



The Senior Connection

September 2021

VOLUME 9

ISSUE 7

St. Joseph County Commission on Aging Newsletter

It's National Senior Center Month!



St. Joseph County
Commission on Aging

Rivers Enrichment Center
& Residence

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

Oaks Enrichment Center

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

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

WE WILL BE CLOSED
FOR LABOR DAY
Monday, Sept. 6

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



From the Executive Director...

September is National Senior Center Month and I am thrilled at how many fun activities and programs our team has put together for you to enjoy. I guess I could be biased, but I am pretty sure that we have two of the best enrichment centers in the state of Michigan.

We have other exciting news that I am eager to share with all of you.

We started serving hot meals at our centers on August 30 and I know that many of our members are thrilled to hear that. We are fortunate to have an awesome team in our kitchen. Our cook, Angie Skeen, does an amazing job making sure hundreds of older adults receive a nutritious meal each day. And Serena Wolf keeps track of the meals going out to our Meals on Wheels clients working with our fabulous team of drivers. There was minimal disruption of service after that terrible storm on August 11, and I am very proud of the work the entire team did those few days after the storm.

A few things to remember: Reservations for lunch at the centers or to-go meals must be made by Noon 24 hours in advance. We are still offering lunches at the centers and to-go and the hot meal is the only option we are offering at this time. The menu is on Page 15.

September is also an exciting month because of the St. Joseph County Grange Fair. We once again are giving away 100 free tickets to the fair and we will be in the Community Tent on Wednesday, September 22 for Senior Day. See the story below for details - I hope many of you can participate.

Finally, we have three new board members who were selected to serve on the COA Advisory Board. We received several fantastic applicants, making the decision very difficult. Please welcome Pat Dane, Clayton Lyczynski II, and Brittney Buscher to our Board. All three are involved in the community, and we are grateful for their desire to serve and improve the lives of older adults living in St. Joseph County.

Pam



Fun at the Fair

We hope to see many of you stop by the St. Joseph County Grange Fair, which will take place this year from September 19-25. We *especially* want to see you on Senior Day, which is Wednesday, September 22. We will be under the Community Tent from Noon to 2:30 p.m. and we hope you can stay for lunch, a Zumba Gold Demonstration, followed by a COA Advisory Board meeting.

If you would like to receive lunch, which will be a boxed meal from Yoder's in Centreville, you **MUST SIGN UP NO LATER THAN WEDNESDAY, SEPTEMBER 15.**

We also are giving away 100 fair tickets. We will start giving them away on Monday, September 13 at each of our centers. You must stop by in person to receive a free fair ticket and only one per person. Please do not ask to receive a fair ticket prior to September 13.

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

September 10 - TR at 10 a.m.

September 21 - ST at 11 a.m.

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 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.

We're Celebrating at our Centers All Month Long!

The National Council on Aging (NCOA) and our National Institute of Senior Centers (NISC) celebrate National Senior Center Month every September. We couldn't let that pass by without planning some extra special fun things this month. We hope you will participate in as many programs as you can.

To get things going, we are having a fun contest where you pick up a punch card at the beginning of each week and get it punched every time you come to the center.

Turn your punch card into us by the end of the day Friday. The person with the most punches wins a prize. **MAKE SURE YOUR NAME IS ON THE PUNCH CARD.**

You must pick up a new punch card each week to participate in that week's contest.

Our official kick off to National Senior Center Month will be a Burgers and Bingo event at each of our centers. On Thursday, September 9th, sign up for lunch as we will be serving grilled burgers and all the fixings at the Oaks Enrichment Center in Sturgis. Afterwards, stay and play Bingo for FREE! The fun starts at Noon and you must sign up for lunch by Noon on Tuesday, September 7th.

We'll do it again on Friday, September 10th in Three Rivers. Again, please sign up for lunch no later than Noon on Wednesday, September 8th.

There is a ton of other fun activities planned this month, so take some time to look through this newsletter and we hope to see you at YOUR senior center very soon!



*Free Bingo in Sturgis on Thursday,
September 9 and in Three Rivers
on Friday, September 10.*

Details in the story above!

September Excursions

We're going on a boat cruise and visiting a cider mill and bakery that has a very special event planned.

Tuesday, September 14

Sightseeing on the Grand Lady Riverboat. Enjoy a beautiful sightseeing cruise along the Grand River. We will provide a boxed dinner and you can purchase beverages on the boat. Boarding begins at 5:30 p.m. with the boat departing at 6 p.m. for a two hour sightseeing cruise. A full itinerary is available at either reception desk.

Cost: \$30 per person

Saturday, September 25

We're going to VerHage's Farm Market and Bakery in Kalamazoo for their Market at the Mill. There will be local artisans, vendors, antiquarians and crafters. Free live music and great tasting treats from the farm, including apple cider, which they make on their vintage cider press that is more than 100 years old! They have an amazing store and bakery with one of the biggest pie lists in the state. Get a jump on your holiday shopping! We plan to arrive at the farm market around 10 a.m. A full itinerary is available at either reception desk.

Cost: \$6 per person



Walk the Town with Alex

Meet our Life Enrichment Coordinator, Alex Kelley, in downtown Sturgis for a fun morning exploring the Sturgis Art Walk, doing some local shopping and enjoying lunch at Bread and Butter Kitchen. Alex will meet you on Friday, September 10 at 10 a.m. behind Five Lakes Coffee, which is located at 100 W. Chicago Road. Grab a coffee or drink from the shop, if you would like. We'll stop into Open Door Gallery, grab an Art Around Town brochure and begin our journey! When we are done exploring, we'll head over to Bread and Butter Kitchen, which is located at 220 West Chicago Road. We do need to give the restaurant a count for lunch, so you must sign up by Wednesday, September 8th.



Painting with Pat

Learn how to paint this beautiful blackberry bush - pictured at right - with a painting class offered at the Oaks Enrichment Center in Sturgis.

The classes are \$15 each session and will take place on Monday, September 20th and Monday, September 27 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.



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Learn About the Ancient Health Practice of Ayurveda!

You are invited to join us for a light snack and tea as we learn more about this ancient health care and life style system called Ayurveda, a sister science with yoga. This program will be taught by Cynthia Hoss who is certified in Ayurveda. It will be helpful to have participated in the basic session to better understand all future sessions. Both sessions will take place at the Oaks Enrichment Center in Sturgis. Please call the COA and reserve your spot!

WHAT: Ayurveda 101 - Session I - Introduction to the Basics of Ayurveda
WHEN: Monday, September 27
TIME: 11:45 a.m. - 1:00 p.m.
COST: \$10

Ayurveda is broken down into two Sanskrit words - ayur (life) and veda (knowledge). It is one of the worlds oldest known medical systems and widely practiced in India and quickly spreading across the globe as an active complimentary health care practice.

Basics of Ayurveda:

The Ayurvedic system examines a person's physical constitution, emotional nature, and spiritual outlook in the context of living a healthy and satisfying life. According to the Ayurvedic philosophy, universal life force manifests as three different energies, or doshas, known as vata, pitta, and kapha.

Each of the three doshas constantly fluctuates according to your environment, your diet, the seasons, the climate, your age, and many other factors. As they move into and out of balance, the doshas can affect your health, energy level, and general mood. Ayurvedic treatment is carefully tailored to the individual. By examining a person's constitution, current symptoms, diet, and lifestyle, the physician designs a treatment to relieve symptoms as well as to develop and maintain optimal health.

It is advised that small incremental change with consistency is far more important than trying to make many changes at once.

- Begin by understanding and evaluating your basic constitution. (Prakrit)
- Understand how natures elemental energies (Vata, Pitta, Kapha) manifest in our bodies, our minds, within the seasons, within our food, and within our day to day life to either creating balance or disturbance.

WHAT: Ayurveda 101 - Session II - Ayurveda Practices for the Fall Season
WHEN: November 15
TIME: 11:45 a.m. - 1:00 p.m.
COST: \$10

- Evaluating your constitutional make up
- Evaluating your current balance and imbalance specific to the fall season.
- Daily Routines for Balance

Hot Diggity Dog!

It's Time to Renew Your Membership!!

We want all of our members to renew their COA membership. We are required to do this each year on October 1. Stop by the COA on one of the dates listed below and enjoy a fabulous lunch from The Weenie King and the COA Nutrition Department while you are here renewing your membership. Both events start at Noon and you must RSVP at least 24 hours in advance - that means by Noon the day before the lunch is served at your center!

WHEN: **Tuesday, September 28 in Three Rivers**
 Wednesday, September 29 in Sturgis



SUMMER PICNIC

A BIG thank you to everyone who helped make this event a success:

- Pat Apps
- Mike and Paula Ballard
- Mary Helen Blasius
- Carol Domanski
- Joe and Zell Dumont
- Byron and Bea Folk
- Beth Kelley
- LDK and Sons
- Betty Persons
- Brian Purser
- Red Barn Greenhouse
- Brian Sandell
- St. Joseph County Parks and Recreation
- Yoder's Country Market

Turn to Page 12 for pictures from the event!

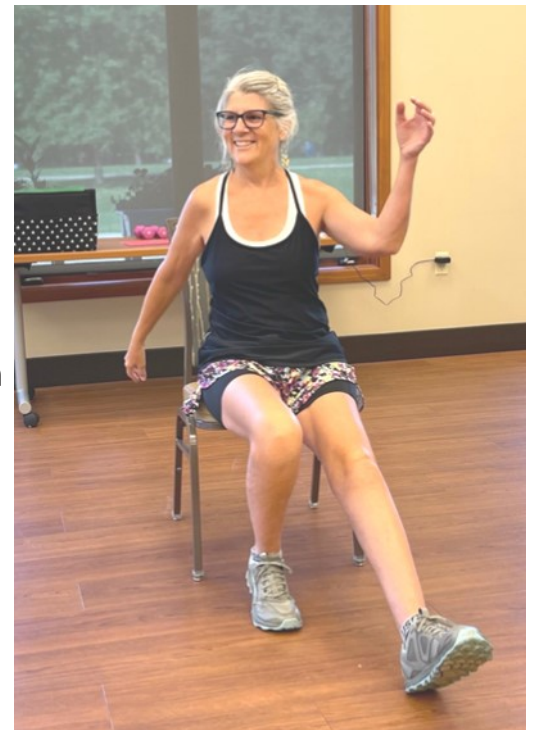
Welcome Melissa!

Melissa is our new Arthritis Exercise instructor at our Oaks Enrichment Center. Her class will be offered on Mondays and Wednesdays at 11 a.m.

Melissa is a familiar face to many of the members who have been participating in the class this summer as she has been shadowing Cathy Taylor for the past month. Melissa is certified through the Arthritis Foundation Exercise Program.

A BIG thank you to Cathy Taylor for filling in at our Sturgis EC while Melissa was completing her training - you are appreciated for all that you do for the COA and its members!

Also, please note that we have a change in our class schedule in Sturgis. Our Fit After Sixty class is on hold - look for an update in the October newsletter.



Look What We're Making This Month at the COA!

It's hard to believe that Fall is just around the corner. Sign up to make this craft at either center. Please note that at this time we are unable to offer this craft as a to-go kit. It is in-person only.

WHEN: Monday, September 13 -
Three Rivers

Thursday, September 16 -
Sturgis

TIME: 10 a.m.

COST: Donations Welcome

Please call to reserve your spot!



Granma's Greetings 7

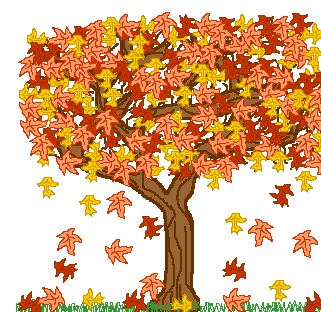
Learn How to Make Your Own Cards!

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 RSVP.

WHEN: Rivers Enrichment Center
Wednesday, September 22

Oaks Enrichment Center
Wednesday, September 29

TIME: 10:00 am - Noon



Dinner Night Out is BACK!

We're kicking things off with a hearty, catered dinner and entertainment from the Balk Brothers. The event will take place at the Oaks Enrichment Center and will feature a delicious meal with dessert.

For entertainment there will be karaoke as well as ample opportunity for dancing with your sweetie.

We'll have door prizes and 50/50 tickets for sale.

Hope to see you there!

WHEN: Wednesday, September 15

COST: \$15.00 per person

TIME: 5 p.m.

Tickets must be purchased by Wednesday, September 8

Celebrate Your Senior Center!

In August many of you participated in a painting project of small canvases that we are going to display at our centers. Thank you to Pat Asbury for her help in making this project a reality. The canvases look amazing! You are invited to stop by for an unveiling of our Gallery Wall of Art by COA Members.

We will have punch and cookies and admire everyone's artistic abilities.

WHEN: Thursday, September 16th at 2 p.m. in Sturgis
Tuesday, September 21st at 2 p.m. in Three Rivers

MARK YOUR CALENDAR!

Friday, October 8 we will welcome Honey Creek Band to the Oaks Enrichment Center in Sturgis with Brewhouse BBQ Food Truck. The fun starts at 5 p.m. and all are welcome!!!

More details in the October newsletter.

Foot DoctorRivers Enrichment Center**Tuesday, September 7
(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.

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.

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
(11:30am - 1 pm)****Rivers Enrichment Center in Three River****Fourth Tuesday of Each Month
(11:30am - 1 pm)****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, Sept. 24, 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 first Tuesday of each month in Three Rivers.

Support Group Meeting: Rivers Enrichment Center - Tuesday, September 7 at 6 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, September 16. The location will be determined in early September. Please call COA Marketing Manager Ruth Mancina at 279-8083 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: Wednesdays & Fridays
(11am)

Instructor: Melissa Wilson

Three Rivers: Tuesdays & Thursdays
(10:30am)

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
(9:30am)

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 - ON HOLD

See October Newsletter for Update

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
(1pm)

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: Richard Leeth

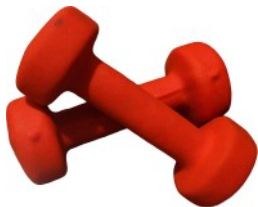
S.A.I.L. (Stay Active and Independent for Life)

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

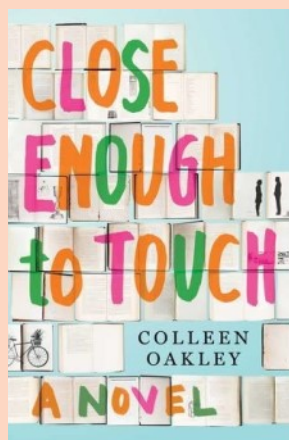
The Three Rivers Book Club is reading *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann. The book will be discussed on Wednesday, Sept. 8

at Noon. A box lunch will be provided.

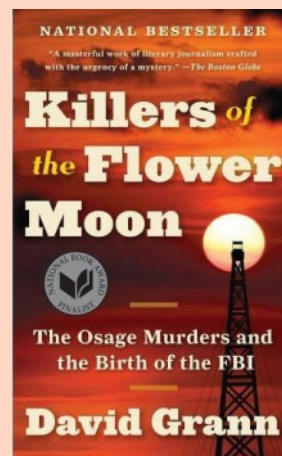
PLEASE NOTE THAT WE ARE NOW MEETING ON THE SECOND WEDNESDAY OF EACH MONTH.

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

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



Thursday, September 16 at 3 p.m. at the Oaks Enrichment Center in Sturgis.



Bingo

Klines Resort: Fridays at 12:30pm

Sturgis: Mondays & Thursdays at 12:30pm

Three Rivers: Tuesdays and Fridays at 1pm

Bridge

Sturgis: Thursdays at 7pm (Duplicate)

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

Three Rivers: Tuesdays at 1 pm **NEW!!!**

Hand and Foot

Sturgis: Thursdays at 1pm

Three Rivers: Tuesdays and Thursdays at 1 pm

Instructional Mah Jongg

Three Rivers: Mondays from 2pm - 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.

Mah Jongg

Three Rivers: Tuesdays at 12:45pm

Pinochle

Sturgis: Mondays 12:30pm - 4pm

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

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

SUMMER PICNIC 2021

*Hot & Stormy
But Tons of
Fun!*



SEPTEMBER Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bridge is played on Sundays at 5 p.m.at the Rivers Enrichment Center in Three Rivers. Duplicate Bridge is played on Thursday at 7 p.m. at the Oaks Enrichment Center		1 10am - Walking Club 11am - S.A.I.L Exercise 1pm - In Stitches Club	2 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Bridge 1pm - Hand and Foot 1pm - Chair Yoga 2pm - Zumba Gold	3 9:30am - Line Dancing 10am - Walking Club 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:15pm - Bingocize
6 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg	7 9:00am - Foot Doctor 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 1pm - Hand and Foot 1pm - Euchre - NEW! 2:15pm - Bingocize 6pm - Alzheimer’s Assoc. Caregiver Support Group	8 10am - Paint and Punch with Pat 10am - Walking Club 11am - S.A.I.L Exercise Noon - Book Club - NEW DAY! 1pm - In Stitches Club	9 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Hand and Foot 2pm - Zumba Gold	10 9:30am - Line Dancing 10am - P.A.C. Meeting 10am - Walk the Town with Alex (downtown Sturgis) 10am - Walking Club 11am - S.A.I.L. Exercise Noon - Burgers & Bingo Grilled Hamburgers Followed by FREE Bingo! 12:30pm - Bingo at Klines 2:15pm - Bingocize
13 10am - Pumpkin Craft 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Bunco 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg FAIR TICKETS AVAIL.	14 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 1pm - Hand and Foot 1pm - Euchre - NEW! 2:15pm - Bingocize Grand Lady Riverboat Trip	15 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - In Stitches Club 5pm - Dinner Night Out at the Oaks Enrichment Center	16 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Hand and Foot 2pm - Zumba Gold 6pm - Kinship Care Support Group Meeting	17 9:30am - Line Dancing 10am - Walking Club 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:15pm - Bingocize
20 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg	21 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11:30 - Veterans Affairs 1pm - Bingo 1pm - Hand and Foot 1pm - Euchre - NEW! 12:45pm - Mah Jongg 2pm - Gallery Art Reveal	22 10am - Walking Club 10am - Granma’s Greetings 11am - S.A.I.L. Exercise - CANCELLED Noon - Lunch at the Fair - NO LUNCH SERVED AT THE CENTERS 1:00 pm - COA Advisory Board Meeting at the Fair	23 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Hand and Foot 2pm - Zumba Gold	24 9:30am - Line Dancing 10am - Walking Club 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:15pm - Bingocize
27 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg	28 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 12pm - Membership Drive - Weenie King Lunch 1pm - Bingo 1pm - Hand and Foot 1pm - Euchre - NEW! 2:15pm - Bingocize	29 10am - Walking Club 11am - S.A.I.L. Exercise 1pm - In Stitches Club	30 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Hand and Foot 2pm - Zumba Gold	Trip to VerHage’s Farm Market on Saturday, September 25. Details on Page 4

SEPTEMBER Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Fit After Sixty is on hold - look for an update next month!</p> <p>We have a trip on Saturday, September 25 to VerHage’s Farm Market. Details on Page 4.</p>		<p>1</p> <p>11am - Arthritis Exercise</p> <p>1pm - Cardio Drumming</p> <p>1pm - Euchre</p>	<p>2</p> <p>10am - Paint & Punch with Pat Asbury</p> <p>10am - Line Dancing</p> <p>12:30pm - Bingo</p> <p>1pm - Hand & Foot</p> <p>7pm - Duplicate Bridge</p>	<p>3</p> <p>11am - Walking Club</p> <p>1pm - Cardio Drumming</p>
<p>6</p> <p>CLOSED FOR LABOR DAY</p>	<p>7</p> <p>10am - Zumba Gold</p> <p>11am - Chair Yoga</p> <p>11am - Walking Club</p>	<p>8</p> <p>11am - Arthritis Exercise</p> <p>1pm - Cardio Drumming</p> <p>1pm - Euchre</p>	<p>9</p> <p>10am - Line Dancing</p> <p>11:30am - Veterans Affairs</p> <p>12pm - Burgers & Bingo! Grilled Hamburgers followed by FREE Bingo</p> <p>1pm - Hand & Foot</p> <p>7pm - Duplicate Bridge</p>	<p>10</p> <p>10am - Walk the Town with Alex (Downtown Sturgis)</p> <p>11am - Walking Club</p> <p>1pm - Cardio Drumming</p>
<p>13</p> <p>9am - Yoga & Walking</p> <p>10am - Breath, Mindfulness & Meditation</p> <p>11am - Arthritis Exercise</p> <p>12:30pm - Bingo</p> <p>12:30pm - Pinochle</p> <p>FAIR TICKETS AVAILABLE</p>	<p>14</p> <p>10am - Zumba Gold</p> <p>11am - Chair Yoga</p> <p>11am - Walking Club</p> <p>Grand Lady Riverboat Trip</p>	<p>15</p> <p>11am - Arthritis Exercise</p> <p>1pm - Cardio Drumming</p> <p>1pm - Euchre</p> <p>5pm - Dinner Night Out at the Oaks Enrichment Center</p>	<p>16</p> <p>10am - Pumpkin Craft</p> <p>10am - Line Dancing</p> <p>12:30pm - Bingo</p> <p>1pm - Hand & Foot</p> <p>2pm - Gallery Art Reveal</p> <p>3pm - Book Club</p> <p>6pm - Kinship Care Support Group Meeting</p> <p>7pm - Duplicate Bridge</p>	<p>17</p> <p>11am - Walking Club</p> <p>1pm - Cardio Drumming</p>
<p>20</p> <p>9am - Yoga & Walking</p> <p>10am - Breath, Mindfulness & Meditation</p> <p>11am - Arthritis Exercise</p> <p>10am - Painting with Pat</p> <p>12:30pm - Bingo</p> <p>12:30pm - Pinochle</p>	<p>21</p> <p>10am - Zumba Gold</p> <p>11am - P.A.C. Meeting</p> <p>11am - Chair Yoga</p> <p>11am - Walking Club</p>	<p>22</p> <p>11am - Arthritis Exercise</p> <p>1pm - Cardio Drumming</p> <p>1pm - Euchre</p> <p>12pm - Lunch at the Fair (NO LUNCH SERVED AT THE CENTERS)</p> <p>1:00pm - COA Advisory Board Meeting at the Fair</p>	<p>23</p> <p>10am - Line Dancing</p> <p>12:30pm - Bingo</p> <p>1pm - Hand & Foot</p> <p>7pm - Duplicate Bridge</p>	<p>24</p> <p>11am - Walking Club</p> <p>1pm - Cardio Drumming</p>
<p>27</p> <p>9am - Yoga & Walking</p> <p>10am -Breath, Mindfulness & Meditation</p> <p>11am - Arthritis Exercise</p> <p>11:45am - Intro to Ayurveda with Cynthia</p> <p>10am - Painting with Pat</p> <p>12:30pm - Bingo</p> <p>12:30pm - Pinochle</p>	<p>28</p> <p>10am - Zumba Gold</p> <p>11am - Chair Yoga</p> <p>11am - Walking Club</p>	<p>29</p> <p>10am - Granma’s Greetings</p> <p>11am - Arthritis Exercise</p> <p>Noon - Membership Drive - Weenie King Lunch</p> <p>1pm - Cardio Drumming</p> <p>1pm - Euchre</p>	<p>30</p> <p>10am - Line Dancing</p> <p>12:30pm - Bingo</p> <p>1pm - Hand & Foot</p> <p>7pm - Duplicate Bridge</p>	<p>Mark Your Calendar!</p> <p>Honey Creek Band is coming back to the Oaks EC on Friday, October 8 with Brewhouse BBQ Food</p>

Meals on Wheels & Congregate Menu

SEPTEMBER 2021

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Wednesday, September 1

Thursday, September 2

Friday, September 3

Monday, September 6

Tuesday, September 7

Wednesday, September 8

Thursday, September 9*

Friday, September 10*

Monday, September 13

Tuesday, September 14

Wednesday, September 15

Thursday, September 16

Friday, September 17

Monday, September 20

Tuesday, September 21

Wednesday, September 22*

Thursday, September 23

Friday, September 24

Monday, September 27

Tuesday, September 28*

Wednesday, September 29*

Thursday, September 30

Beef Stroganoff over Egg Noodles, Tossed Salad, Carrots

Meatloaf, Mashed Garlic Potatoes, Peas & Pearl Onions

Fish Creole, Garden Blend Rice, Asparagus, Grapes

CLOSED FOR LABOR DAY

BBQ Chicken Thighs, Baked Beans, Spinach, Applesauce

Salisbury Steak, Potatoes O'Brien, Broccoli, Banana

Pork Chop, Red Potatoes, Zucchini & Summer Squash

Chicken & Dumplings, Broccoli, Cherry Crisp

Oven Baked Fish, Parmesan Noodles, Capri Blend Veggies

Brunswick Stew, Tossed Salad, Corn Muffin, Applesauce

Sweet & Sour Meatballs, Rice, Peas, Peach Crisp

Roast Turkey & Gravy, Red Potatoes, Creamed Spinach

Oven Fried Garden Chicken, Sweet Potato, Green Beans

Vegetable Lasagna, Mixed Veggies, Garlic Toast, Pears

Pork Chop, Sweet Potato, Green Beans, Applesauce

Beef Stew, Biscuit, Sugar Snap Peas, Blueberry Crisp

Herb Marinated Chicken Breast, Garlic Mashed Potatoes

Salisbury Steak, Cheesy Mashed Potatoes, Mixed Veggies

Veal Piccata, Stewed Tomatoes, Lemon Herb Penne Pasta

Polish Sausage, Cheese Topped Baked Potato, Asparagus

Roast Turkey & Gravy, Mashed Potatoes, Stuffing

Glazed Baked Ham, Whipped Sweet Potatoes, Veggies

PLEASE READ!

The COA is now offering hot meals. There is only one entrée offered and it is for BOTH our Meals on Wheels recipients and for those who want to eat lunch at the centers.

We are offering this meal both on-site and to-go. You must call 24 hours in advance to reserve your lunch, which means NO LATER than Noon the previous day.

***We have some special events going on in September that will affect what is served for lunch that day.**

September 9 - Sturgis Congregate Meal Site - Special Menu - Grilled Hamburgers. What's on the menu is for Meals on Wheels and Three Rivers site.

September 10 - Three Rivers Congregate Meal Site - Special Menu - Grilled Hamburgers. What's on the menu is for Meals on Wheels and Sturgis site.

September 22 - There is NO lunch served at the center or to-go. What's on the menu is for Meals on Wheels only. We are offering a boxed lunch from Yoder's at the Fair (See Story on Page 2)

September 28 - Three Rivers Congregate Meal Site - Special Menu - Weenie King. What's on the menu is for Meals on Wheels and Sturgis site.

September 29 - Sturgis Congregate Meal Site Special Menu - Weenie King will be served for lunch. What's on the menu is for Meals on Wheels and Three Rivers site.

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

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.



**Hot Meals are Now Being
Served at our Enrichment
Centers!**

Please call AT LEAST 24 hours in advance and by Noon to reserve your spot for lunch. Hot meals will be provided both on-site and to-go at this time.



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 # _____