop by either reception desk and ask for a Walking Log. You keep track of the date, time and distance you walked. It’s a great way to work toward improving your health - both physically and mentally. However, if you don’t want to keep track, that’s fine, too.

The Sturgis Walking Club will meet on Tuesdays and Fridays in Sturgis from 11 a.m. to Noon and will begin on Tuesday, April 6. The Three Rivers Walking Club will meet on Wednesdays and Fridays from 10 a.m. to 11 a.m. and will begin on Wed., April 7.

Both clubs will meet in the back of our enrichment centers and walk in the park behind the centers. On your walking log, we will provide information on how many times around the trail or path at each center equals a mile. Questions? Call Ruth or Amanda at 279-8083.

Walking Log

Use this “Walking Log” to keep track of the date, distance and time it took for your walk.

Always check with your physician before starting a new physical activity program.

DATE	DISTANCE	TIME

COA to Begin SAIL Classes in April

We are excited to announce that we will be offering a new exercise class at our Three Rivers center called SAIL, or Stay Active and Independent for Life.

SAIL is a strength, balance and fitness program for older adults. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance, if done regularly.

Lynn Zeiler will be teaching SAIL on Mondays, Wednesdays and Fridays at 11 a.m. beginning **Monday, April 5**. You must call to register for this class - or any exercise class at the COA. These classes tend to fill up quickly, and we are hoping to offer a second class if at all possible. If you signed up for a class and you cannot attend, please call us as soon as possible so that we can call someone on the waiting list.

In Sturgis, Annie Rhodes will be teaching a balance and toning class on Mondays, Wednesday and Fridays at 10 am. She is scheduled to start teaching on **Monday, April 19**. Some of you met Annie last fall. She was able to teach a few classes in November before we had to shut down. Again, you must call the COA at 279-8083 to pre-register for this class.

We also are pleased to announce that Cathy Taylor is teaching Arthritis Exercise in Sturgis on Mondays and Wednesdays at 11 a.m. See below for more information.



Stay Active & Independent for Life (SAIL)

a strength, balance, and fitness class for adults 65+

5



Cathy Taylor is now teaching at the Oaks Enrichment Center in Sturgis. We are offering Arthritis Exercise at the OEC on Mondays and Wednesdays at 11 a.m. This is a fantastic class that has openings. Please call the COA to sign up.

Cathy also teaches Arthritis Exercise in Three Rivers on Tuesdays and Thursdays at 11 am. That class is just about full so please consider participating in her Monday/Wednesday class if you can.

Cathy has been teaching exercise classes for 20 years. She is certified to teach group fitness and the Arthritis Foundation Exercise Program, which is an Evidence-Based Disease Prevention class.

APRIL Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Spring is a great time to try something new! Try Line Dancing or join our Walking Club! How about Bingocize? Ask Amanda or Ruth about these fun activities. These programs are here for YOU!</div>			1 11am - Arthritis Exercise 1pm - Chair Yoga 2:15pm - Zumba Gold	2 COA CLOSED! Happy Easter!
5 11am - S.A.I.L. Exercise 1pm - Chair Yoga 2:15pm - Zumba Gold	6 9:30am - Cardio Drumming 10am - Legal Aid Available by Phone (See Page 10) 11am - Arthritis Exercise 1pm - Bingo	7 10am - Walking Club (See Page 4 for Details) 11am - S.A.I.L. Exercise	8 9:30am - Cardio Drumming 11am - Arthritis Exercise Noon - COA Book Club 1pm - Chair Yoga 2:15pm - Zumba Gold	9 10am - Walking Club 11am - S.A.I.L. 1pm - Bingo 2:15pm - Bingocize
12 11am - S.A.I.L. Exercise 1pm - Chair Yoga 2:15pm - Zumba Gold	13 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bingo 2pm - Spring Banner Craft	14 10am - Walking Club 11am - S.A.I.L. Exercise	15 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Chair Yoga 1pm - Vaccine Clinic for Veterans 2:15pm - Zumba Gold 6pm - Kinship Care	16 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize
19 11am - S.A.I.L. Exercise 1pm - Chair Yoga 2:15pm - Zumba Gold	20 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bingo	21 10am - Walking Club 11am - S.A.I.L. Exercise 1:30 pm - COA Advisory Board Meeting	22 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Chair Yoga 2:15pm - Zumba Gold	23 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize
26 11am - S.A.I.L. Exercise 1pm - NO Chair Yoga 2:15pm - NO Zumba Gold	27 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bingo 2pm - Spring Jar Craft	28 10am - Walking Club 11am - S.A.I.L. Exercise	29 9:30am - Cardio Drumming 10am - Arbor Day Event 11am - Arthritis Exercise 1pm - Chair Yoga 2:15pm - Zumba Gold	30 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize



APRIL Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Spring is a great time to try something new! Try Line Dancing or join our Walking Club! How about Bingocize? Ask Amanda or Ruth about these fun activities. These programs are here for YOU!</div>			1 10am - Line Dancing 12:30pm - Bingo 1:45pm - Bingocize	2 COA CLOSED! Happy Easter!
5 10am - 2pm - Vaccine Clinic for Veterans 11am - Arthritis Exercise 12:30pm - Bingo	6 11am - Walking Club (See Page 4 for Details)	7 11am - Arthritis Exercise 1pm - Cardio Drumming	8 10am - Line Dancing 12:30pm - Bingo 1:45pm - Bingocize	9 11am - Walking Club 1pm - Cardio Drumming
12 11am - Arthritis Exercise 12:30pm - Bingo	13 9:30 - Foot Doctor 10am - Legal Aid Available by Phone (See Page 10) 10am - Spring Banner Craft 11am - Walking Club	14 11am - Arthritis Exercise 1pm - Cardio Drumming	15 10am - Line Dancing 12:30pm - Bingo 1:45pm - Bingocize 3pm - Book Club 6pm - Kinship Care Support Group Meeting	16 11am - Walking Club 1pm - Cardio Drumming
19 10am - Exercise with Annie 11am - Arthritis Exercise 12:30pm - Bingo	20 11am - Project Advisory Council Meeting 11am - Walking Club	21 10am - Exercise with Annie 11am - Arthritis Exercise 1pm - Cardio Drumming 1:30pm - COA Advisory Board Mtg.	22 10am - Line Dancing 12:30pm - Bingo 1:45pm - Bingocize	23 10am - Exercise with Annie 11am - Walking Club 1pm - Cardio Drumming
26 10am - Exercise with Annie 11am - Arthritis Exercise 12:30pm - Bingo	27 10am - Spring Jar Craft 11am - Walking Club	28 10am - Exercise with Annie 11am - Arthritis Exercise 1pm - Cardio Drumming	29 10am - Line Dancing 12:30pm - Bingo 2pm - ARBOR DAY EVENT	30 10am - Exercise with Annie 11am - Walking Club 1pm - Cardio Drumming





April 11 is National Pet Day!

Our COA team loves their pets. Can you guess what pet belongs to what staff member? Drop your guesses off to the COA NO LATER THAN APRIL 20. Whoever matches the most correctly will receive a prize! We will announce the winner in next month's newsletter.

Guessing form and staff photos are on the next page.



Below are the staff members who have a pet pictured on Page 8. The names of the pets are on their photos. To the right is a list of the pets and a list of our staff. Draw a line from the staff name to what you think is the name of their pet.

Turn in your guesses no later than Tuesday, April 20. Whoever guesses the most correctly wins a prize!



<u>STAFF NAME</u>	<u>PET NAME</u>
Nicki	Fiona (Fi-Fi)
Ruth	Cash
Alex	Bella
Katie	Slugger
Angie	Chase
Amanda	Rosie
Kris	Bronx
Pam	Vlad
Ann	Piper
Melton	Smokey
Cassie	Dude
Jeanette	Frederick

COA ACTIVITIES

SERVICES

Foot Doctor

Oaks Enrichment Center in Sturgis

Tuesday, April 13

9:30 am - Noon

Rivers Enrichment Center

Monday, May 3

9:00am - Noon

The 2021 schedule is available at our reception desks. We can also email you the 2021 schedule or mail it to you - just give us a call and let us know.

Appointments required by calling the COA at 269-8083.

Legal Aid by Phone

Legal Services of South Central Michigan will offer private legal consultations on the phone for seniors only on **Tuesday, April 13 from 10 a.m. to 11 a.m.**

Call **734-890-8198** to speak with an attorney. You can leave a voicemail if the attorney is busy and someone will call you back.

SUPPORT

Alzheimer’s Association Caregiver Support Group

In-person meetings are still on hold. If you need support, please call the Alzheimer's Association 24/7 Hotline (800.272.3900). Through this free service, specialists and master's level clinicians offer confidential support and information to people with the disease, caregivers, families and the public. You can contact the helpline day or night for information about local programs and services. You can also receive a confidential care consultation and receive help with decision-making support, crisis assistance and education on issues families face every day.



Kinship Care Support Group

A support group for grandparents and other relative caregivers raising grandchildren. This group meets on the third Thursday of the month at 6:00 pm. In-person meetings are cancelled until further notice. **The support group leader is going to have a virtual meeting on Thursday, April 15 at 6 p.m.** If you would like to participate, please give the group leader 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 - Give us a Call!

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.

Book Club

The Three Rivers Book Club is reading *The Lost Quilter* by Jennifer Chiaverini. That book will be discussed on Thursday, April 8 at Noon. A box lunch will be provided.

Please call Ruth Mancina at 279-8083 or email her at rmancina@sjccoa.com for information on how you can participate.

Books are available at the COA reception desk in Three Rivers.

The Sturgis Book Club is reading *Akin* by Emma Donoghue Please call the Sturgis Library at (269) 659-7224 and ask for Karen Good if you would like a copy of the book. The group is scheduled to meet on April 15 at 3 p.m. Karen will let you know if the meeting will be in person or on Zoom.

Meals on Wheels & To-Go Menu

APRIL 2021

DATE	HOME DELIVERED MENU ENTRÉE	TO-GO MENU
Thursday, April 1	Pepperoni Pizza, Four Seasons Vegetables, Corn	Roast Beef & Cheddar Sliders, German Potato Salad
Friday, April 2	COA CLOSED FOR HOLIDAY	COA CLOSED FOR HOLIDAY
Monday, April 5	Sausage & French Toast, Hash Browns, Applesauce	Ham & Swiss Sandwich, Coleslaw, Baked Beans
Tuesday April 6	Bruschetta Chicken, Autumn Blend Vegetables, Potatoes	Turkey & Cheddar, Potato Salad, Broccoli Salad
Wednesday, April 7	Pizzaiola Pork, Asparagus, Carrots	Cottage Cheese, Tomato Wedges, Tossed Salad
Thursday, April 8	Creamy Breaded Chicken, Lima Beans, Mixed Vegetables	Lettuce Bowl with Egg Salad, Tomato Salad
Friday, April 9	Spaghetti & Meatballs, Broccoli, Whole Kernel Corn	Italian Sub, Marinated Vegetables, Coleslaw
Monday, April 12	Creamy Chicken & Waffle, Butternut Squash	Roast Beef & Swiss, German Potato Salad, Pea Salad
Tuesday, April 13	BBQ Pork Ribslets, Green Peas, Autumn Blend Vegetables	Lettuce Bowl with Chicken Salad, Three Bean Salad
Wednesday, April 14	Southwest Chicken Tenders, Sweet Potatoes, Broccoli	Pasta Salad with Tuna, Sweet & Sour Coleslaw
Thursday, April 15	Sausage, Egg, and Cheese Burrito, Applesauce, Hash Browns	Greek Chicken Wrap, Potato Salad, Fruit
Friday, April 16	Meatballs & alfredo Shell Pasta, Corn with Peppers	Turkey Bacon Wrap, Marinated Vegetables, Potato Salad
Monday, April 19	Breaded Pork, Redskin Potatoes, Brussels Sprouts	Turkey & Swiss Sandwich, Redskin Potato Salad
Tuesday, April 20	Chicken Parmesan, Redskin Potatoes, Mixed Vegetables	Ham Salad Sandwich, Tomato Salad, Carrot Raisin Salad
Wednesday, April 21	Beef Patty over Cheesy Chipotle Rice, Broccoli, Corn	Chef Salad, Muffin, Fruit
Thursday, April 22	Breaded Fish Wedge, Autumn Blend Vegetables	Egg Salad Croissant, Pea Salad, Tossed Salad
Friday, April 23	Pancakes & Sausage, Sweet Potatoes, Cinnamon Apples	Caesar Salad with Grilled Chicken, Roll, Fruit
Monday, April 26	Chicken & Bean Red Burrito, Spinach, Corn with Peppers	Cottage Cheese, Tomato Wedges, Tossed Salad, Crackers
Tuesday, April 27	Pollock Nuggets, Northern Beans, Broccoli	Black & Bleu Salad, Roll, Fruit
Wednesday, April 28	Cheese Manicotti & Alfredo Sauce, Butternut Squash	Italian Sub, Marinated Vegetables, Coleslaw
Thursday, April 29	Chicken & Apricot Rice, Carrots, Brussel Sprouts	Greek Salad with Grilled Chicken, Pita, Fruit
Friday, April 30	Ginger Pork, Redskin Potatoes, Green Pea Blend	Turkey & Swiss Wrap, Fresh Veggies & Dip, Chips

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

Call the COA 48 hours in advance to reserve your to-go lunch at Three Rivers or Sturgis.
 You can also make a reservation on our website at www.sjccoa.com
 Questions? Call Nutrition Manager Katie Hughes at 279-8083, Ext. 109



Rivers Enrichment Center
 269-279-8083
 1200 W. Broadway Street
 Three Rivers, MI 49093
 Lunch can be picked up
 between 11:30-12:30

Oaks Enrichment Center
 269-279-8083
 306 N. Franks Avenue
 Sturgis, MI 49091
 Lunch can be picked up
 between 11:30-12:30



Easter is on April 4.
The COA is closed on
Friday, April 2.



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 # _____