



# *The Senior Connection*

August 2021

**VOLUME 8**

**ISSUE 7**

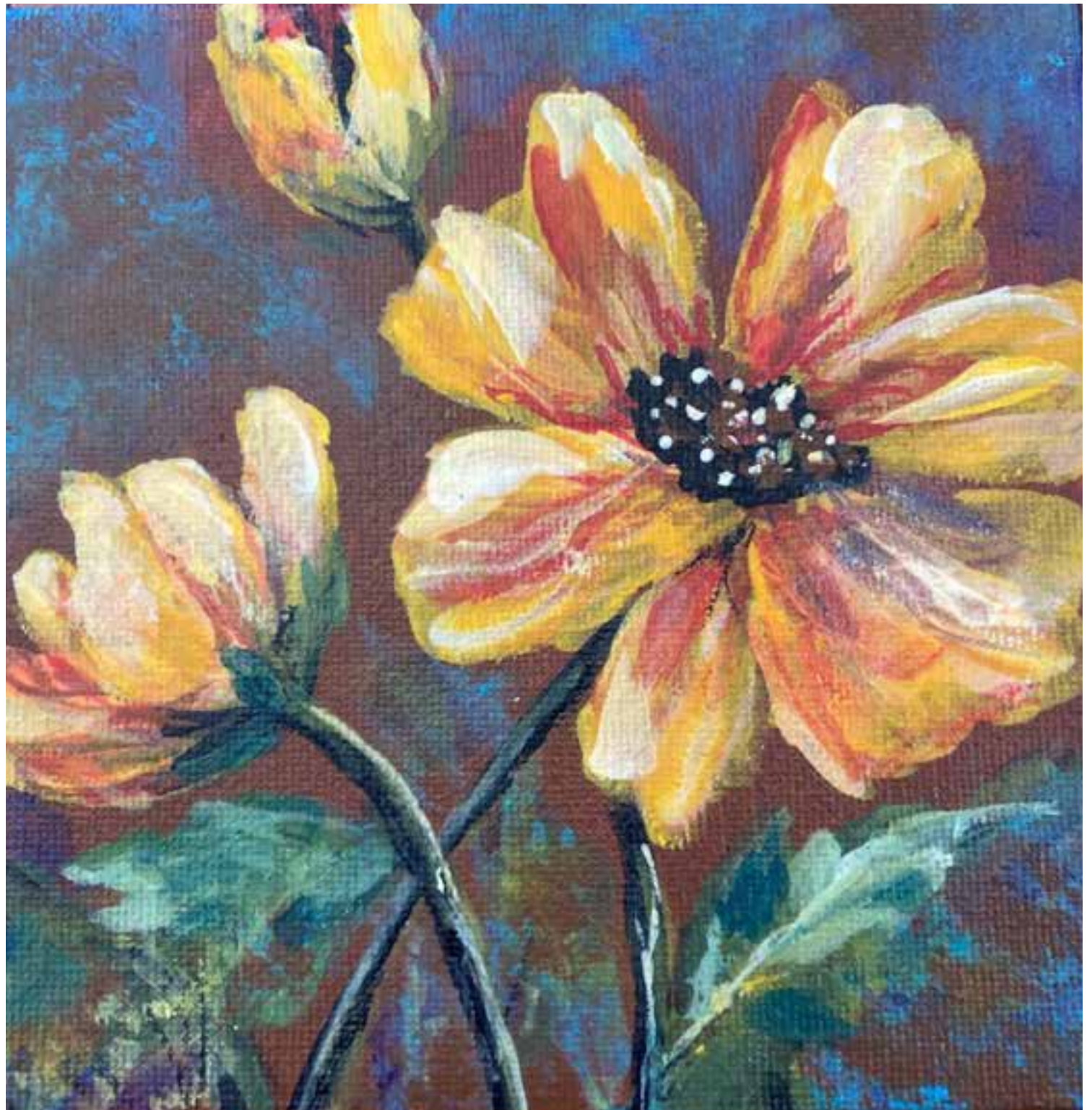
*St. Joseph County Commission on Aging Newsletter*

## **We Need YOU!**

*Help us create a gallery wall of small paintings made by COA members!*

*Sign up at either center.  
Lunch provided.*

*Details on Page 3.*





## 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  
FOR LABOR DAY  
Monday, Sept. 6**

**Like us on Facebook!**

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



## *From the Executive Director...*

It's hard to believe that it's already August. I feel like the summer is just flying by. Probably because we are having a lot of fun at the COA, and I am thrilled to see so many of our members coming back to the centers for activities and lunch.

I know many of you are looking forward to the COA's Annual Summer Picnic on August 11. Our Life Enrichment Team has been working hard to plan a special event at Covered Bridge Farm, one of our county's beautiful parks. You still have a few days to get your ticket if you have not done so already. Tickets are \$5.00 per person and include a catered lunch, entertainment and free Bingo. **The last day to purchase tickets is Tuesday, August 3.**

Speaking of our county parks, we went for a nature walk last month at Timm Preserve in Sturgis. To the left is a picture of our members who participated. Afterwards, the group enjoyed lunch at Yoder's in Centreville, one of our wonderful partners in the COA Restaurant Program.



This month there is a walk at Meyer Broadway Park in Three Rivers with lunch at the Main Street Café. Details are in this newsletter. What a great way to support our parks and our local businesses, all while enjoying time with friends. Sounds like a pretty good way to spend a day.

Another program taking place this month is Project Connect. It is on Tuesday, August 3 from 10am to 1pm, and will be a drive-through event at the Centreville Fairgrounds. On Page 12 of this newsletter is a flyer with all the details. There are more than 30 agencies participating - including the COA. In addition, there are vaccines available, fresh food and commodities boxes, and much more. Please help spread the word about Project Connect.

*Pam*

## **Veterans Affairs at the COA**

The U.S. Department of Veterans Affairs in Battle Creek will be at our Enrichment Centers on the following dates. If you are a veteran and have any questions, concerns, or want to learn more about what Veterans Affairs can do for you, please stop by during these times.

[Oaks Enrichment Center in Sturgis](#)

**Second Thursday of Each Month - August 12 (11:30am - 1 pm)**

[Rivers Enrichment Center in Three Rivers](#)

**Fourth Tuesday of Each Month - August 24 (11:30am - 1 pm)**

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

The August meeting has been cancelled. In September we will have meetings in Sturgis (9/21) and in Three Rivers (9/10).

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.

## **COA Members Asked to Help Create Gallery of Art to Hang in Enrichment Centers**

Mark your calendar for this special event in which our COA members create a gallery wall of small paintings! Each member's canvas will become a unique interpretation of the flower shown below. Our plan is to fill a wall at each center with the beautiful canvases made by our members.

Pat Asbury will lead the sessions and will walk you through the process step by step. After you're done painting, stay and enjoy a pizza lunch provided by the COA.

Just think how cool it would be to have a wall of canvases made by our members! It is YOUR Enrichment Center, and this is a very special way to celebrate that.

We hope to unveil the project at our centers in September, which is National Senior Center Month.

If you have any questions, please ask Alex or Ruth.

**WHEN:        Tuesday, August 17th at the Oaks Enrichment Center**

**Wednesday, August 25th at the Rivers Enrichment Center**

**TIME:        10am - 1pm**

A fabulous pizza lunch will be provided at Noon. We will begin taking RSVPs on Monday, August 2.





# August Excursions

## Fire Keepers Casino Trip

Tuesday, August 10

Cost: \$6 per person

LV: Three Rivers COA	7:30 AM
LV: Sturgis COA	8:15 AM
AR: Firekeeper's Casino	9 AM
LV: Firekeeper's Casino	1:00 PM
AR: Sturgis COA	2:00 PM
AR: Three Rivers COA	2:45 PM



Times are approximate. The buffet was NOT open at the time of booking, if it is open at the time that you go it is not included in the ticket price. If it is still not open then we will be stopping at Station 66 on your way home, which will also be on your own!



## Wellfield Botanic Gardens and Lunch at the Flippin' Cow

Thursday, August 26

Cost: \$20 per person

The 36-acre Wellfield Botanic Gardens site sits on and around the site of Elkhart's historic wellfield. Today, the crystalline Christian Creek, which once powered Elkhart's 19th century mills, streams through and inspires this native habitat while the actual wellfields still provide Elkhart's water supply. This on-going project currently features multiple unique specialty

gardens with water features, sculptures, art, benches, pagodas and a pond surrounded by flora and fauna of all types and sizes. Visit includes a one and half hour guided tour. This trip requires a great deal of walking! Afterwards, we'll stop for lunch at the Flippin' Cow, which offers specialty burgers and other comfort food. Lunch is on your own. Itineraries are available at the front desk.

# COA To Offer Paint & Punch Parties in September

Pat Asbury is offering a Paint & Punch Party at BOTH our Enrichment Centers in early September. The painting you will create which will be on a ready to hang canvas is pictured below. Because of the early date you can sign up for the Paint and Punch Party beginning Monday, August 2.

The cost is \$25 per person and payment is due to Pat at the time of the party. Lunch and refreshments will be provided. **Reservations MUST be made by Thursday, August 26. Below is what we are painting at each center as well as dates and times.**

**Thursday, September 2**  
**Oaks Enrichment Center**  
**(10am - 4pm)**



**Wednesday, September 8**  
**Rivers Enrichment Center**  
**(10am - 4 pm)**



## August 16 is National Tell a Joke Day!

Here's a couple jokes that are downright corny,  
but hopefully will make you smile.

How did the barber win the race? *He knew a shortcut.*

What do you call a pig that does karate? *A pork chop.*

Why did the scarecrow receive an award?  
*Because he was outstanding in his field.*

What did the policeman say to his belly button?  
*You're under a vest.*

# Painting with Pat

5

Learn how to paint an idyllic water scene - pictured below - with a painting class offered at the Oaks Enrichment Center in Sturgis.

The classes are \$15 each session and will take place on Monday, August 16th and Monday, August 23rd from 10 a.m. to Noon.

You need to attend both sessions to complete the project. Pat includes all the supplies and participants pay her directly on the day of the class.

Please RSVP by calling the COA at 279-8083. Class size is limited.



## Granma's Greetings

### *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, August 18  
Oaks Enrichment Center - Wednesday, August 25

**TIME:** 10:00 am - Noon



## **We're Celebrating National Root Beer Float Day!**

We're grilling hot dogs on Thursday, August 5 in Sturgis and Friday, August 6 in Three Rivers for anyone who comes to lunch at the centers that day. Following lunch we'll be serving up frosty and delicious root beer floats.

If you would like to eat lunch that day at the center, please sign up at least 24 hours in advance. If you would like to sign up for just a root beer float, we will be serving those at 12:30 p.m., but you must sign up for that, too.

Just make sure to let us know whether you are coming for lunch & a float or if you are coming for just a float so we can make sure we have enough for everyone!



## **WHO INVENTED THE ROOT BEER FLOAT?**

**Also known as the "Black Cow," the root beer float got its start in Colorado in a mining camp. Frank J. Wisner of Cripple Creek, Colorado, gets the credit for inventing the "Black Cow" in August of 1893.**

## **Come Learn About Wild Edible Plants of Michigan**

Danielle Zoellner, Ph.D., will be at our Rivers Enrichment Center on Friday, August 27 to talk about some of the edible plants found in Michigan. Danielle, who is the owner of Idle Awhile Farm and Forage, will begin with an indoor PowerPoint presentation followed by an outdoor walk.

Danielle's talk will begin at 10 am. Her presentation will last about 20 minutes and the outdoor walk will take about 40 minutes.

Please call the COA and let us know you plan to attend.

**WHEN: Friday, August 27**

**TIME: 10am**

**WHERE: Rivers Enrichment Center in Three Rivers**

## **Have You Bought Your Tickets for the Summer Picnic?**



You won't want to miss this fun event that will take place at the Covered Bridge Farm on August 11 from 10:30am to 2:30pm

Tickets are \$5 and include a catered lunch, entertainment and Bingo. It's gonna be a Blueberry Bash and our menu includes Beer Can Chicken, Macaroni and Cheese, Spinach and Blueberry Salad, Green Beans and Blueberry Crisp.

Tickets are only available for sale until Tuesday, August 3.

# Open Mic Night with the Balk Brothers!



They're Back! If you had a fun time singing with the Balk Brothers we have great news. Our local crooners will be returning to the Oaks Enrichment Center for another night of fun and karaoke.

COA members can order a boxed dinner, but you must get your reservation in no later than August 10.

If you do not want a COA boxed dinner, you are still welcome to attend and bring your own snacks and refreshments. We will have bottled water. Anyone is welcome to attend!

**WHEN:** Tuesday, August 17  
**WHERE:** Oaks Enrichment Center  
**TIME:** 5pm - 8pm

## Nature Walk at Meyer Broadway Park

We're exploring another county park this month. This time we will meet in the parking lot of Meyer Broadway County Park in Three Rivers, followed by lunch at Main Street Café. Transportation is on your own.

Please let us know if you are participating in both, so we can make reservations at Main Street Café. If you need directions, please call Alex Kelley or Ruth Mancina.

Please feel free to use your COA restaurant coupons at Main Street Café.

**WHEN:** Friday, August 20  
**TIME:** 10am  
**WHERE:** Meyer Broadway Park  
59475 County Park Dr, Three Rivers, MI 49093  
Main Street Café  
13 N. Main Street, Three Rivers, MI 49093

## VOLUNTEER *Spotlight*

Thanks to Abbott Nutrition in Sturgis and its great crew of volunteers for planting flowers at the COA and donating and spreading mulch all around the landscaping. It looks fantastic! Between Abbott Nutrition, the Sturgis Garden Club, and our volunteers Pat Apps and Brian Sandell, our Oaks Enrichment Center in Sturgis sure looks inviting.



COA members Pat Apps and Brian Sandell get a big shout-out for all the work they do to make the Oaks Enrichment Center beautiful. Pat and Brian regularly water the plants and pick weeds at the center.

"They are here multiple times throughout the week making sure the landscaping around our building looks great," said COA Life Enrichment Coordinator Alex Kelley.

In addition to all the work they do around the building, Pat and Brian were a big help in creating all the flower baskets we are giving away at our summer picnic. Not only did they pick up the flowers, they donated plastic pots and helped to plant.

Pictured above is Pat helping to plant flowers and to the left is the crew from Abbott Nutrition. Thank you so much for all you do to make the COA beautiful!



**Foot Doctor**Oaks Enrichment Center**Tuesday, August 17  
(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.

**Hearing Screenings**

If you are in need of a hearing screening, Beltone Hearing will be at the COA in Three Rivers on Monday, September 13 and Monday, November 8. Please call to make an appointment. If you are in the Sturgis area and are in need a hearing screening, please call the COA and we will assist you.

***Did You Know...***

That August 7 is National Lighthouse Day? It is, and the great state of Michigan has the most lighthouses of any state in our country. Do you have a favorite lighthouse in Michigan? The oldest one is located in Port Huron at Fort Gratiot. Built in 1825, and rebuilt in 1829 and 1861, it helps keep watch over Lake Huron at the entrance to the St. Clair River. Standing 82 feet tall, the lighthouse was built with red brick that has been painted white. The keeper's cottage and fog whistle house are red. Weather permitting, the Fort Gratiot Light Station is one of the few operating lighthouses that allow visitors to climb the tower and step out onto the catwalk for a breathtaking view.

**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.

**Legal Services of South Central Michigan**

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:** 9am - 12:30pm  
**Date:** Friday, August 6, 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.*

**Alzheimer's Association Caregiver Support Group**

The support group meets on the second Thursday of each month in Sturgis and on the first Tuesday of each month in Three Rivers.

**Support Group Meeting: Rivers Enrichment Center - Tuesday, August 3 at 6 p.m.**

**Support Group Meeting: Oaks Enrichment Center - Thursday, August 12 at 2 p.m.**

For more information call the COA, or call the Alzheimer's Association 24/7 Hotline (800.272.3900).

**Kinship Care Support Group**

A support group for grandparents and other relative caregivers raising grandchildren, providing support, resources and education.

This group meets on the third Thursday of the month at 6:00 pm. **The meeting will take place Thursday, August 19 at Adams Park in Centreville with a picnic box dinner provided. Please call the group leader Clark Fries at (269) 858-5704 for more information or to let him know you would like to attend.**





### Arthritis Foundation Exercise

Take part in low-impact exercise for those with arthritis or related conditions. Class designed to help with mobility and our instructor is certified through the Arthritis Exercise Foundation.

This class is part of our Evidenced Base Disease Prevention Program.

*Sturgis:* Mondays & Wednesdays

(11am)

**Instructor:** Cathy Taylor

*Three Rivers:* Tuesdays & Fridays

(11am)

**Instructor:** Cathy Taylor

### Bingocize

Bingocize offers a unique solution that mixes exercise, health education, and bingo to help overcome health problems. It is beneficial for all ranges of physical and mental ability. The instructor is certified in Bingocize and this class is part of our Evidence Based Disease Prevention Program.

*Three Rivers:* Tuesdays and Fridays

(2pm)

**Instructor:** Ruth Mancina

### Breath, Mindfulness & Meditation

Learn practices that open the pathways to greater health and longevity with breathing techniques and mindfulness exercises to strengthen, calm, clear and relax the body/mind connection. Learn more about diaphragmatic breathing and what research is saying about it. You might want to pair this with the yoga and walking class directly before this class.

*Sturgis:* Mondays

(10am)

**Instructor:** Cynthia Hoss, LMT, E-RYT 500, AYS

### Cardio Drumming

Cardio Drumming brings together drumsticks, an exercise ball and an exercise ball stand to create one of the most fun workouts you'll ever do. Using the exercise ball as your drum and mixing in fun moves, cardio drumming turns keeping a rhythm into a workout you won't want to stop.

*Sturgis:* Wednesdays & Fridays

(1pm)

**Instructor:** Mary Haylett

*Three Rivers:* Tuesdays & Fridays

(9:15am)

**Instructor:** Cathy Taylor

### Chair Yoga

Chair Yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. It also is a great form of yoga for beginners or anyone who wants to focus on a gentle practice. CY increases flexibility, strength, and body awareness.

*Sturgis:* Tuesdays

(11am)

**Instructor:** Kathy Bingaman

*Three Rivers:* Mondays and Thursdays

(1pm)

**Instructor:** Lynn Zeiler

### Fit After Sixty

This fun and upbeat class will feature lots of movement with music to help participants increase muscular strength and range of motion. A variety of equipment is used.

*Sturgis:* Tuesdays and Thursdays

(9am)

**Instructor:** Natalie Setterblad

### Line Dancing

Line dancing presents itself as the perfect form of exercise for older people because it provides the benefits of an aerobic workout which helps maintain a healthy heart and also provides a platform for you to get involved in a social environment, which is great for mental wellness. Beginners welcome!

*Sturgis:* Thursdays

(10am)

**Instructor:** Richard Leeth

*Three Rivers:* Fridays

(9:30am)

**Instructor:** Sherri Douglas\*

\*Richard Leeth will begin working in Three Rivers in mid-August as Sherri is moving to Indiana. Thank you for volunteering to lead this class Sherri - you will be sorely missed!

### S.A.I.L. (Stay Active and Independent for Life)

This class is designed to help older adults improve strength, balance and fitness, which is one of the most important activities adults can do to stay active and reduce their chances of falling. This class is part of our Evidence Based Disease Prevention Program and the instructor is certified to teach S.A.I.L.

*Three Rivers:* Mondays, Wednesdays & Fridays

(11am)

**Instructor:** Lynn Zeiler, a certified Exercise Physiologist who is licensed to teach Zumba Gold and Yoga Fit.

**MORE EXERCISE  
CLASSES ON THE  
NEXT PAGE!**



## EXERCISE

### Yoga & Walking Combo

Begin your week with movements to lubricate your joints and increase your circulation to prepare your muscles for a 1-2 mile brisk walk. This class ends with a yoga stretch to release excess tension, increase flexibility and leave you feeling energized for the week ahead.

*Sturgis:* Mondays  
(9am)

**Instructor:** Cynthia Hoss, LMT, E-RYT 500, AYS

### Zumba Gold

Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout. Zumba Gold is for older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Both of our instructors are licensed to teach Zumba Gold.

*Sturgis:* Tuesdays  
(10am)

**Instructor:** Kathy Bingaman

*Three Rivers:* Mondays and Thursdays  
(2pm)

**Instructor:** Lynn Zeiler

### Outdoor Walking Club (through September)

*Sturgis:* Tuesdays and Fridays at 11 a.m.

*Three Rivers:* Wednesday and Fridays at 10 a.m.

Please call the COA at 279-8083 and talk to someone from our Life Enrichment Team (Alex Kelley or Ruth Mancina) for more information.

## FUN & GAMES/SOCIAL

### Book Club

The Three Rivers Book Club is reading *East of Eden* by John Steinbeck. The book will be discussed on Thursday, August 12 at Noon. A box lunch will be provided.

Please call Ruth Mancina at 279-8083 or email her at [rmancina@sjcoa.com](mailto:rmancina@sjcoa.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 *The Crooked Path* by Irma Joubert. Please stop by the Sturgis Library to obtain a copy of the book. The group meets Thursday, August 19 at 3 p.m. at the Oaks Enrichment Center in Sturgis.

### Dinner Night Out is Coming Back!

We are planning to offer one in September and October, so look for more details in the September newsletter.

As always, we welcome suggestions for places to have Dinner Night Out, caterers and entertainment.

If you would like to help volunteer with Dinner Night Out, our Life Enrichment Team would LOVE your help!

Talk to Alex Kelley or Ruth Mancina and tell us how you would like to get more involved.

### Bingo

Sturgis: Mondays and Thursdays at 12:30pm

Three Rivers: Tuesdays and Fridays at 1pm

Klines Resort: Fridays at 12:30pm

### Bridge

Sturgis: Duplicate Bridge Thursdays at 7pm

Three Rivers: Mondays & Thursdays at 1pm and Sundays at 5pm

### Bunco

Three Rivers: Second Monday of Each Month

### Cribbage

Three Rivers: Wednesdays at 1pm

### Euchre

Sturgis: Wednesdays at 1 pm

### Hand and Foot

Sturgis: Thursdays at 1pm

### Mah Jongg

Three Rivers: Tuesdays at 12:45pm

### Pinochle

Sturgis: Mondays 12:30pm - 4pm

### Instructional Mah Jongg

Three Rivers: Mondays from 1pm-4pm.

Call the COA to sign up, or stop by the front desk to let us know you want to learn how to play this fun game of skill, strategy and luck.

**We have a COA member looking for anyone interested in playing Euchre in Three Rivers on Tuesday afternoons at 1 p.m. If you are interested please call Marketing Manager Ruth Mancina.**



# Senior Congregate Restaurant Program Guidelines

Coupons for the COA Restaurant Program are available at Three Rivers, Sturgis and Klines Resort meal sites. The recommended donation per ticket is \$3.75.

## Rules:

- Intake Form must be filled out at time of acquisition, or must present current COA membership card.
- Coupons must be signed when used at restaurant.
- You must be 60 years of age to participate, or married to a registered eligible person.
- Present your coupon to your server at time of ordering.
- You cannot share tickets with others.
- You must order from the special COA menu. No Substitutions.
- No “Carry Out”, Delivery or “To Go” orders; Meals must be consumed at restaurant.
- Restaurants, at their own discretion, have the option to offer clients “doggie bags” for leftovers that are not consumed. The restaurant may not charge the client or COA for this container. The restaurant assumes liability for food safety (through abiding by the regulations of the local health department) until the food leaves the premises, at which time the meal recipient is liable for proper food handling and food safety. (Amended 5/26/2010)
- *Coffee and other beverages are not included in the cost of your meal.* This is extra.
- Tip is on your own, it is not included. Please tip on the actual cost of your meal (the cost of the meal is approximately \$5.50 for breakfast and lunch/dinner is \$7.50) not the cost of the coupon.
- One person per ticket, meals cannot be shared.
- **Tickets Expire 12/31/21.**

Participating restaurants are listed on this page. If you have any questions about the Restaurant Program, please call COA Nutrition Manager Katie Hughes at (269) 279-8083.

# 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

## 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

## 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

**Drive-Thru**

The St. Joseph County Housing Task Force presents

# PROJECT CONNECT



**Connect with your County's Resources**

**Tuesday, August 3, 2021**

**10:00 a.m. - 1:00 p.m.**

**Drive-Thru Event @ Centreville Fairgrounds**

*Find services to help NOW or  
discover available resources  
BEFORE you or a loved  
one may need assistance*



*Everyone is invited to attend!*

*Talk with  
service providers and  
get connected  
IMMEDIATELY*

**DRIVE-THRU service, Talk to Service Providers from Your Vehicle:**

**Resource Information from over  
30 service providers  
on-site to connect with:**

- Utilities & Housing
- Education
- Legal Aide
- Health & Wellness
- Family Services
- Employment
- Aging Adult Services
- Transportation

**FREE On-Site:**

**Fresh Food & Commodities Boxes  
COVID Vaccine**

**FREE TO MOST:**

**MMR\*, HEPA\*, HEPB\*, TDAP\*, HPV9\*  
Shingles\* and Pneumonia\* Shots**

*\*Prescreening required for these shots.  
Call 269-858-1010*

**Everyone is welcome to attend!**

St. Joseph County Transportation Authority providing  
**FREE TRANSPORTATION TO EVENT WITH 72 HOUR NOTICE**  
Call: 269-273-7808 If Outside the Local Calling Area: 1-800-964-5700

*Thank you for making this event pos-*



[sjcHumanServices.com](http://sjcHumanServices.com)



# August Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg	3 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Bingo 12:45pm - Mah Jongg 2:15pm - Bingocize <b>6pm - Alzheimer's Assoc. Caregiver Support Group Project Connect</b>	4 10am - Walking Club 11am - S.A.I.L Exercise 1pm - In Stitches Club	5 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Bridge 1pm - Chair Yoga 2pm - Zumba Gold 2pm - Learn How to Play Mahjong	6 9:30am - Line Dancing 10am - Walking Club 11am - S.A.I.L. Exercise <b>12:30pm - Root Beer Floats!</b> 12:30pm - Bingo at Klines 1pm - Bingo 2:15pm - Bingocize
9 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Bunco 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg	10 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Bingo 12:45pm - Mah Jongg 2:15pm - Bingocize <b>Trip - Firekeepers Casino</b>	11  <b>SUMMER PICNIC!</b> <b>It's a Blueberry Bash</b> <b>Covered Bridge Farm</b> <b>10:30am - 2:30pm</b> <b>Centers are Open - No Lunch or Activities</b>	12 9:30am - Cardio Drumming 10:30am - Arthritis Exercise <b>Noon - Book Club</b> 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mahjong	13 9:30am - Line Dancing 10am - Walking Club 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:15pm - Bingocize
16 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg	17 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Bingo 12:45pm - Mah Jongg 2:15pm - Bingocize	18 10am -Granma's Greetings 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - In Stitches Club <b>1:30 pm - COA Advisory Board Meeting in TR</b>	19 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mahjong <b>6pm - Kinship Care Support Group Meeting</b>	20 9:30am - Line Dancing 10am - Nature Walk at Meyer Broadway Park followed by lunch at Main Street Café 10am - Walking Club 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:15pm - Bingocize
23 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg	24 9:30am - Cardio Drumming 10:30am - Arthritis Exercise <b>11:30 - Veterans Affairs</b> 1pm - Bingo 12:45pm - Mah Jongg 2:15pm - Bingocize	25 <b>10am - Pizza and Paint</b> 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - In Stitches Club	26 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 2pm - Zumba Gold <b>Trip - Wellfield Botanic Gardens</b>	27 9:30am - Line Dancing <b>10am - Wild Edible Plants Talk and Outdoor Walk</b> 10am - Walking Club 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:15pm - Bingocize
30 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg	31 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Bingo 12:45pm - Mah Jongg 2:15pm - Bingocize	 <div>Bridge is also played on Sundays at 5 p.m.at the Rivers Enrichment Center in Three Rivers.</div> <div>Duplicate Bridge is played on Thursday at 7 p.m. at the Oaks Enrichment Center in Sturgis.</div> <div>Any COA member is welcome to participate.</div>		

AUGUST Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9am - NEW! Yoga & Walking Combo 10am - NEW! Breath, Mindfulness & Meditation 11am - Arthritis Exercise 12:30pm - Bingo 12:30pm - Pinochle	3 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club Project Connect at Centreville Fairgrounds	4 11am - Arthritis Exercise 1pm - Cardio Drumming 1pm - Euchre	5 9am - Fit After Sixty 10am - Line Dancing 12:30pm - Root Beer Floats! 12:30pm - Bingo 1pm - Hand & Foot 7pm - Duplicate Bridge	6 11am - Walking Club 1pm - Cardio Drumming
9 9am - NEW! Yoga & Walking Combo 10am - NEW! Breath, Mindfulness & Meditation 11am - Arthritis Exercise 12:30pm - Bingo 12:30pm - Pinochle	10 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club Trip - Firekeepers Casino	11 SUMMER PICNIC! It's a Blueberry Bash Covered Bridge Farm 10:30am - 2:30pm Centers are Open - No Lunch or Activities	12 9am - Fit After Sixty 10am - Line Dancing 11:30am - Veterans Affairs 12:30pm - Bingo 1pm - Hand & Foot 2pm - Alzheimer's Assoc. Caregiver Support Group 7pm - Duplicate Bridge	13 11am - Walking Club 1pm - Cardio Drumming
16 9am - NEW! Yoga & Walking Combo 10am - NEW! Breath, Mindfulness & Meditation 10am - Painting with Pat 11am - Arthritis Exercise 12:30pm - Bingo 12:30pm - Pinochle	17 9:30am - Foot Doctor 9am - Fit After Sixty 10am - Pizza and Paint 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club P.A.C. Meeting in August is Cancelled 5pm - Open Mic Night with the Balk Brothers	18 11am - Arthritis Exercise 1pm - Cardio Drumming 1pm - Euchre 1:30pm - COA Advisory Board Meeting in TR	19 9am - Fit After Sixty 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 3pm - Book Club 6pm - Kinship Care Support Group Meeting 7pm - Duplicate Bridge	20 10am - Nature Walk at Meyer Broadway Park in TR; Lunch afterwards at Main Street Café 11am - Walking Club 1pm - Cardio Drumming Electric Parade in Downtown Sturgis
23 9am - NEW! Yoga & Walking Combo 10am - NEW! Breath, Mindfulness & Meditation 10am - Painting with Pat 11am - Arthritis Exercise 12:30pm - Bingo 12:30pm - Pinochle	24 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club	25 10am - Granma's Greetings 11am - Arthritis Exercise 1pm - Cardio Drumming 1pm - Euchre	26 9am - Fit After Sixty 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 7pm - Duplicate Bridge Trip - Wellfield Botanic Gardens	27 11am - Walking Club 1pm - Cardio Drumming
30 9am - NEW! Yoga & Walking Combo 10am - NEW! Breath, Mindfulness & Meditation 11am - Arthritis Exercise 12:30pm - Bingo 12:30pm - Pinochle	31 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club			



Meals on Wheels & To-Go Menu

AUGUST 2021

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DATE	HOME DELIVERED MENU ENTRÉE	CONGREGATE/TO-GO MENU
Monday, August 2	Beef Patty & Onion Gravy, Redskin Potatoes, Broccoli	Ham & Swiss Sandwich, Cole Slaw, Baked Beans, Fruit
Tuesday, August 3	Rosemary Chicken, Lima Beans, Spring Vegetables	Chef Salad Bowl, Muffin, Fruit
Wednesday, August 4	Macaroni & Cheese, Green Peas, Carrots	Turkey & Cheddar Wrap, Veggies & Dip, Fruit, Chips
Thursday, August 5	BBQ Pork Patty, Redskin Potatoes, Corn	Avocado Chicken Ranch Salad Bowl, Fruit, Roll
Friday, August 6	Breakfast Scramble, Asparagus, Hash Browns	Tuna Pasta Salad, Sweet & Sour Coleslaw, Black Bean Salad
Monday, August 9	Creamy Country Fried Steak, Redskin Potatoes, Mixed Veggies	Roast Beef & Swiss Sandwich, German Potato Salad, Coleslaw
Tuesday, August 10	Breaded Fish with Alfredo Spinach Sauce, Sweet Potatoes	Blueberry Bliss Salad Bowl, Fruit, Roll
Wednesday, August 11	Chicken & Mushroom Rice, Stewed Tomatoes, Peas & Carrots	Ham & Cheddar Sliders, Black Bean & Corn Salad, Creamy Cukes
Thursday, August 12	Beef Patty, Carrots, Brussels Sprouts	Chicken Caesar Salad Bowl, Breadstick, Fruit
Friday, August 13	Smoked Sausage Link & Beans, Redskin Potatoes, Veggies	Turkey Bacon Wrap, Marinated Vegetables, Broccoli Salad
Monday, August 16	Cacciatore Chicken Tenders, Asparagus, Redskin Potatoes	Turkey & Cheddar Sandwich, Potato Salad, Baked Beans
Tuesday, August 17	Pork & Zesty Orange Rice, Peas, Carrots	Chicken BLT Club Salad Bowl, Muffin, Fruit
Wednesday, August 18	Pepper & Beef Patty with Gravy, Spinach, Sweet Potatoes	Egg Salad Croissant, Tomato Salad, Creamy Cucumbers
Thursday, August 19	Chicken & Dressing, Three Seasons Blend, Spring Veggies	Cobb Salad Bowl, Fruit, Roll
Friday, August 20	Cheese Pizza, Mixed Veggies, Bean Blend	Italian Sub, Marinated Vegetables, Coleslaw
Monday, August 23	Spinach Lasagna, Autumn Blend Veggies, Butternut Squash	Chicken Salad Croissant, Coleslaw, Carrot Raisin Salad
Tuesday, August 24	New Orleans Chicken & Rice, Veggies, Sweet Potatoes	Savory Spinach Bowl Salad, Breadstick, Fruit
Wednesday, August 25	Meatballs on Rice and Gravy, Stewed Tomatoes, Peas & Carrots	Ham Salad Sandwich, Kidney Bean & Pea Salad
Thursday, August 26	Breaded Fish with Coconut Curry Rice, Butternut Squash	Chef Salad Bowl, Muffin, Fruit
Friday, August 27	Sausage, Egg and Cheese Burrito with Salsa, Hash Browns	Turkey & Cheddar Wrap, Veggies & Dip, Fruit, Chips
Monday, August 30	Beef Strips with Orange Rice & Veggies, Corn, Broccoli	Cottage Cheese, Tomato Wedges, Tossed Salad, Fruit
Tuesday, August 31	Three Cheese Ravioli & Spinach Alfredo, Mixed Veggies, Cauliflower	Chicken Backyard BBQ Salad Bowl, Fruit, Muffin

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

Call the COA 24 hours in advance to reserve your 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 is served at Noon  
or can be picked up  
between 11:30-12:30

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

Klines Resort  
269-279-8083  
22260 Klines Resort Road  
Lunch is served at Noon  
on Fridays only.  
Reservations are required.



**2021 Summer Olympics are in Tokyo!**

As we root for Team USA to win lots of medals, we'll be serving a popular Japanese dessert called Castella Cake at our centers on Wednesday, August 4. Find out what Castella Cake is made with and other fun facts about Tokyo and the Olympics.

The Olympics are on NBC and end August 8.



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