



# *The Senior Connection*

*St. Joseph County Commission on Aging Newsletter*

May 2021  
VOLUME 5  
ISSUE 7



**Butterflies,  
Birds &  
Bees...  
Oh My!  
We're  
celebrating  
them all  
this  
month!**

**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

We will be closed on Monday,  
May 31 for Memorial Day.



**Like us on Facebook!**  
**Follow us on**  
**Instagram (sjccoa)**  
**and YouTube**



# *Don't Feel Like Cooking?*

## Then Let the COA Help You Out!

Did you know we provide delicious and nutritious lunches for takeout Monday through Friday at both our centers? Our fabulous cook, Angie Skeen, prepares these lunches from scratch and packages them up so it's easy for you to just stop by the front desk and grab your meal. Perfect to grab and go after your 11 am exercise class at the COA.

Take a look at the last page of this newsletter to see the wonderful options we offer each day - things like a Blueberry Bliss Salad Bowl or a Turkey Bacon Wrap with Broccoli Salad. Pictured below is our Chef Salad.

All we ask is that you call to sign up for lunch 48 hours in advance. Just call 279-8083 and let us know if you would like to pick your lunch up from our Sturgis or Three Rivers center. You can also make a reservation on our website at [www.sjccoa.com](http://www.sjccoa.com)

The link to sign up for a lunch to go is right on our home page and it's super easy to do. If you need help, call the COA and just ask. One of our staff members would be happy to help. There is a suggested contribution of \$2.50 for the lunch. The COA is supported by state and federal grants and by the St. Joseph County Senior Millage. We are fortunate to have this funding to help us provide services and programs. Any contribution to our programs and services helps us serve more people and provide more services.

Another great option for when you just don't feel like cooking, is participating in our Restaurant Program. Turn to Page 8 for a list of all the restaurants in St. Joseph County who participate in our program. COA members can stop by either center for restaurant tickets for a suggested contribution of \$3.75 per ticket. Each COA member is allowed to purchase up to 5 tickets per month. **The tickets are good for the entire year - they expire December 31, 2021.**

You can go out to eat at any of the restaurants listed and let them know you are a COA member and will be using one of your COA restaurant tickets. The restaurant has menu selections created specifically for our COA members. Together, the COA and its members are helping local businesses, which is more important than ever before.

*The COA is supported by state and federal grants and by the St. Joseph County Senior Millage. We are fortunate to have this funding to help us provide services and programs. Any contribution to our programs and services helps us serve more people and provide more services.*



## Project Advisory

### Council (P.A.C.) Meeting

**Tuesday, May 18 - ST @ 11am**

**All Are Welcome! The meeting will be in person. We will practice social distancing and masks are required. These meetings are to be led by our older adults. 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 III C
- ◆ 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.

*We have so many great things to offer our COA members this month!*

Let's start with Mother's Day, because let's admit it - moms rule the world. We are giving away gourmet sugar cookies to our moms on Friday, May 7 from 10 a.m. to 2 p.m. We do have a limited supply, so you MUST call and reserve your spot for a cookie. Happy Mother's Day to all the mothers out there. This year Mother's Day is Sunday, May 9th.

We will be giving them away at both our centers. The COA purchased the cookies from Two Spoon Bakery in Mendon. The bakery can be found on Facebook by typing in Two Spoon Bakery. They offer a variety of baked goods that you can order.

### May is Older Americans Month and we are celebrating with outdoor concerts!

In Sturgis, we are thrilled to welcome Honey Creek. The performance will take place on **Friday, May 21 at 5:00 pm** behind the Enrichment Center. All are welcome. In addition, because it is the five-year anniversary of the Enrichment Center building in Sturgis, we are offering a picnic box dinner for our COA members.



**If you would like one, you must make a reservation to receive a dinner by Thursday, May 13.**

Honey Creek provides family friendly entertainment, offering acoustic arrangements of many of the great songs of the last six decades and featuring rich vocal harmonies and unique instrumentation. Bring your own chair and come prepared to have a fantastic time.

In Three Rivers, we are pleased to welcome the Portage Senior Center Band. They will perform for us on **Tuesday, May 11 at 2:30 pm behind the Rivers Enrichment Center**. The PSC Band was formed in 1992 and is often referred to as a "dance band" or a "big band" such as the common club-style bands from the 1940s. The band plays music from the 1920s, 30s, 40s, 50s, 60s and later, and in addition some polkas, marches and holiday music. All are welcome - please bring your own chair.



## Join the COA Walking Club!

Walking outside is a great way to exercise. Why not do it with your friends from the COA? We have walking logs at both centers where you can keep track of your distance and time. Maps are on the logs.

**The Sturgis Walking Club meets on Tuesdays and Fridays from 11 a.m. to Noon. Meet at the park behind the Enrichment Center.**

**The Three Rivers Walking Club meets on Wednesdays and Fridays from 10 a.m. to 11 a.m. Meet behind the Enrichment Center and you can walk on the path or walk around the building.**

**Prizes are available for every 5 miles walked, up to 25 miles.**

**So what are you waiting for? Make new friends at the COA *and* do something good for your body, mind and spirit.**

## Who Wants to Play Trivia?

Please let us know! We are interested in starting up Tuesday Trivia in Sturgis hopefully by late summer or early fall. We would like to start it in Three Rivers too if someone would like to volunteer creating the questions and leading the games.

If you are interested in playing please let either of our receptionists - Alex or Ann - know and we will start a list so we can call you when we are ready to play. In Three Rivers, let us know if you would like to volunteer to lead the trivia and Marketing Manager Ruth Mancina will help you get started.



## Volunteers & Donations Needed at the COA!

Now that our centers are open again we are looking for volunteers to help. Both our centers need a little love on the outside. If you are interested in helping take care of our grounds at either center, stop by the reception desk and let us know. We will have a list of tasks that need attention to help keep our buildings looking great.

In Sturgis, we are looking for volunteers to help plant flowers in the white flower boxes on the back patio. We would like to plant the flowers on Thursday, May 27 at Noon. We will have the dirt and flowers on the patio so if you would like to plant them for us, please let Alex know. And, why not get a COA lunch to go first? We can eat out on the patio and then plant some flowers. If it is raining let's plan on planting flowers on Friday, May 28.

If gardening is not your strong suit, maybe you or someone you know is handy around the home. We are in need of some Tuesday Toolmen volunteers. This is a great volunteer opportunity for someone who is familiar doing minor household repairs. The most frequent request we have is for installation of grab bars in showers or bathtubs. If you are willing to donate some time volunteering as a Tuesday Toolman, please call the COA and let us know.

**Finally, we are looking for some donations:**

**New gardening gloves and hand trowels**

**Bottle caps**

**Clear glass pie plates**

**4-inch screws**

## Line Dancing to Start in Three Rivers and Sturgis

Line Dancing is a great way to keep your body moving all while having fun and making new friends. Give it a try - you might be surprised at how much you like it.

**In Three Rivers we have switched our Line Dancing time from Fridays to Wednesday afternoons at 1 p.m.** Please call and sign up if you would like to join in - all are welcome and our volunteer instructor will teach you all the moves.

**In Sturgis, our Line Dancing group meets on Thursdays at 10 a.m. and will begin on Thursday, May 13.** Our volunteer instructor will gladly show you step by step how to do each dance.

It's super fun and easy to learn.



# We're Celebrating Spring!

We have three fabulous crafts this month and they most definitely will help you catch the best kind of fever - **SPRING FEVER!**

## BUTTERFLY CARD

The first is an adorable greeting card that you can make and give to a special mother in your life, whether it's your daughter or granddaughter. Or, since the inside of the card is blank it is perfect for any occasion. This craft is only available for pick-up.

**WHEN: Friday, May 7**

## HONEY BEE GARDEN DÉCOR

Later in the month we are going to make this Honey Bee Garden Decoration. Isn't it cute? This one we will make in person or you can take it to go.

**WHEN: Tuesday, May 18 in Three Rivers at 10 a.m.**

**Wednesday, May 19 in Sturgis at 10 a.m.**

## BIRD BATH

And finally, who doesn't love watching birds in their back yard? We're going to make an easy bird bath that your feathered friends will flock to because it's so cute. Again, this craft will be available both in person and as a take-home kit.

**WHEN: Tuesday, May 25 in Three Rivers at 10 a.m.**

**Thursday, May 27 in Sturgis at 10 a.m.**

We have limited spots for all of our crafts, so please call to make a reservation beginning Monday, May 3.



## Stay Healthy, Stay Strong

When we think about taking care of ourselves we often think about eating right and exercising. But taking care of our mental health is just as important. And this past year has shown us more than ever how critical it is to find out how to keep your spirits up and stay positive. In recognition of Mental Health Awareness Month, the COA will present a lecture on **Taking Care of YOU - How to Nurture Your Mental Health During Difficult Times.** Our guest speaker is Jessica Singer, LMSW and Chief Operating Officer for St. Joseph County Community Mental Health.

Please make plans to attend and learn about ways you can take care of mind and spirit. All are welcome!

**WHEN: Monday, May 17 in Three Rivers at 10 a.m.**

**Monday, May 24 in Sturgis at 10 a.m.**

MAY Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00am - Foot Doctor 11am - S.A.I.L. Exercise 1pm - Chair Yoga 2pm - Zumba Gold	4 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bingo NO BINGOCIZE	5 10am - Walking Club 11am - S.A.I.L Exercise 1pm - Line Dancing 1pm - In Stitches Club	6 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Chair Yoga 2pm - Zumba Gold	7 10am - Walking Club 10am - 2pm - Mother's Day Cookie - MUST SIGN UP IN ADVANCE 11am - S.A.I.L. 1pm - Bingo NO BINGOCIZE Butterfly Greeting Card Craft - Pick Up Only
10 11am - S.A.I.L. Exercise 1pm - Chair Yoga 2pm - Zumba Gold	11 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bingo NO BINGOCIZE 2:30pm - Portage Senior Center Band Concert Behind the Rivers EC Bring Your Own Chair	12 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Line Dancing 1pm - In Stitches Club	13 9:30am - Cardio Drumming 11am - Arthritis Exercise Noon - COA Book Club 1pm - Chair Yoga 2pm - Zumba Gold	14 9am - Legal Aid Available by Phone (See Page 9) 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize
17 10am - Mental Health Talk 11am - S.A.I.L. Exercise 1pm - Chair Yoga 2pm - Zumba Gold	18 9:30am - Cardio Drumming 10am - Honey Bee Craft 11am - Arthritis Exercise 1pm - Bingo 2:15pm - Bingocize	19 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Line Dancing 1pm - In Stitches Club 1:30 pm - COA Advisory Board Meeting in Sturgis	20 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Chair Yoga 2pm - Zumba Gold 6pm - Kinship Care Support Group Meeting	21 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize
24 11am - S.A.I.L. Exercise 1pm - Chair Yoga 2pm - Zumba Gold	25 9:30am - Cardio Drumming 10am - Bird Bath Craft 11am - Arthritis Exercise 1pm - Bingo 2:15pm - Bingocize	26 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Line Dancing 1pm - In Stitches Club	27 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Chair Yoga 2pm - Zumba Gold	28 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize
We are closed Monday, May 31 for Memorial Day				

MAY Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11am - Arthritis Exercise 12:30pm - Bingo	4 NEW! 9am - Fit After Sixty - Meet the Instructor 11am - Walking Club	5 11am - Arthritis Exercise 1pm - Cardio Drumming	6 9am - Fit After Sixty 12:30pm - Bingo	7 10am - 2pm - Mother’s Day Cookie - Must Sign Up in Advance 11am - Walking Club 1pm - Cardio Drumming Butterfly Card Craft - Pick Up Only
10 11am - Arthritis Exercise 12:30pm - Bingo	11 9am - Fit After Sixty 11am - Walking Club 2:30 pm - Portage Senior Center Band Concert at Rivers Enrichment Center - Bring Your Own Chair	12 11am - Arthritis Exercise 1pm - Cardio Drumming	13 9am - Fit After Sixty 10am - Line Dancing 12:30pm - Bingo	14 9am - Legal Aid by Phone (See Page 9) 11am - Walking Club 1pm - Cardio Drumming
17 11am - Arthritis Exercise 12:30pm - Bingo	18 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Project Advisory Council Meeting 11am - Walking Club	19 10am - Honey Bee Craft 11am - Arthritis Exercise 1pm - Cardio Drumming  1:30pm - COA Advisory Board Meeting in Sturgis	20 9am - Fit After Sixty 10am - Line Dancing 12:30pm - Bingo 3pm - Book Club  6pm - Kinship Care Support Group Meeting	21 11am - Walking Club 1pm - Cardio Drumming 5pm - Outdoor Concert with Honey Creek - RSVP by May 13 for Picnic Box Dinner - Bring Your Own Chair
24 10am - Mental Health Talk 11am - Arthritis Exercise 12:30pm - Bingo	25 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club	26 11am - Arthritis Exercise 1pm - Cardio Drumming	27 9am - Fit After Sixty 10am - Bird Bath Craft 10am - Line Dancing 12pm - Plant Flowers on the Patio - Volunteers Needed 12:30pm - Bingo	28 11am - Walking Club 1pm - Cardio Drumming

We are closed Monday, May 31 for Memorial Day

# New Exercise Classes at our Sturgis Center!

We are pleased to welcome Natalie Setterblad to our COA family. Natalie is going to teach *Fit After Sixty*, which will focus on cardiovascular improvement, as well as some balance exercises along with stretching and toning.

Natalie is a lifelong Sturgis resident, who has a degree in elementary education and physical education. She has many years of experience teaching aerobic exercise classes and is excited to have this opportunity to work with COA members.

On Tuesday, May 4, Natalie will offer her first class and it will be a meet and greet the instructor. She would like to introduce herself to anyone interested in taking her class and is eager to hear from participants about what they are looking for in her class.

Her first official exercise class will be on Thursday, May 6.

Natalie’s class will be on Tuesdays and Thursdays at 9 a.m. Please call the COA to sign up at 279-8083.

Great News! Kathy Bingaman is back and will be offering Chair Yoga and Zumba Gold on Tuesdays at our Oaks Enrichment Center in Sturgis. Her classes will immediately follow Natalie’s class, so sign up for one or sign up for all three!

And while you are at, sign up for a lunch to go and your Tuesdays at the Sturgis Center will be pretty much perfect!

Kathy will be teaching Zumba Gold from 10 a.m. to 10:45 a.m. and Chair Yoga from 11 to 11:45 a.m.

Again, if you would like to participate, please call the COA to sign up.

## The COA is Hiring!

Are you looking for part-time work? Do you know somebody looking for a job? The COA is hiring for several positions. We are looking for Meals on Wheels Drivers, Home Care Aides, Senior Center Coordinators and a Chore Worker.

Some of these jobs offer flexibility in scheduling your time so it’s a great job to have if you already have another part-time job or are going to school. Plus, you get the rewarding feeling of helping older adults stay healthy and independent.

If you like working outside, then consider applying to be a chore worker. If you are 18 years or older you are eligible to work for the COA.

All of our job postings are listed on the St. Joseph County website: [stjosephcountymi.org](http://stjosephcountymi.org) or stop by either center for an application.

# Participating Restaurants 2021

## Three Rivers

**Mr. B’s Dairy Bar**  
403 6th Street  
(269) 278-3495

**Main Street Café**  
13 N. Main Street  
(269) 279-7400

**American Legion Post 170**  
59990 S. Main Street  
(269) 273-5205

## Centreville

**The Royal Café**  
701 E. Main Street

**Yoder’s Country Market**  
375 Eleanor Drive  
(269) 467-4856

## Constantine

**Meeks Mill**  
138 E. Water Street  
(269) 435-8325

**Town Fryer**  
130 Broad Street  
(269) 435-6735

**American Legion Post 223**  
65079 US Highway 131 N  
Sunday: 7am - 10:30am  
(269) 435-4075

## Colon

**Dawn’s Café**  
105 E. State Street  
(269) 432-4034

**M&M Grill**  
218 E. State Street  
(269) 432-2905

## Mendon

**A Family Affair**  
148 W. Main Street  
(269) 496-8600

## White Pigeon

**The Country Table**  
714 W. Chicago Road  
(269) 483-9567

**St. Joseph Catholic Church**  
16603 E US 12 Highway  
Breakfast: Fourth Sunday of  
the Month (11:30 am - 1pm)  
(269) 483-7621

## Sturgis

**Gramby’s**  
918 W. Chicago Road  
(269) 651-5697

**Fiesta Mexicana**  
1040 Centreville Road  
(269) 659-4747

**American Legion Post 73**  
500 W. Chicago Road  
First and Third Sunday:  
8am - 11am  
(269) 651-9095

**Cosmos Family Restaurant**  
69825 S. Centreville Road  
(269) 651-1515

Thank you UAW Local 2093 in Three Rivers! Pictured above is the fabulous bag of goodies that they donated to our Meals on Wheels program. We were able to distribute these bags to about 30 older adults in our program, who were thrilled to receive such a special treat. We are so grateful for the UAW's continued support of our most vulnerable older adults in St. Joseph County!



Congratulations Doris Rudloff!

Doris was the winner of our contest last month where you had to match a staff member with his or her pet.

Thanks to everyone who participated!



# JOIN US



## SENIOR ACTION WEEK • MAY 10-14, 2021

Join the Area Agencies on Aging Association and community partners in a week of advocacy!

Learn about our top five advocacy priorities and why they are so important to older adults in Michigan. Help us rally to protect these vital services that allow seniors to age with dignity and independence in their own homes.

Monday	Rebalance Community-Based Long-Term Services & Supports (LTSS) Funding
Tuesday	Increase Access to Non-Medicaid Home & Community-Based Services
Wednesday	Bridging the Digital Divide for Older Adults
Thursday	Support & Strengthen the Direct Care Workforce
Friday	Establishment of a Kinship Caregiver Navigator Program

## LIVESTREAM EVENT • WEDNESDAY MAY 12 • 10:00-11:30AM

Hear from legislators on important issues that impact Michigan's most vulnerable population.

Join the Livestream Event: <https://zoom.us/j/96885691099?pwd=TS9JS2JoRjRjQlE4MnpIR2syMXk3QT09>

Meeting ID: 968 8569 1099

Passcode: 616294

Join via phone: 1-646-558-8656

# LEGAL SERVICES OF SOUTH CENTRAL MICHIGAN

## Senior Intake

*Private Legal Consultations at no charge for the 60+ crowd.*

*Donations are accepted.*

*A licensed attorney will be available to answer your legal questions.*

**Where: OVER THE TELEPHONE**

**Time: 9:00 a.m. - 12:30 p.m.**

**Date: Friday, May 14, 2021**

*Please call **269-224-5040** if you wish to speak with an attorney. You can leave a message on the voicemail if the attorney is busy.*

*Legal Services of South Central Michigan is funded in part by the Calhoun County Senior Millage, CareWell Services Southwest, and AAA-Region 3C through the Michigan Aging and Adult Services Agency under the Older Americans Act of 1965.*

# COA ACTIVITIES

## SERVICES

### Foot Doctor

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 are required by calling the COA at 279-8083.**

## SUPPORT

### Journey Through Grief

A support group for anyone who has lost a loved one. This support group will meet every Thursday in May from 5:30 p.m. - 7:15 p.m. at Sturgis Evangelical Church, 28201 E. Fawn River Road.

If you have any questions or are interested in having a grief support group in Three Rivers, please call Three Rivers Health Homecare & Hospice at (269) 278-6108.

## 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. **The group is meeting virtually at this time. This month the meeting is Thursday, May 20 at 6 p.m.** If you would like to participate or would like more information, please give the group leader Clark Fries 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 *Everything I Never Told You* by Celeste Ng. That book will be discussed on Thursday, May 13 at Noon. A box lunch will be provided.

Please call Ruth Mancina at 279-8083 or email her at [rmancina@sjccoa.com](mailto: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 *This Tender Land* by William Kent Krueger. Please stop by the Sturgis Library to obtain a copy of the book. The group is scheduled to meet on Thursday, May 20 at 3 p.m. at the Oaks Enrichment Center in Sturgis.

Meals on Wheels & To-Go Menu  
MAY 2021

DATE	HOME DELIVERED MENU ENTRÉE	TO-GO MENU
Monday, May 3	Country Fried Steak, Redskin Potatoes, Mixed Vegetable	Ham & Swiss Sandwich, Coleslaw, Baked Beans
Tuesday, May 4	Breaded Fish & Alfredo, Sweet Potatoes, Cauliflower	Chicken Backyard BBQ Salad Bowl, Fruit, Muffin
Wednesday, May 5	Chicken with Tomato Basil Penne, Corn, Green Beans	Turkey & Cheddar Wrap, Veggies & Dip, Potato Chips
Thursday, May 6	Pork & Zesty Orange Rice, Green Peas, Carrots	Avocado Chicken Ranch Salad Bowl, Fruit, Roll
Friday, May 7	Cheese Pizza, Mixed Vegetables, Bean Blend	Pasta Salad with Tuna, Coleslaw, Black Bean & Corn Salad
Monday, May 10	Chimichurri Chicken, Stewed Tomatoes, Black Beans & Corn	Roast Beef & Swiss, German Potato Salad, Coleslaw
Tuesday, May 11	Cheese Omelet & Salsa, Broccoli Florets, Hash Browns	Blueberry Bliss Salad Bowl, Roll, Fruit
Wednesday, May 12	BBQ Pork Riblets, Green Peas, Autumn Blend Vegetables	Ham & Cheddar Sliders, Creamy Cucumbers, Fruit
Thursday, May 13	Cheese Lasagna w/Meat Sauce, Spinach, Corn w/peppers	Chicken Caesar Salad Bowl, Breadstick, Fruit
Friday, May 14	Breaded Pollock, Green Peas, Carrots	Turkey Bacon Wrap, Marinated Veggies, Broccoli Salad
Monday, May 17	Chicken Florentine, Asparagus, Carrots	Turkey & Cheddar Sandwich, Potato Salad, Baked Beans
Tuesday, May 18	Pork Patty & Gravy, Spinach, Sweet Potatoes	Chicken BLT Club Salad Bowl, Muffin, Fruit
Wednesday, May 19	Meatballs, Rice & Gravy, Stewed Tomatoes, Peas & Carrots	Egg Salad Croissant, Tomato Salad, Creamy Cucumbers
Thursday, May 20	Breakfast Scramble, Asparagus, Hash Browns	Cobb Salad Bowl, Roll, Fruit
Friday, May 21	Macaroni & Cheese, Stewed Tomatoes, Bean Blend	Italian Sub, Marinated Vegetables, Coleslaw
Monday, May 24	Beef Patty & Onion Gravy, Redskin Potatoes, Broccoli	Chicken Salad Croissant, Coleslaw, Carrot Raisin salad
Tuesday, May 25	Pork & Mushroom Gravy, Sweet Potatoes, Green Beans	Savory Spinach Salad Bowl, Breadstick, Fruit
Wednesday, May 26	Smoked Sausage & Beans, Potatoes, Winter Blend Veggies	Ham Salad Sandwich, Kidney Bean & Pea Salad, Fruit
Thursday, May 27	Fish Wedge, Autumn Blend Veggies, Butternut Squash	Chef Salad Bowl, Muffin, Fruit
Friday, May 28	Chicken & Dumplings, Three Season Veggies, Spring Veggies	Roast Beef & Swiss, Three Bean Salad, Potato Salad
Monday, May 31	Closed for Holiday	Closed for Holiday

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](http://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



The COA is closed on  
Monday, May 31 for  
Memorial Day.



*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 # \_\_\_\_\_