



The Senior Connection

November 2021

VOLUME 11

ISSUE 7

St. Joseph County Commission on Aging Newsletter

HONORING ALL WHO SERVED

VETERANS
DAY

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

COA Restaurant Tickets

The suggested donation for
COA Restaurant Tickets will
increase to \$4.00 effective
January 1, 2022.

Like us on Facebook!

Follow us on
Instagram (sjccoa)
and YouTube

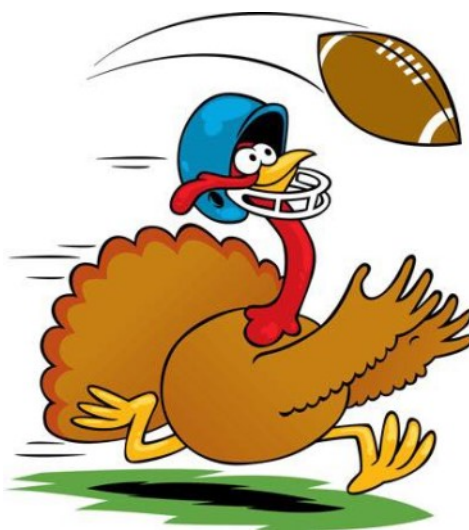


From the Executive Director...

One of the reasons I love my job is because I know we are helping some of the most vulnerable citizens in our society. At the COA we approach assisting older adults in ways that hopefully meet their physical, emotional and intellectual well-being. One way we do that is by providing help in the home with our home care aides, who perform light housekeeping chores and personal care. November is National Home Care & Hospice Month, so it is a perfect time to say thank you to them for what they do to keep our older adults safe, healthy and independent. Our aides are caring, dedicated and hard-working individuals, and I feel fortunate to have them on our team.

Another segment of our population that I carry close to my heart is veterans. November is also the month where we celebrate our veterans and thank them for what they have done to keep us safe. While we are closed on Veterans Day (Thursday, November 11), our Life Enrichment Team has two great speakers coming in to our Enrichment Centers to highlight veterans, and to help all of us remember to keep them in our hearts not just on Veterans Day but every day.

Turn to Page 5 in this newsletter to learn more about our events for Veterans Day.



We have some great trips planned this month as well as a new program called Meditative Doodling. It sounds like something that might be fun, but also relaxing. Who doesn't want that in their life?

And finally, on behalf of the entire team here at the COA, I want to wish each and every one of you a warm and peaceful Thanksgiving holiday filled with good food, love and laughter. Who knows, the Detroit Lions may even win!

Pam

NEWSLETTER SUBSCRIPTION PRICE TO INCREASE ON JANUARY 1, 2022

Please note that the price to receive the COA newsletter will increase to \$11.00 effective January 1, 2022. This covers the cost of postage for the year. If you choose not to renew your subscription, you can opt to have the newsletter emailed to you each month for free. It also is on our website (www.sjccoa.com). Newsletters are available at our centers, all restaurants that participate in our restaurant program, as well as several other locations. If you have any questions, call Marketing Manager Ruth Mancina at 269-279-8083.



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

November 23 - 11 a.m.

Oaks Enrichment Center - Sturgis

These meetings are a forum where members can discuss programs the COA offers. It's a great way to get involved in your center. All are welcome! Please note the new date for the meeting in Sturgis - it is now on the fourth Tuesday of the month.

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.

Home Care Aides

We Appreciate You!

During the month of November, the home care and hospice community honors the millions of nurses, home care aides, therapists, and social workers who make a remarkable difference for the patients and families they serve. These heroic caregivers play a central role in our health care system and in homes across the nation. To recognize their efforts, we call upon all Americans to commemorate the power of caring, both at the home and in their local communities, and ask them to join with the National Association for Home Care & Hospice (NAHC) by celebrating November as Home Care and Hospice Month.

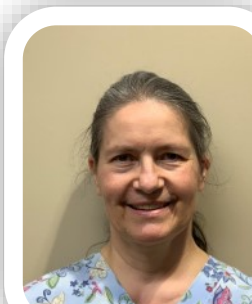
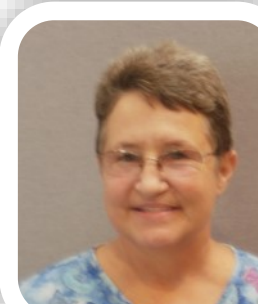
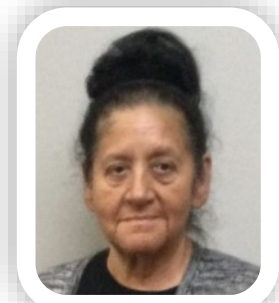
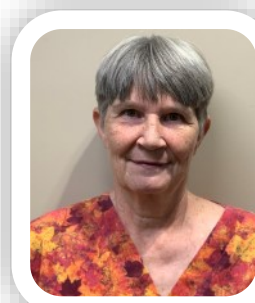
In addition, Home Care Aide Week takes place the second full week of the month, November 8-14, 2021. Join us in honoring these compassionate, tireless workers who play an invaluable role for their clients as caregivers, companions, and friends.

"We have such a dedicated team of home care aides," said Residential Services Manager Nicki Notestine. "I am especially proud of what they have done to take care of some of the most vulnerable citizens in our county - especially during the pandemic. They really do care, and they are committed to fulfilling the COA's mission of keeping older adults healthy and independent."

This is a great time to thank someone you know who provides this type of service. Without them, so many seniors would be even more vulnerable or be forced to leave their home.

And, there is a huge demand for more workers in this field. By 2024, it's projected that employment of home care aides will rise to 2.02 million jobs from 1.26 million in 2014. We need more home care aides and providers at all levels.

The COA is always looking for caring and dedicated individuals who would like to work with older adults as a home care aide. The COA offers flexible scheduling, travel reimbursement and a retention bonus. To learn more call Nicki at 279-8083 or email her nnotestine@siccoa.com



Fa La La La La...Deck the Halls at the COA!

All COA members are invited to help us decorate for the holiday season! We're going to decorate some trees, drink cocoa, eat cookies and be entertained with holiday music by COA members Shelby Wagner and Linda Rehmyer. Sounds like fun and a great way to get into the holiday spirit!

We'll start right after lunch. Sign up for lunch that day and then stay for the decorating party!

WHEN: Monday, November 29 - Three Rivers (1pm)

Tuesday, November 30 - Sturgis (1 pm)

Hope to see you there!



COA Holiday Party

Thursday, December 16th

Sturges Young Center for the Arts

10am - 2pm

Tickets go on sale Monday, November 15 and must be purchased by Monday, December 6.

Tickets are \$10 per person

Craft-A-Mania is BACK!

The COA Life Enrichment Team has decided on the crafts for this year's Craft-A-Mania. The cost is \$5.00 per person and you can sign up *beginning December 1*. It will take place from 12:30 p.m. to 4 p.m. at each center:

December 7 in Sturgis and December 8 in Three Rivers

We are looking for donations to help us with this event:

8x10 frames of any color

Christmas ornaments - bulbs only please

Buttons

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 RSVP.

PLEASE NOTE: Because of the Thanksgiving holiday, classes are being held one week earlier than they usually are.

WHEN: Rivers Enrichment Center

Wednesday, November 10

Oaks Enrichment Center

Wednesday, November 17

TIME: 10:00 am - Noon





Learn About the Ancient Health Practice of Ayurveda!

In Ayurveda, the importance of a consistent daily routine can't be underestimated. It sets the tone for your entire day bringing a sense of calm and well-being. It gives the body, mind and spirit the chance to ground and cleanse, to start fresh."...excerpt from "Elements of Ayurveda - The Daily Routine" (BanyanBotanicals.com)

Our food, what we take in through all of our senses, and our environment, all of the other factors that we take in through our senses are two of the most common factors that affect the entire body/mind by either aggravating (creating disturbance) or balancing (creating harmony).

Join Instructor Cynthia Hoss for this informative workshop on how to maintain health and strengthen immunity during the Fall and Winter months.

WHAT: Ayurveda Practices for the Fall Season
WHEN: November 15
TIME: 11:45 a.m. - 1:00 p.m.
COST: \$10 (Paid to the instructor)

Veterans Day at the COA 5

In honor of Veterans Day, the COA is offering two great presentations. The COA is closed on Thursday, November 11 so our talks will be held on Wednesday, November 10.



At the Oaks Enrichment

Center in Sturgis we are pleased to welcome Vietnam War veteran Bill Furr. Mr. Furr will share his personal experiences in Vietnam and how Sturgis honors its veterans each year.

WHEN: Wednesday, November 10 at 12:30 p.m.

At the Rivers Enrichment Center in Three Rivers we are pleased to welcome Leonard Shippy, a Civil War enthusiast and collector. Mr. Shippy will bring some of his artifacts related to the Civil War and share them and their fascinating stories with the audience.

WHEN: Wednesday, November 10 at 12:45 p.m.

Please consider signing up for lunch that day at the COA and then stay for the presentation. You must sign up by Noon on Tuesday, November 9th for lunch on the 10th.



It's time to shop for your Medicare 2022 Prescription Drug Plan or Make Changes to Current Medicare Coverage!

Save money and get the best coverage!

If you have Medicare, you can choose a new plan during Open Enrollment.
Coverage begins January 1.

Open Enrollment: October 15 - December 7

It's worth it to take the time to compare plans!

To make an appointment with a counselor please call the COA at (269) 279-8083 or the Area Agency on Aging IIIC at (517) 278-2538.



People today are becoming more health conscious. Many turn to Michigan State University Extension to find out the latest and greatest information on eating healthy, moving more, keeping food safe and reducing anger and stress – all of which have health benefits.

However, there is another way to help you lead a healthier life: have you ever heard that old saying, “Laughter is the best medicine?” Turns out it just might be truer than ever. Recently, researchers across many domains looked at the effects laughter can have on our emotional and physical health.

Come learn more about how laughter can improve your health. This is a video presentation offered by the MSU Extension Office and will be shown at both our centers in Three Rivers and Sturgis.

WHEN: Wednesday, November 17
TIME: Noon

Please sign up for lunch by Noon on November 16th if you are planning to attend this program.



MICHIGAN STATE
 UNIVERSITY
 EXTENSION

NOVEMBER TRIPS

We have two great trips planned this month. If you are interested in going on either or both, please call the COA at 279-8083 or stop by the front desk at either center. You have until Wednesday, November 3 to put your name in for our trips. One entry per household - just let us know how many from your household would like to go on the trip. We will draw for names on Thursday, November 4. If your name is selected, we will call you and you will have until Monday, November 8 to pay for your trip. Trip itineraries are available at the reception desk of either center.

Glass Art Kalamazoo

We are headed to Kalamazoo to the Glass Studio to learn how to make a fused glass suncatcher and get a demonstration on glass blowing. After that we will enjoy a late lunch/early dinner at Bilbos (known for their delicious pizza and smoked wings). The meal at Bilbos is on your own.

WHEN: Thursday, November 11 - Please note that the COA is closed that day but the trip will still take place
COST: \$32.00 per person

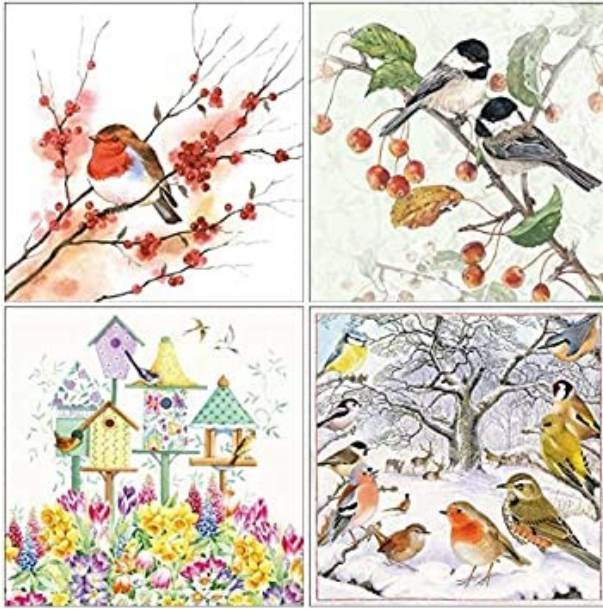


Retail Therapy

We're headed to the University Park Mall in Mishawaka to do some holiday shopping. There is time to stop at a few other places such as Target, TJ Maxx or Home Goods - it will be up to the group to decide. Prior to shopping we will stop for a delicious meal at Golden Corral, which is included in the trip price.

WHEN: Monday, November 22
COST: \$16.00

Let's Make Coasters!



Perfect for gifts or for entertaining!

Each participant will get a set of 4 coasters

WHEN: Monday, November 15 - Three Rivers

Thursday, November 18 - Sturgis

TIME: 10 a.m.

Please RSVP by calling the COA at 279-8083.

Meditative Doodling!

Something new to try at the COA

The world is a bountiful collection of colors! Whether it's the aquamarine of shallow ocean waters or the short-lived oranges of an evening sunset, hues inspire, uplift, and enhance our everyday lives. In this workshop, the Doodling Duchess (Monica Harris) will share the meditative power of doodling by connecting emotions, shapes and colors. Participants will be guided through new shape and color combinations to achieve a personal insightful work of art.

All materials will be provided. If you are interested, please sign up by calling the COA at 279-8083 or stopping by either reception desk.

WHEN:

Thursday, November 18

Three Rivers

(10:30 am - Noon)

Friday, November 19

Sturgis

(12:30 pm - 2pm)



Thank you Honey Creek for coming to perform at our Oaks Enrichment Center TWICE this year! Our members had such a good time and we hope to have you back in 2022.

Foot Doctor

Rivers Enrichment Center - Three Rivers

Tuesday, November 9 (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, 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 - Cancelled in November - COA is CLOSED (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: Legal Services of South Central Michigan
123 West Territorial Road
Battle Creek, MI 49015**

**Date/Time: Friday, November 5
9am - Noon**

If you are unable to attend, you may call the toll-free line of LSSCM at 1-800-688-3951.

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

**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, November 2 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, November 18 at the United Methodist Church (305 E. Main Street) in Centreville. Please call Clark Fries, the support group leader at (269) 858-5704.**



Arthritis Foundation Exercise

Take part in low-impact exercise for those with arthritis or related conditions. Class designed to help with mobility and both instructors are certified through the Arthritis Exercise Foundation. This class is part of our Evidence Base Disease Prevention Program.

Sturgis:
Wednesdays & Fridays at 10am - Taking it Easy!
Wednesdays & Fridays at 11 am - Ramping it Up!
Instructor: Melissa Wilson

Three Rivers: Tuesdays & Thursdays at 10:30 am
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 at 2:30pm
Instructor: Ruth Mancina

Breath, Mindfulness & Meditation

Monday morning continues with practices that open the pathways to greater health and longevity with breathing techniques and mindfulness exercises to strengthen, calm, clear, focus and relax the body/mind connection. Mindfulness is a type of meditation in which you focus on being intensely aware of what you’re sensing and feeling in that moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. You might like to pair this with our 9am Walking and Yoga Class.

Sturgis: Mondays at 10am
Instructor: Cynthia Hoss, LMT, E-RYT 500, AYS

Cardio Drumming

Cardio Drumming is 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 at 1pm
Instructor: Mary Haylett

Three Rivers: Tuesdays & Thursdays at 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 at 11 am
Instructor: Kathy Bingaman

Three Rivers: Mondays and Thursdays at 1pm
Instructor: Lynn Zeiler

Line Dancing

Line dancing presents itself as the perfect form of exercise for older people because it provides the benefits of an aerobic workout in a social environment, which is great for your mental health.

Sturgis: Thursdays at 10am
Instructor: Richard Leeth

Three Rivers: Fridays at 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: M,W, F at 11am
Instructor: Lynn Zeiler, a certified Exercise Physiologist who is licensed to teach Zumba Gold and Yoga Fit.

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 at 9 am
Instructor: Cynthia Hoss, LMT, E-RYT 500, AYS

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



EXERCISE

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 at 10am
Instructor: Kathy Bingaman

Three Rivers: Mondays and Thursdays at 2pm
Instructor: Lynn Zeiler

Weights & Mats

This class will begin with a focus on strength training appropriate for older adults, followed by stretching exercises done on the floor on mats to increase flexibility and range of motion. If you are concerned about getting on the floor, accommodations can be made.
Three Rivers: Wednesdays at 9:30am
Instructor: Cathy Taylor

FUN & GAMES/SOCIAL

Book Club

The Three Rivers Book Club is reading *The Liars Club* by Mary Karr. The book will be discussed on Wednesday, November 10 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.

The Sturgis Book Club is reading *The Silent Wife* by Kerry Fisher. Please stop by the Sturgis Library to obtain a copy of the book. The group meets Thursday, November 18 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
Sundays at 2pm (NEW TIME!)

Bunco

Three Rivers: Second Monday of Each Month

Cribbage

Three Rivers: Wednesdays at 1pm

Euchre

Sturgis: Wednesdays at 1 pm
Three Rivers: Thursdays at 1 pm

Hand and Foot

Sturgis: Thursdays at 1pm
Three Rivers: Tuesdays at 2:30pm
Thursdays at 1 pm

Mah Jongg

Three Rivers: Tuesdays at 12:45pm

We Want to Hear From YOU!

We are thinking of offering an exercise class after hours at the Oaks Enrichment Center in Sturgis. Please return this form to either reception desk.

If the COA were to offer an exercise class in the evening or on Saturday mornings would you attend? Yes No

What time slot would work best for you? Please circle one.

Tuesdays and Thursdays at 6 p.m.

Saturdays at 9 a.m., Saturdays at 10 a.m. or Saturdays at 11 a.m.

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

12 “I Have Regained My Confidence...”

COA member Lorraine Bolley shares her experience taking Chair Yoga at our Enrichment Center in Sturgis:

“In April 2021 I started taking the Chair Yoga class taught by Kathy Bingaman. At first, I felt like I had two left feet and no coordination. As the class progressed the instructor told us to think about what we wanted to accomplish for the day. She said to breathe in our intention. I first started working on the correct way to breathe. As the class progressed I was not able to cross over one leg over the other at the knee. I had to cross my feet at the ankles, which did not give me the “stretch” that I needed. Kathy said practice this in bed when you wake up. I started to practice this pose each morning when I woke up and one day I was able to do it. I showed Kathy at the next class. Since I have knee and hip implants I was amazed that I could do that at 81 years old. Chair Yoga has helped me regain strength, balance and a sense of accomplishment. I am thankful to COA for making these classes available to seniors. I have regained my confidence that I can help keep myself in better condition.”



COA instructor Kathy Bingaman (left) and COA member Lorraine Bolley.

“You’ve Gotta Keep Moving.”

COA member Betty Rutz shares the secret to living almost 100 years.

The COA offers several exercise classes and one that you might not consider exercise because it’s so much fun. Line Dancing is a great way to move your body and enjoy a higher level of socialization with other participants.

In Three Rivers, 99-year-old Betty Rutz is thrilled she is able to attend class closer to her home in St. Joseph County. She has been line dancing for years at a senior center in Cass County.

“It’s fun and we have a good time,” Betty said. “I’ve been dancing since I was a little girl. I just love it. Music is my life.”

Betty said she always looks for ways to keep active and is grateful to her friend, Fran Yeager, for picking her up and bringing her to the COA on Friday mornings.

“You’ve gotta keep moving,” she said, adding that was the secret to living a long life.

Line Dancing is offered at 10 a.m. on Thursdays at the Oaks Enrichment Center in Sturgis and at 9:30 a.m. on Fridays at the Rivers Enrichment Center in Three Rivers. The class is led by Richard Leeth.

The COA offers Chair Yoga at the Oaks Enrichment Center on Tuesday at 11 a.m. It is taught by Kathy Bingaman. In Three Rivers, the class is offered on Mondays and Thursdays at 1 p.m. and is taught by Lynn Zeiler. The COA is fortunate to have amazing instructors at both our centers. If you are thinking about participating in an exercise class, we hope these stories will help you decide to give it a try.



Pictured above are COA members Betty Rutz (left) and Fran Yeager.

NOVEMBER Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Bunco 2pm - Zumba Gold	2 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot 2:30pm - Bingocize 6pm - Alzheimer's Association Caregiver Support Group	3 9:30am - Weights & Mats 11am - S.A.I.L. Exercise 1pm - In Stitches Club	4 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold	5 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
8 9am - Beltone Hearing 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bunco 1pm - Bridge 2pm - Zumba Gold	9 9am - Foot Doctor 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot 2:30pm - Bingocize	10 9:30am - Weights & Mats 10am - Granma's Greetings 11am - S.A.I.L Exercise 12pm - Book Club 12:45pm - Veterans Day Presentation with Leonard Shippy 1pm - In Stitches Club	11 Glass Art Kalamazoo Trip COA CLOSED 	12 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
15 10am - Fall Coaster Craft 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	16 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot 2:30pm - Bingocize	17 9:30am - Weights & Mats 11am - S.A.I.L. Exercise 12:30pm - Virtual Talk - Laughter is the Best Medicine - MSU Extension 1pm - In Stitches Club 1:30pm - COA Advisory Board Meeting	18 9:30am - Cardio Drumming 10:30am - Intro to Meditative Doodling 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold 6pm - Kinship Care Meeting	19 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
22 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold Mishawaka Shopping Trip	23 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11:30 - Veterans Affairs 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Bingocize 2:30pm - Hand & Foot	24 9:30am - Weights & Mats 11am - S.A.I.L. Exercise 1pm - In Stitches Club	25 The COA is closed Thursday and Friday for the Thanksgiving Holiday. Gobble! Gobble!	26 
29 11am - S.A.I.L. Exercise 1pm - Deck the Halls! Help Decorate the COA 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	30 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Bingocize 2:30pm - Hand & Foot	<p><u>BRIDGE AT THE COA</u></p> <p>Bridge is played on Sundays at 2pm at the Rivers Enrichment Center in Three Rivers. PLEASE NOTE NEW TIME!</p> <p>Duplicate Bridge is played on Thursday at 7 p.m. at the Oaks Enrichment Center in Sturgis.</p> <p>Any COA member is welcome to participate.</p>		

NOVEMBER Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9am - Yoga & Walking 10am - Breath, Mindfulness & Meditation 12:30pm - Bingo	2 10am - Zumba Gold 11am - Chair Yoga	3 10am - Arthritis Exercise - Taking it Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Euchre	4 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 7pm - Duplicate Bridge	5 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming
8 9am - Yoga & Walking 10am - Breath, Mindfulness & Meditation 12:30pm - Bingo	9 10am - Zumba Gold 11am - Chair Yoga	10 10am - Arthritis Exercise - Taking it Easy! 11am - Arthritis Exercise - Ramping It Up! 12:30pm - Veterans Day Presentation with Bill Furr 2pm - Cardio Drumming 1pm - Euchre	11 Glass Art Kalamazoo Trip COA CLOSED 	12 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming
15 9am - Yoga & Walking 10am - Breath, Mindfulness & Meditation 11:45am - Intro to Ayurveda with Cynthia 12:30pm - Bingo	16 10am - Zumba Gold 11am - Chair Yoga 11am - PAC Meeting	17 10am - Granma's Greetings 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 12:30pm - Virtual Talk - Laughter is the Best Medicine - MSU Extension 1pm - Cardio Drumming 1pm - Euchre	18 10am - Line Dancing 10am - Fall Coaster Craft 12:30pm - Bingo 1pm - Hand & Foot 3pm - Book Club 6pm - Kinship Care Support Group Meeting 7pm - Duplicate Bridge	19 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 12:30pm - Meditative Doodling 1pm - Cardio Drumming
22 9am - Yoga & Walking 10am - Breath, Mindfulness & Meditation 12:30pm - Bingo Mishawaka Shopping Trip	23 10am - Zumba Gold 11am - Chair Yoga 11am - PAC Meeting	24 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Euchre	25 The COA is closed Thursday and Friday for the Thanksgiving Holiday.	26 
29 9am - Yoga & Walking 10am - Breath, Mindfulness & Meditation 12:30pm - Bingo	30 10am - Zumba Gold 11am - Chair Yoga 1pm - Deck the Halls! Help Decorate the COA	<p>BRIDGE AT THE COA</p> <p>Bridge is played on Sundays at 2pm at the Rivers Enrichment Center in Three Rivers. PLEASE NOTE NEW TIME!</p> <p>Duplicate Bridge is played on Thursday at 7pm at the Oaks Enrichment Center in Sturgis.</p> <p>Any COA member is welcome to participate.</p>		

Meals on Wheels & Congregate Menu

NOVEMBER 2021

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Monday, November 1

Tuesday, November 2

Wednesday, November 3

Thursday, November 4

Friday, November 5

Monday, November 8

Tuesday, November 9

Wednesday, November 10

Thursday, November 11

Friday, November 12

Monday, November 15

Tuesday, November 16

Wednesday, November 17

Thursday, November 18

Friday, November 19

Monday, November 22

Tuesday, November 23

Wednesday, November 24

Thursday, November 25

Friday, November 26

Monday, November 29

Tuesday, November 30

Bourbon Chicken Thighs, Cheesy Mashed Potatoes, Broccoli

Jeweled Pork Loin, Wild Rice, Dilled Carrots, Capri Veggies

Turkey & Stuffing Casserole, Green Beans, Salad

Cracker Crumb Cod, Broccoli Rice Au Gratin, Asparagus

Meatloaf, Mashed Garlic Potatoes, Roasted Brussels Sprouts

Tahitian Chicken, Rice, Oriental Veggie Blend, Normandy Veg

Baked Spaghetti, Tossed Salad, Key West Veggies, Breadstick

Ham, Stuffing, Green Beans, Butternut Squash, Apple Crisp

COA CLOSED - VETERANS DAY

Tuna & Tomato Basil Pasta, Peas & Pearl Onions, Broccoli

Ham & Potato Au Gratin, Brussels Sprouts, Cauliflower

Bruschetta Chicken, Parsley Noodles, Mixed Veggies

Cranberry Glazed Pork, Parmesan Rice, Summer Squash, Slaw

Beef Pot Roast, Mashed Potatoes, Italian Blend Veggies

Cracker Crumb Chicken, Sweet Potatoes, Broccoli & Cheese

Swedish Meatballs, Noodles, Peas & Pearl Onions, Tomatoes

Herb Crusted Cod, Baked Potato, Baby Carrots

Mandarin Pork Roast, Potatoes, Green Beans & Mushrooms

COA CLOSED - HAPPY THANKSGIVING!

COA CLOSED

Honey Mustard Chicken Thighs, Cheesy Topped Baked Potato

Turkey Pot Roast, Mashed Potatoes, Dilled Carrots

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.



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.



Daylight Savings Time is
Sunday, November 7.
Remember to turn your
clocks back one hour.



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 # _____