



# *The Senior Connection*

July 2021  
**VOLUME 7**  
**ISSUE 7**

*St. Joseph County Commission on Aging Newsletter*



*We sure had a fun  
time at the Oaks  
Enrichment  
Center's outdoor  
concert in May!*



**St. Joseph County**  
**Commission on Aging**

**Rivers Enrichment Center**  
**& Residence**

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

**Oaks Enrichment Center**

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

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

**The COA 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...***

I think July will prove to be one of the most exciting months here at the COA since I joined the team in January of this year. We are finally opening for congregate meals, and I am really looking forward to welcoming our members back for lunches in the centers Monday through Friday beginning Tuesday, July 6.

A few things to keep in mind: You must sign up for lunch 24 hours in advance and you can do that by calling the COA at 279-8083, signing up at the reception desk, or on-line on our website: [www.sjccoa.com](http://www.sjccoa.com)

There will not be hot meals offered at this time. Lunches will be primarily sandwiches and salads - the full menu is on Page 11 and our Nutrition Team has done a great job developing some delicious options. Because of this, no walk-ins will be accepted. For those that would still like a lunch to-go, that option is available. Please make sure you let the staff know whether you are dining in or taking it to-go.

It's not quite where we were 18 months ago, but it sure is great news that we can once again gather together for a meal.

Besides the congregate meals starting up again, I am also thrilled to announce that THE annual summer picnic is BACK! (See below for more details). We also are offering our first trip, which is also very good news. We are staying close to home with dinner at Prairie Lake Tavern in Sturgis and then a pontoon boat ride afterwards. That sounds like a lovely way to spend a summer afternoon and evening.

The pontoon boat is limited to how many people it can hold, but do not worry if the trip fills up - we will offer it again if there is enough interest.

Finally, if you don't want to go on a pontoon boat ride, our Life Enrichment Team will be going on a nature walk at Timm Preserve in July and then over to Yoder's for lunch afterwards. That sounds fun, too.

While things are going to be different, they are slowly but surely getting back to a new normal. That is good news. On behalf of the entire COA team, I want to thank all our members for their patience and support during this past year and a half. If I have learned one thing since I started working here, it's that our members are pretty awesome and I can't wait to see more of you at our centers in July.



## **Mark Your Calendar!**

**The Annual Summer Picnic is BACK!!!**

**We are having a Blueberry Bash at the Covered Bridge Farm on Wednesday, August 11.**

**We are announcing it in the July newsletter because the cutoff to sign up is Tuesday, August 3.**

**Tickets are \$5.00 per person and will be on sale beginning Tuesday, July 6.**

**It's going to be a fun day, so sign up early. We will provide transportation on the COA bus from both our centers. Please let us know if you would like to ride the bus to the Covered Bridge Farm when you purchase your ticket to the Picnic.**

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

Tuesday, July 20 - 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 IIIC
- ♦ St. Joseph County Senior Millage
- ♦ Older Americans Act
- ♦ Older Michiganians Act
- ♦ Donations

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

## **Summer Fun!**

### ***New Exercise Opportunity at the Oaks Enrichment Center***

**9am-10am**

**NEW! Yoga & Walking Combo with Cynthia Hoss**

Get your juices flowing in this Monday morning class! Beginning your week with movements to lubricate your joints and increase your circulation to prepare the 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!

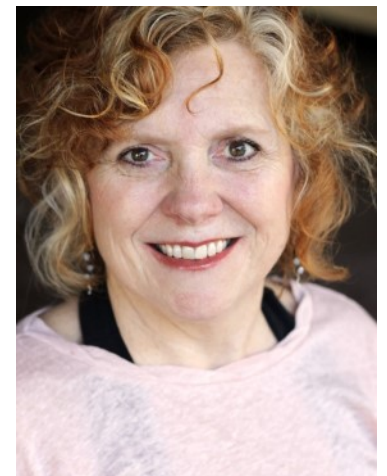
**10am-11am**

**NEW! Breath, Mindfulness, & Meditation with Cynthia Hoss**

Join us this Monday morning with 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 the many benefits of diaphragmatic breathing and what research is saying about it. You might like to pair this class with the yoga and walking.

THE CLASSES WILL BEGIN ON MONDAY, JULY 12

Cynthia Hoss, LMT, E-RYT 500, AYS, is a retired master bodyworker of 30 years with specialized training in Therapeutic Massage, Myofascial Release, and Ayurvedic Massage. She also holds certifications in Advanced Kripalu Yoga, Phoenix Rising Yoga Therapy, Yin Yoga, Restorative Yoga, and is an Ayurvedic Yoga Specialist trained by the Kripalu School of Ayurveda. Cynthia has been studying and teaching yoga and meditation for over 20 years. She also founded and co-owned Awake and Aware, a yoga and bodywork studio in Kalamazoo from 2004 to 2014, before merging with Down Dog Yoga Center in 2014 where she still teaches. Cynthia's intuition and strong multidisciplinary background in holistic health add a rich flavor to all of her offerings. In 2017 Cynthia moved with her husband, Mike, and chocolate lab, Jazmyn, from Kalamazoo to the Fawn River where they all enjoy life on the water! Her hobbies include: kayaking (of course), biking, hiking, gardening, and holistic living.



## **Thank You to Our Generous Donors!**



A big thank you to Home Depot for donating all the supplies to build three garden boxes at our Rivers Enrichment Center. They also donated a water hose and wand. Thank you to the Herschleb and Wolkins families for donating soil for the garden boxes and appreciation to Monte Kern for donating a water tank.

Also, we want to thank Angela Shotwell and her team at Bayer. Angela and two other Bayer employees came and set out beautiful planters and planted flowers near the front entrance at the Rivers Enrichment Center, all of which was donated by Bayer.

We are so grateful to have the support of community businesses and organizations to brighten the lives of older adults living in St. Joseph County!





## Please Welcome New Faces at the COA



Diana Hile

We have hired Diana Hile as our Receptionist/Meal Site Coordinator for the Oaks Enrichment Center. Diana, a Sturgis resident, has many years of experience working in pharmacy as well as the hearing health care profession. She is excited to begin a new chapter with the COA. "I have always been committed to helping seniors live a better life."



Joy Kleczynski

We have hired a new In-Home Aide. Please welcome Joy Kleczynski. We are looking to hire more aides, so if you know of anyone interested in being an aide, please tell them to consider applying at the COA.

In Three Rivers, we will have a new face at our front desk as Sue Sleeper will join Ann Happel, sharing the receptionist duties and both working part-time.



Sue Sleeper

Finally, a familiar face will be back at the COA as Pat Hagadorn will return as a Meal Site Coordinator. This time, Pat will be at the Rivers Enrichment Center, but many of you may remember her from her time at the Oaks Enrichment Center.

Welcome back Pat!



Pat Hagadorn

To learn more about any jobs at the COA, please visit our website at [www.sjcco.co](http://www.sjcco.co)



### We Love Our Volunteers!

*Thank you Bayer for donating flowers and pots to help brighten up the front entrance of the Rivers Enrichment Center & Residence.*

*It turned out great!*

## Summer Outings!

Our first trip is on the books and it sounds like a lot of fun! We are going to have dinner at Prairie Lake Tavern followed by a guided pontoon ride at Amigo Centre.

**WHEN: Thursday, July 22**

Bus will depart from Sturgis at 4 p.m. and from Three Rivers at 4:30 p.m. Dinner will be at 5 p.m. with the pontoon ride at 7 p.m. Plan to be back to Three Rivers around 8:45 p.m. and to Sturgis at 9:15-9:30 p.m.

Cost: \$9 per person/Dinner is on your own

## Explore the Timm Preserve!

Alex and Ruth are going on a Nature Walk at the Timm Preserve.

**WHEN:**

**Friday, July 9 at 10 a.m.**

This is a leisurely 3-mile walk, but it is 3 miles so please keep that in mind when you sign up. Bring some water, sunscreen and bug spray!



If you have not explored the Timm Preserve, you are in for a treat. Join us for lunch afterwards at Yoder's in Centreville. Don't forget - you can purchase a COA Restaurant Ticket to use for your lunch.

Please sign up for this no later than Noon on Thursday, July 8 so we can let Yoder's know how many to expect for lunch.

*Tell Us What You Think!*

*Do you have an idea for a trip? We have suggestion boxes at both our centers and we would love to hear from you! If you know of a place that you think our members would like to visit, please let us know.*



## Make This Whimsical Suncatcher!

This charming suncatcher will look so pretty in your window! Come to the COA and we will show you how to make one.

WHEN: Tuesday, July 13 at 10 a.m. in Three Rivers  
Thursday, July 15 at 10 a.m. in Sturgis



## Painting with Pat

5

The COA's favorite local artist is back and offering classes in July, August and September.

In July, she will teach you how to paint this stunning bird and flower combination. The classes are \$15 each session and will take place on Monday, July 19th and July 26th from 10 a.m. to Noon at the Oaks Enrichment Center in Sturgis.

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.

## Donations Needed!

We are looking for terra cotta pots and plates for a future craft. If you have some laying around the house that you don't want anymore, or would like to purchase some and donate them to the COA, we would greatly appreciate it. Any size pots and plates are welcome!



*Thank you Torrey Brown for coming to the COA in Three Rivers last month to speak about the history of Juneteenth, which commemorates the end of slavery.*

*COA members enjoyed Torrey's discussion, while enjoying a picnic lunch.*

*Juneteenth is now a federal holiday and is celebrated on June 19th.*

## Travel Around the World with Bob and Lori Brothers



Come hear about Bob and Lori's amazing experiences traveling around the world on their sailboat.

The couple will share photos and stories of this once-in-a-lifetime venture.

**Wednesday, July 14 in Sturgis at 2 pm**

**Wednesday, July 21 in Three Rivers at 2 pm**

Light refreshments will be served.

## 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, July 21

Oaks Enrichment Center - Wednesday, July 28

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

JULY Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>SCHEDULE CHANGE!</div> <div>CARDIO DRUMMING IS FROM 9:30 AM TO 10:15 AM</div> <div>ON TUESDAYS AND THURSDAYS</div> <div>ARTHRITIS EXERCISE IS 10:30 AM TO 11:30 AM</div> <div>ON TUESDAYS AND THURSDAYS</div>			1 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Bridge 1pm - Chair Yoga 2pm - Zumba Gold	2 9:30am - Line Dancing 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize
5 <div>CLOSED FOR THE HOLIDAY</div> <div>HAPPY FOURTH OF JULY!</div>	6 9:00am - <b>Foot Doctor</b> 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Bingo 1pm - Mahjong 2:15pm - Bingocize 6pm - <b>Alzheimer's Assoc. Caregiver Support Group</b>	7 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - In Stitches Club	8 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	9 9:30am - Line Dancing <b>10am - Nature Walk at Timm Preserve</b> 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize
12 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Bunco 2pm - Zumba Gold	13 9am - Beltone Hearing 9:30am - Cardio Drumming <b>10am - Suncatcher Craft</b> 10:30am - Arthritis Exercise 1pm - Bingo 1pm - Mahjong 2:15pm - Bingocize	14 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - In Stitches Club	15 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mahjong 6pm - Kinship Care Support Group Meeting	16 9:30am - Line Dancing 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize
19 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	20 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Bingo 1pm - Mahjong 2:15pm - Bingocize	21 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 Sturgis</b> <b>2pm - Travel Talk with Bob and Lori Brothers</b>	22 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 2pm - Zumba Gold 2pm - Learn How to Play Mahjong <b>Trip - Dinner and Pontoon Boat Ride</b>	23 9:30am - Line Dancing 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - Bingo 2:15pm - Bingocize
26 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	27 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Bingo 1pm - Mahjong 2:15pm - Bingocize	28 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - In Stitches Club	29 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Bridge 1pm - Chair Yoga 2pm - Zumba Gold 2pm - Learn How to Play Mahjong	30 9:30am - Line Dancing 10am - Walking Club 11am - S.A.I.L. Exercise <b>12:30pm - Bingo @ Klines</b> 1pm - Bingo 2:15pm - Bingocize

JULY Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 9am - Fit After Sixty 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot	<b>2</b> 8:30am - Pinochle 11am - Walking Club 1pm - Cardio Drumming
<b>5</b>  <b>CLOSED FOR THE HOLIDAY</b>  <b>HAPPY FOURTH OF JULY!</b>	<b>6</b> 8:30am - Pinochle 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club	<b>7</b> 11am - Arthritis Exercise 1pm - Cardio Drumming 1pm - Euchre	<b>8</b> 9am - Fit After Sixty 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot <b>2pm - Alzheimer's Assoc. Caregiver Support Group</b>	<b>9</b> 8:30am - Pinochle <b>10am - Nature Walk at Timm Preserve</b> 11am - Walking Club 1pm - Cardio Drumming
<b>12</b> <b>9am - NEW! Yoga &amp; Walking Combo</b> <b>10am - NEW! Breath, Mindfulness &amp; Meditation</b> 11am - Arthritis Exercise 12:30pm - Bingo	<b>13</b> 8:30am - Pinochle 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club	<b>14</b> 11am - Arthritis Exercise 1pm - Cardio Drumming 1pm - Euchre <b>2pm - Travel Talk with Bob and Lori Brothers</b>	<b>15</b> 9am - Fit After Sixty <b>10am - Suncatcher Craft</b> 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot <b>3pm - Book Club</b>  <b>6pm - Kinship Care Support Group Meeting</b>	<b>16</b> 8:30am - Pinochle 11am - Walking Club 1pm - Cardio Drumming
<b>19</b> <b>9am - NEW! Yoga &amp; Walking Combo</b> <b>10am - NEW! Breath, Mindfulness &amp; Meditation</b> <b>10am - Painting with Pat</b> 11am - Arthritis Exercise 12:30pm - Bingo	<b>20</b> 8:30am - Pinochle 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club <b>11am - Project Advisory Council Meeting</b>	<b>21</b> 11am - Arthritis Exercise 1pm - Cardio Drumming 1pm - Euchre <b>1:30pm - COA Advisory Board Meeting</b>	<b>22</b> 9am - Fit After Sixty NO LINE DANCING 12:30pm - Bingo 1pm - Hand & Foot <b>Trip - Dinner and Pontoon Boat Ride</b>	<b>23</b> 8:30am - Pinochle 11am - Walking Club 1pm - Cardio Drumming
<b>26</b> <b>9am - NEW! Yoga &amp; Walking Combo</b> <b>10am - NEW! Breath, Mindfulness &amp; Meditation</b> <b>10am - Painting with Pat</b> 11am - Arthritis Exercise 12:30pm - Bingo	<b>27</b> 8:30am - Pinochle 9am - Fit After Sixty 10am - Zumba Gold 11am - Chair Yoga 11am - Walking Club	<b>28</b> 10am - Granma's Greetings 11am - Arthritis Exercise 1pm - Cardio Drumming 1pm - Euchre	<b>29</b> 9am - Fit After Sixty NO LINE DANCING 12:30pm - Bingo 1pm - Hand & Foot	<b>30</b> 8:30am - Pinochle 11am - Walking Club 1pm - Cardio Drumming



*You can find a description of each exercise class 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.

### **Tuesday**

Cardio Drumming at 9:30 a.m.  
Arthritis Exercise at 10:30 a.m.  
Bingocize at 2:15 p.m.

### **Wednesday**

Walking Club at 10 a.m.  
S.A.I.L. Exercise at 11 a.m.

### **Thursday**

Cardio Drumming at 9:30 a.m.  
Arthritis Exercise at 10:30 a.m.  
Chair Yoga at 1 p.m.  
Zumba Gold at 2 p.m.

### **Friday**

Line Dancing at 9:30 a.m.  
Walking Club at 10 a.m.  
S.A.I.L. Exercise at 11 a.m.  
Bingocize at 2:15 p.m.

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

### **Monday**

**9am - NEW! Yoga & Walking Combo**  
**10am - NEW! Breath, Mindfulness & Meditation**  
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



# PLEASE SIGN UP FOR A VERY SPECIAL PAINT & PIZZA PARTY IN AUGUST

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.

We will announce this again in the August newsletter but we wanted to tell you about it now, so you can share with friends and make plans to attend.

Just think how cool it would be to have a wall of 50 to 60 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 both 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:**           **10 a.m. - 1 p.m.**

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



## Card Groups Beginning in July

Exciting news! Members who like to play card games can now do so at both our centers.

We will be offering Bridge at the Rivers Enrichment Center on Monday and Thursday afternoons from 1 p.m. to 4 p.m. and on Sunday evenings at 5 p.m. All are welcome.

We also hope to offer Duplicate Bridge at the Oaks Enrichment Center on Thursday evenings at 7 p.m. When the newsletter went to print, this was not confirmed, so please call the COA for more information.

For those interested in playing Pinochle or Euchre please check the COA calendar on Pages 7. We offer both of those card groups at the Oaks Enrichment Center. Bunco is played at the Rivers Enrichment Center on the second Monday of each month at 1pm.

### NEW!

Advanced Mahjong and Learn How to Play Mahjong will be offered at the Rivers Enrichment Center.

Mahjong is a tile-based game that was developed in the 19th century in China. It is commonly played with four players and uses a set of 144 tiles based on Chinese characters and symbols. Mahjong is a game of skill, strategy and luck.

If you know how to play, there will be an Advanced Mahjong Group that will meet on Tuesdays at 1 p.m. If you don't know how to play and would like to learn, we will be offering **Instructional Mahjong on Thursdays from 2 p.m. to 4 p.m. on July 8, 15, 22 and 29.**



*Thanks to our parade walkers at the Three Rivers Water Festival!*

# COA ACTIVITIES

## SERVICES

### Foot Doctor

Rivers Enrichment Center

**Tuesday, July 6**

**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.**

### *Beltone Hearing is Back!*

If you are in need of a hearing screening, Beltone Hearing will be at the COA in Three Rivers on Tuesday, July 13 from 9 a.m. to Noon.

Please call the COA to make an appointment.

Beltone will be at the COA in Three Rivers on the following dates: July 13, September 14, November 9.

If you are in the Sturgis area and are in need a hearing screening, please call the COA and we will assist you.



## SUPPORT

### Alzheimer’s Association Caregiver Support Group

In-person meetings are starting back up in July! The support group meets on the first Tuesday of each month in Three Rivers and the second Thursday of each month in Sturgis.

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

**Support Group Meeting: Oaks Enrichment Center - Thursday, July 8 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.

This group meets on the third Thursday of the month at 6:00 pm. **The meeting will take place Thursday, July 15 at a local park with a picnic box dinner provided. Please call the group leader Clark Fries at (269) 858-5704 to find out where the meeting will be held and to let him know how many will be attending.**

## 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 Henna Artist* by Alka Joshi. The book will be discussed on Thursday, July 8 at Noon. A box lunch will be provided.

Please call Ruth Mancina at 279-8083 or email her at [rmancina@sjcco.com](mailto:rmancina@sjcco.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 Crying Tree* by Naseem Rakha. Please stop by the Sturgis Library to obtain a copy of the book. The group is scheduled to meet on Thursday, July 15 at 3 p.m. at the Oaks Enrichment Center in Sturgis.

Questions about Book Club? Contact a member of our Life Enrichment Team.



# Meals on Wheels & To-Go Menu

## JULY 2021

11

DATE	HOME DELIVERED MENU ENTRÉE	CONGREGATE/TO-GOMENU
Thursday, July 1	Pepperoni Pizza, 4 Seasons Veggies, Corn, Fruit	Chef Salad Bowl, Muffin, Fruit
Friday, July 2	Breaded Chicken Patty, Corn, Spring Veggies, Fruit	Roast Beef & Swiss Sand., Three Bean Salad, Potato Salad
Monday, July 5	CLOSED FOR HOLIDAY	CLOSED FOR HOLIDAY
Tuesday, July 6	Bruschetta Chicken, Redskin Potatoes, Autumn Veggies	Ham & Swiss Sandwich, Coleslaw, Baked Beans
Wednesday, July 7	Pizzaiola Pork, Asparagus, Carrots, Fruit	Turkey & Cheddar Wrap, Veggies & Dip, Chip, Fruit
Thursday, July 8	Chicken Tenders Over Zesty Orange Rice, Bean Blend, Veggies	Avocado Chicken Ranch Salad Bowl, Fruit, Roll
Friday, July 9	Chipotle Meatloaf, Redskin Potatoes, Green Beans, Fruit	Pasta with Tuna, Coleslaw, Black Bean and Corn Salad
Monday, July 12	Creamy Chicken & Waffle, Autumn Blend Veggies, Squash	Roast Beef & Swiss Sandwich, German Potato Salad, Coleslaw
Tuesday, July 13	BBQ Pork Riblets, Green Pea Blend, Autumn Blend Veggies	Blueberry Bliss Salad Bowl, Fruit, Roll
Wednesday, July 14	Southwest Chicken Tenders, Sweet Potatoes, Broccoli	Ham & Cheddar Sliders, Black Bean & Corn Salad
Thursday, July 15	Cheese Omelet & Salsa, Broccoli, Hash Browns, Fruit	Chicken Caesar Salad Bowl, Breadstick, Fruit
Friday, July 16	Meatballs & Alfredo Pasta, Corn with Peppers, Green Beans	Turkey Bacon Wrap, Marinated Vegetables, Broccoli Salad
Monday, July 19	Pork Patty & Mushroom Gravy, Sweet Potatoes, Green Beans	Turkey & Cheddar Sandwich, Potato Salad, Baked Beans
Tuesday, July 20	Chicken Parmesan, Redskin Potatoes, Mixed Veggies, Fruit	Chicken BLT Club Salad Bowl, Muffin, Fruit
Wednesday, July 21	Beef Patty over Cheesy Chipotle Rice, Corn, Broccoli	Egg Salad Croissant, Tomato Salad, Creamy Cucumbers
Thursday, July 22	Breaded Fish Wedge, Autumn Veggies, Butternut Squash	Cobb Salad Bowl, Fruit, Roll
Friday, July 23	White Gravy over Sausage & Biscuit, Cinn. Apples, Hash Browns	Italian Sub, Marinated Vegetables, Coleslaw
Monday, July 26	Meatballs over Egg Noodles & Pizzaiola Sauce, Green Beans	Chicken Salad Croissant, Coleslaw, Carrot Raisin Salad
Friday, June 25	Fried Egg Patties, Asparagus, Sweet Potatoes	Savory Spinach Bowl Salad, Breadstick, Fruit
Monday, June 28	Chicken with Brown Rice & Teriyaki Sauce, Brussels Sprouts	Ham Salad Sandwich, Kidney Bean & Pea Salad
Tuesday, June 29	Homestyle Meatloaf, Redskin Potatoes, Winter Vegetables	Chef Salad Bowl, Muffin, Fruit
Wednesday, June 30	Three Layer Spinach Lasagna, Autumn Blend Vegetables	Turkey & Cheddar Wrap, Veggies & Dip, Fruit, Chips

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

Call the COA 48 hours in advance to reserve your to-go lunch at Three Rivers or Sturgis.  
 You can also make a reservation on our website at [www.sjccoa.com](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**



CONGREGATE MEALS TO  
BEGIN JULY 6!

Look inside this newsletter  
for all the details.



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