



# *The Senior Connection*

June 2021  
**VOLUME 6**  
**ISSUE 7**

*St. Joseph County Commission on Aging Newsletter*



# Ice Cream Social

**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](http://www.sjccoa.com)

FAX: (269) 273-7058

**The COA will be closed  
on Monday, July 5 in  
observance of the  
Fourth of July Holiday.**

**Like us on Facebook!**

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



## *From the Executive Director...*

Things are changing on a day to day basis when it comes to the mask mandates. Here at the COA, we follow our local health department guidelines. Please be patient with us as we try to keep you informed and safe. We will post the latest news on our Facebook page and of course, you are always welcome to call the COA if you have any questions. I would like to thank everyone for their patience and understanding, especially when it comes to their daily interactions with our staff. We are all in this together and our number one priority is your health and safety.

We are celebrating all sorts of things this month and we hope you will participate in as many activities as you can. June is all about Dad, so we are handing out Donuts for Dads on Friday, June 18 from 9am - 11am. Make sure you sign up if you would like one so we can make sure we have enough.

We are having Juneteenth celebrations at both our centers. Juneteenth marks the end of slavery and we are hoping all of our members will join us at the programs we have scheduled.

And of course, one event I personally am pretty excited about is our celebration of National Dairy Month. What better way to commemorate that is by having an Ice Cream Social at both our centers. We will have some games and music and ice cream for all of our members. Again, please let us know you plan to stop by so we can make sure we have enough ice cream for everyone.

Please note that we have two Project Advisory Council meetings this month. Our Three Rivers P.A.C. meeting is on Friday, June 11 at 10am and our Sturgis P.A.C. meeting is Tuesday, June 15 at 11am. These meetings are to be led by our members and we encourage you to participate.

As we start to offer more activities and programs, we are hoping more of you will also come back to volunteer and help us get things back to normal. Please enquire at either reception desk to learn more about how you can become a COA Volunteer.

Finally, a big thank you to everyone who has made donations to the COA. We truly appreciate your support! Thank you to Hubbard's Corey Lake Orchards for donating the donuts for our Father's Day event. Thank you to St. John's Lutheran Church in Three Rivers for donating strawberry shortcake to our members during the Water Festival. Thank you Sturgis Garden Club and Abbott Nutrition for beautifying the Oaks Enrichment Center. Thank you to members at both centers who also help beautify the outside of our buildings. And thank you to everyone who donated supplies for our centers, or helped to prepare crafts, which helps us keep costs down. One of our members and a resident in our apartments in Three Rivers, donated this lovely bench for our front entrance. Thank you to Jerry Herschleb for this generous gift to the COA.

*Pam*





## *Project Advisory Council (P.A.C.) Meeting*

Friday, June 11 - TR @ 10am

Tuesday, June 15 - ST @ 11am

These meetings are to be led by our older adults. It's a great way to get involved in your center.

Hope to see you there!

### **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 IIIIC
- ♦ 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're Celebrating National Dairy Month!**

And at the COA we do it the RIGHT WAY - by eating ice cream of course!

That's right, National Dairy Month is a great way to kick-start the summer by consuming nutrient-rich dairy foods and our personal favorite dairy product is ICE CREAM!

Stop by either center for a summer kickoff ice cream social. All the fun will take place in the back of each of our centers. We will have some yard games out and music. We also will be offering a fun craft to do that will only be available as an in-person project.

Please let us know by Monday, June 21 if you plan to attend the ice cream social so we can make sure we have enough for everybody.

If you would like to do the craft, please sign up early as we only have 15 spots available at each center. Craft details are below.

**WHEN: Wednesday, June 23 - Rivers Enrichment Center from 1 pm - 3pm  
(Craft will start at 2 pm)**

**Friday, June 25 - Oaks Enrichment Center  
from 2pm - 4pm (Craft will start at 3pm)**

### **SEASHELL WINDCHIME**

*Learn how to make this delightful wind chime  
that will make you think you are on a  
white sandy beach*



## 4 Some New Faces at the COA and One Not So New Face



Alex Kelley

We've had some personnel changes at the Commission on Aging. Many of you know this person very well as our Receptionist at our Oaks Enrichment Center in Sturgis. Alex Kelley, has accepted the position of Life Enrichment Coordinator. Her customer service background and her passion for older adults makes her a perfect fit.



Mary Jane Jones

The COA also has hired Mary Jane Jones as an In-Home Aide. We are thrilled to have her join our team as she helps members in their homes with cleaning and personal care.



Cynthia Lambright

The Nutrition Department has hired Cynthia Lambright as a Meals on Wheels Driver.

Welcome Mary Jane and Cynthia! And a big congrats to Alex!

The COA is looking to hire a part-time Receptionist in Sturgis, a substitute In-Home Aide, a substitute Meals on Wheels Driver, and Site Coordinators that will help with activities and programs at the centers and also be responsible for serving lunches when we begin offering a daily congregate meal.

## 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 our Life Enrichment team (Alex Kelley or Ruth Mancina) know.



# Join Us for Our Juneteenth Celebrations

Juneteenth (short for "June Nineteenth") marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops' arrival came a full two and a half years after the signing of the Emancipation Proclamation.

Juneteenth honors the end to slavery in the United States and is considered the longest -running African American holiday.



In Three Rivers we will welcome Three Rivers resident Torrey Brown, who will give a presentation on Juneteenth outside in the southeast corner of the building, weather permitting. If it is raining we will hold the event inside.

Please consider signing up for a delicious cold lunch from the COA, bring a folding chair and enjoy learning about this historic event. **Please sign up for lunch no later than Wednesday, June 9. The cold lunch that day will be a turkey bacon wrap, marinated veggies and a broccoli salad. We will also be serving cans of red pop.**

In Sturgis, our celebration will be led by community organizers and will take place on the back patio from 4pm - 8pm, weather permitting. If it is raining we will move the event indoors. There will be posters, books, sidewalk chalk, red pop and pre-packaged snacks.

Find out why it took so long for slavery to end after the Emancipation Proclamation and why we are serving red pop at both of these events.

Hope to see you there!

**WHEN: Thursday, June 17th in Sturgis (4pm-8pm)  
Friday, June 18th Three Rivers (12pm-1pm)**



# Celebrate Flag Day By Making Your Own Wooden Flag!

Flag Day is a celebration of the American flag that occurs each year on the anniversary of the flag's official adoption, June 14.

What we know fondly as the "Stars and Stripes" was adopted by the Continental Congress as the official American flag on June 14, 1777, in the midst of the Revolutionary War. Colonial troops fought under many different flags with various symbols - rattlesnakes, pine trees, and eagles - and slogans - "Don't Tread on Me," "Liberty or Death," and "Conquer or Die," to name a few.

The Declaration of Independence made the adoption of an American flag necessary. Previously, each colony or special interest had its own flag. On the 14th of June, Congress made the following resolution: "The flag of the United States shall be thirteen stripes, alternate red and white, with a union of thirteen stars of white on a blue field ..." Official announcement of the new flag was not made until September 3, 1777.

## MAKE YOUR OWN WOODEN FLAG!

**This craft can be done in person or you can pick it up at either center to do at home**

**WHEN:**      Thursday, June 10 in TR  
                    Friday, June 11 in ST

**In Person Craft Activity will take place at 10 a.m. at each center. Please let us know when you call whether you are picking up your craft kit or doing it in person.**



## Three Rivers Water Festival



Unfortunately, we will not be having Bingo and Lunch at this year's Water Festival, but the good news is that St. John's Lutheran Church is donating a free strawberry shortcake to any COA member who would like one.

### **A BIG THANK YOU TO ST. JOHN'S CHURCH FOR YOUR GENEROUS DONATION!**

You must stop by either center to pick up your coupon. Coupons will be available Tuesday, June 15 - Thursday, June 17. The COA is open from 8 am - 4 pm. Only one coupon per member, please.

The COA will be participating in the Water Festival Parade on Thursday, June 17. **The parade begins at 7 p.m. and we would LOVE to have some of our members walk alongside our vehicle.** If you are interested in joining Ruth and Alex in the parade, please let Ruth know ASAP.

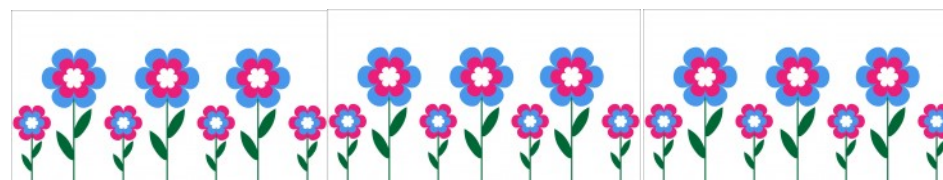
## **Granma's Greetings is BACK!**

### ***Learn How to Make Your Own Cards!***

Learn how to make your own greeting cards. You will leave class with four beautiful cards that you created. Class is \$10 and payable to your instructor, Adela Rose. Cost includes instruction and supplies. Please call 279-8083 to reserve your spot.

**WHEN:**      Rivers Enrichment Center - Wednesday, June 23  
                    Oaks Enrichment Center - Wednesday, June 30

**TIME:**      10:00 am - Noon



# JUNE Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bingo 2:15pm - NO BINGOCIZE	<b>2</b> 10am - Walking Club 11am - S.A.I.L Exercise 1pm - In Stitches Club	<b>3</b> 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Chair Yoga 2pm - Zumba Gold	<b>4</b> 9:30am - Line Dancing 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize
<b>7</b> 9:00am - Foot Doctor 11am - S.A.I.L. Exercise 1pm - Chair Yoga 2pm - Zumba Gold	<b>8</b> 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bingo 2:15pm - Bingocize	<b>9</b> 10am - Walking Club 11am - S.A.I.L Exercise 1pm - In Stitches Club	<b>10</b> 9:30am - Cardio Drumming <b>10am - Flag Craft - Take Home or In-Person</b> <b>Noon - Book Club</b> 11am - Arthritis Exercise 1pm - Chair Yoga 2pm - Zumba Gold	<b>11</b> 9:30am - Line Dancing <b>10am - P.A.C. Meeting</b> 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize
<b>14</b> 11am - S.A.I.L. Exercise 1pm - Chair Yoga 2pm - Zumba Gold <b>FLAG DAY</b> 	<b>15</b> 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bingo 2:15pm - Bingocize	<b>16</b> 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - In Stitches Club <b>1:30 pm - COA Advisory Board Meeting</b>	<b>17</b> 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Chair Yoga 2pm - Zumba Gold 6pm - Kinship Care Support Group Meeting <b>Three Rivers Water Festival Parade at 7 p.m.</b>	<b>18</b> 9:30am - Line Dancing <b>9am - 11am - Donuts for Dads - MUST SIGN UP BY 6/15</b> 10am - Walking Club 11am - S.A.I.L. Exercise <b>Noon - JUNETEENTH CELEBRATION</b> 1pm - Bingo 2:15pm - Bingocize
<b>21</b> 11am - S.A.I.L. Exercise 1pm - Chair Yoga 2pm - Zumba Gold	<b>22</b> 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bingo 2:15pm - Bingocize	<b>23</b> 10am - Granma's Greetings 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - In Stitches Club <b>1pm - 3pm - ICE CREAM SOCIAL</b> <b>2pm - Sea Shell Wind Chime Craft</b>	<b>24</b> 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Chair Yoga 2pm - Zumba Gold	<b>25</b> 9:30am - Line Dancing 9am - Legal Aid Available by Phone (See Page 9) 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize
<b>28</b> 11am - S.A.I.L. Exercise 1pm - Chair Yoga 2pm - Zumba Gold	<b>29</b> 9:30am - Cardio Drumming 11am - Arthritis Exercise 1pm - Bingo 2:15pm - Bingocize	<b>30</b> 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - In Stitches Club	<b>SCHEDULE CHANGE!</b>  <a href="#">Line Dancing</a> has moved back to its original time slot of <a href="#">Fridays at 9:30am</a> . Participants voted and decided that this time worked best for more people. Spread the word and if you have not tried this program, please do - it's super fun! All are welcome!	

JUNE Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club	2 11am - Arthritis Exercise 1pm - Cardio Drumming	3 9am - Fit After Sixty 10am - Line Dancing 12:30pm - Bingo	4 11am - Walking Club 1pm - Cardio Drumming
7 11am - Arthritis Exercise 12:30pm - Bingo	8 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club	9 11am - Arthritis Exercise 1pm - Cardio Drumming	10 9am - Fit After Sixty 10am - Line Dancing 12:30pm - Bingo	11 10am - Flag Day Craft - In Person or Take Home 11am - Walking Club 1pm - Cardio Drumming
14 11am - Arthritis Exercise 12:30pm - Bingo FLAG DAY 	15 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Project Advisory Council Meeting 11am - Walking Club	16 11am - Arthritis Exercise 1pm - Cardio Drumming 1:30pm - COA Advisory Board Meeting in Three Rivers	17 9am - Fit After Sixty 10am - Line Dancing 12:30pm - Bingo 3pm - Book Club 4pm - 8pm - Juneteenth Celebration  6pm - Kinship Care Support Group Meeting	18 9am - 11am - Donuts for Dads - Must RSVP by 6/15 11am - Walking Club 1pm - Cardio Drumming
21 11am - Arthritis Exercise 12:30pm - Bingo	22 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club	23 11am - Arthritis Exercise 1pm - Cardio Drumming	24 9am - Fit After Sixty 10am - Line Dancing 12:30pm - Bingo	25 19am - Legal Aid by Phone (See Page 9) 11am - Walking Club 1pm - Cardio Drumming 2pm - 4pm - ICE CREAM SOCIAL 3pm - Sea Shell Wind Chime Craft
28 11am - Arthritis Exercise 12:30pm - Bingo	29 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club	30 10am - Granma’s Greetings 11am - Arthritis Exercise 1pm - Cardio Drumming		

*You can find a description of each of exercise classes and who the instructor is on our website ([www.sjccoa.com](http://www.sjccoa.com)) or stop by either center and ask for a flyer!*

## **Three Rivers** **Fitness Schedule**

### **Monday**

S.A.I.L. Exercise at 11 a.m.

Chair Yoga at 1 p.m.

Zumba Gold at 2 p.m.\*

\*This class is offered in person and on Zoom. If you would like a Zoom invite, please let us know.

### **Tuesday**

Cardio Drumming at 9:30 a.m.

Arthritis Exercise at 11 a.m.

Bingocize at 2:15 p.m.

### **Wednesday**

Walking Club at 10 a.m.

Balance Exercise at 11 a.m.

### **Thursday**

Cardio Drumming at 9:30 a.m.

Arthritis Exercise at 11 a.m.

Chair Yoga at 1 p.m.

Zumba Gold at 2 p.m.\*

\*This class is offered in person and on Zoom. If you would like a Zoom invite, please let us know.

### **Friday**

Line Dancing at 9:30 a.m.

Walking Club at 10 a.m.

Balance Exercise at 11 a.m.

Bingocize at 2:15 p.m.

## **Sturgis** **Fitness Schedule**

### **Monday**

Arthritis Exercise at 11 a.m.

### **Tuesday**

Fit After Sixty at 9 a.m.

Zumba Gold at 10 a.m.

Chair Yoga at 11 a.m.

Walking Club at 11 a.m.

### **Wednesday**

Arthritis Exercise at 11 a.m.

Cardio Drumming at 1 p.m.

### **Thursday**

Fit After Sixty at 9 a.m.

Line Dancing at 10 a.m.

### **Friday**

Walking Club at 11 a.m.

Cardio Drumming at 1 p.m.



## 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



# Donuts for Dads!

Father's Day is Sunday, June 20th. We're celebrating by having a Donuts for Dads Day on Friday, June 18th.

If you are a COA member and a dad, then let us know you would like a donut and we will have them ready for you at each of our centers.



Please let us know by Tuesday, June 15th so we can make sure we have enough donuts.

**Donuts will be available at each center from 9-11 am on Friday, June 18.**

**A BIG THANK YOU TO HUBBARD'S COREY LAKE ORCHARDS FOR DONATING THE DONUTS!**



*The weather did not cooperate but we were able to plant a tree in honor of Arbor Day. Pictured above Donna Huddleston helps Carolyn Grace from the St. Joseph County Conservation District plant a tree behind the Rivers Enrichment Center. Thank you Carolyn for visiting our centers and talking about how important trees are for our environment.*

## 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, June 25, 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

#### Oaks Enrichment Center

**Tuesday, June 15**

**9:30am - 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.**



*A BIG thank you to the Sturgis Garden Club for making the front entrance at the Oaks Enrichment Center so welcoming! We also added one of our Bumble Bee Garden Decorations that 30 of our members signed up to make in May. Isn't it so cute?*

## 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 meeting will take place Thursday, June 17. There is a chance the meeting date might change this month due to the Three Rivers Water Festival. Please call the group leader Clark Fries at (269) 858-5704 to find out more information.**

## 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 Warmth of Other Suns* by Isabel Wilkerson. That book will be discussed on Thursday, June 10 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 *Fallen Land* by Taylor Brown. Please stop by the Sturgis Library to obtain a copy of the book. The group is scheduled to meet on Thursday, June 17 at 3 p.m. at the Oaks Enrichment Center in Sturgis.



# Meals on Wheels & To-Go Menu

## JUNE 2021

11

DATE	HOME DELIVERED MENU ENTRÉE	TO-GO MENU
Tuesday, June 1	Honey Mustard Chicken, Spinach, Carrots	Cottage Cheese, Tomato Wedges, Tossed Salad
Wednesday, June 2	Meatballs & Alfredo Shell Pasta, Corn w/Peppers	Chicken Salad Croissant, Creamy Cucumbers
Thursday, June 3	Fish Nuggets, Northern Beans, Broccoli	Chef Salad Bowl, Muffin, Fruit
Friday, June 4	Ginger Pork, Redskin Potatoes, Green Pea Blend	Roast Beef & Swiss Sandwich, Three Bean Salad
Monday, June 7	Spaghetti & Meatballs, Corn, Broccoli	Ham & Swiss Sandwich, Coleslaw, Baked Beans
Tuesday, June 8	Breaded Pork, Redskin Potatoes, Brussels Sprouts	Chicken Backyard BBQ Salad Bowl, Muffin, Fruit
Wednesday, June 9	BBQ Chicken, Stewed Tomatoes, Sweet Potatoes	Turkey & Cheddar Wrap, Veggies, Dip, Broccoli Salad
Thursday, June 10	Beef Strips & Gravy, Mixed Greens, Four Seasons Vegetables	Avocado Chicken Ranch Salad Bowl, Fruit, Roll
Friday, June 11	Sausage, Egg & Cheese Burrito w/Salsa, Hash Browns	Pasta Salad w/Tuna, Sweet & Sour Coleslaw, Fruit
Monday, June 14	Chicken & Honey Lemon Rice, Black Beans & Corn	Roast Beef & Swiss Sandwich, German Potato Salad
Tuesday, June 15	Red Beans & Brown Rice, Sausage, Cabbage	Blueberry Bliss Salad Bowl, Fruit, Roll
Wednesday, June 16	Veal Parmesan, Green Pea Blend, Carrots	Ham & Cheddar Sliders, Black Bean & Corn Salad
Thursday, June 17	Sausage & Pancakes, Sweet Potatoes, Cinnamon Apples	Chicken Caesar Salad Bowl, Breadstick, Fruit
Friday, June 18	Creamy Breaded Chicken, Lima Beans, Mixed Vegetables	Turkey Bacon Wrap, Marinated Vegetables, Broccoli Salad
Monday, June 21	Salisbury Steak, Redskin Potatoes, Mixed Vegetables	Turkey & Cheddar Sandwich, Potato Salad, Baked Beans
Tuesday, June 22	Pesto Basil Chicken, Carrots, Brussels Sprouts	Chicken BLT Club Salad Bowl, Muffin, Fruit
Wednesday, June 23	BBQ Pork Patty, Redskin Potatoes, Corn	Egg Salad Croissant, Tomato Salad, Creamy Cucumbers
Thursday, June 24	Meatballs over Egg Noodles & Pizzaiola Sauce, Green Beans	Cobb Salad Bowl, Fruit, Roll
Friday, June 25	Fried Egg Patties, Asparagus, Sweet Potatoes	Italian Sub, Marinated Vegetables, Coleslaw
Monday, June 28	Chicken with Brown Rice & Teriyaki Sauce, Brussels Sprouts	Chicken Salad Croissant, Coleslaw, Carrot Raisin Salad
Tuesday, June 29	Homestyle Meatloaf, Redskin Potatoes, Winter Vegetables	Savory Spinach Bowl Salad, Breadstick, Fruit
Wednesday, June 30	Three Layer Spinach Lasagna, Autumn Blend Vegetables	Ham Salad Sandwich, Kidney Bean & Pea Salad

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**







*Donuts for Dads!*

*Friday, June 18th*

*9am - 11am*

*Please RSVP by June 15*

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