



The Senior Connection

October 2021

VOLUME 10

ISSUE 7

St. Joseph County Commission on Aging Newsletter

Pumpkin Palooza at the COA



**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...

Most of you may know this, but I figure it never hurts to remind our members about something that happen this time of year. Beginning October 1, we are required to ask our members to renew their membership with the COA. It's a simple form that needs your signature on the front and back, and then you are all good to go for another year of enjoying the benefits of being a COA member.

Please make sure to stop by the front desk at either one of our Enrichment Centers to renew your membership.

Our Restaurant Program is immensely popular and I think this is a great time to remind people that each member is allowed up to five tickets per month. The tickets are good until December 31, 2021. After that date the tickets are expired and restaurants are not going to accept them. We are going to pass out reminders to everyone who buys tickets these next few months. The rules of the restaurant program are printed on Page 11 in this newsletter where it also states that the tickets are good until the end of the year. It also is printed on each restaurant ticket. If you have any questions, please give us a call!

Finally, it seems like September just flew by and I think it's probably because we had so many fun activities on the schedule. We enjoyed celebrating National Senior Center Month and I hope all of you get a chance to enjoy the artwork our members created for the centers. It was a really fun project. Speaking of fun, we had a great time at the St. Joseph County Grange Fair. It was wonderful to see so many of you enjoying lunch together and watching our Advisory Board in action. A big thank you to Kathy Bingaman, one of our fabulous exercise instructors, for showcasing some of the many outstanding exercise opportunities we offer COA members.

It looks like we have another great month of activities planned for October. I hear we are having a Pumpkin Palooza, which sounds like a blast.

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

October 26 - 11 a.m.

Oaks Enrichment Center - Sturgis

These meetings are a forum where members can discuss anything related to the COA. 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 III C
- ♦ St. Joseph County Senior Millage
- ♦ Older Americans Act
- ♦ Older Michiganians Act
- ♦ Donations

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

We're Having a Pumpkin Palooza & You're Invited!

It's October and that means we are celebrating all things pumpkin. We're doing something fun every day the week of October 18-22. Join in on as many activities as you would like.

Let us know by Thursday, October 14 if you would like to participate in a pumpkin decorating contest. You can decorate your pumpkin on your own or grab some COA friends and make a team. The COA will have pumpkins to pick up on Monday, October 18. If you would like to do your decorating at the COA, that's fine, too - just let Alex or Ruth know. **The decorated pumpkins are due back to the centers on Thursday, October 21 - no later than 3 p.m.** We have special guest judges who will vote on the best pumpkin, and a winner or winners from each center will get a nice prize. The decorated pumpkin judging will take place on Friday (see below).

Other fun things happening during Pumpkin Palooza include:

Monday, October 18

Pumpkin Donuts and Cider at both centers from 8 a.m. to 11 a.m. Pick up your pumpkin (available at both centers) if you are participating in the pumpkin decorating contest.

Tuesday, October 19

Pumpkin Jigsaw Puzzle Contest from 12:30 p.m. - 4 p.m. at the Oaks Enrichment Center in Sturgis (individual or as a team)

"Nutritious & Delicious: Benefits of Pumpkin" Nutrition Director Katie Hughes will give a presentation on how good pumpkin is for you with a treat to sample - 11:30 a.m. - Rivers Enrichment Center in TR

Wednesday, October 20

Pumpkin Jigsaw Puzzle Contest from 12:30 p.m. - 4 p.m. at the Rivers Enrichment Center in Three Rivers (individual or as a team)

"Nutritious & Delicious: Benefits of Pumpkin" Nutrition Director Katie Hughes will give a presentation on how good pumpkin is for you with a treat to sample - 10:30 a.m. - Oaks Enrichment Center in Sturgis

Thursday, October 21

Guess How Many Pieces of Pumpkin Candy are in the Jar
Pick up your free pumpkin cookbook

Friday, October 22

Pumpkin Decorating Contest Judging - Rivers Enrichment Center at 10:30 a.m. and Oaks Enrichment Center at Noon



4 **Free Concert at the Oaks Enrichment Center**

Honey Creek is coming back to the Oaks Enrichment Center on Friday, October 8 for our last concert of 2021. The fun starts at 5:30 p.m. Please let us know if you are planning to attend.

Honey Creek is a family friendly band that plays folk-rock favorites and fun country-blues, featuring rich vocal harmonies.

Bring a lawn chair if the weather is nice as we hope to have the concert outside. Brewhouse BBQ Food Truck will be there if you would like to purchase dinner.

Hope to see you there!



Learn How to Make Homemade Vanilla!

Just in time for holiday baking we will teach you how to make your own vanilla. Perfect for baking or to give as a gift.

Cost is \$5.00 per person

WHEN: Wednesday, October 13 - Three Rivers at 10 a.m.

Friday, October 15 - Sturgis at 10 a.m.

Please call the COA at 279-8083 to reserve your spot!



Flu Shots at the COA!

We will once again be offering flu shots at both our centers. Please bring your insurance card with you when you come to get your shot.

WHEN: Thursday, October 14 at Oaks Enrichment Center in Sturgis at 1:30 pm. Shots are provided by Walgreen's. An appointment time is not required but if you are interested in receiving a shot at the Sturgis center, please call and just let us know.

Friday, October 15 at the Rivers Enrichment Center in Three Rivers from 10 a.m. to Noon. Shots are provided by Fred's Pharmacy and an appointment time is required. Please call the COA at 279-8083 to schedule your time.



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 world's oldest known medical systems and widely practiced in India and quickly spreading across the globe as an active complimentary health care practice.

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

We're Hiring!

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The COA is looking for substitute Meals on Wheels Drivers, a substitute Site Coordinator and In-Home Aides. If you are looking for part-time work, consider joining the COA team!

If you know of someone looking for part-time work, please let them know we are hiring! We offer flexible scheduling for our in-home aides, as well as retention bonuses, mileage and the satisfaction of helping older adults remain safe and independent in their own home.



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.

Effective Communication Strategies

An education program presented by the



Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect.

Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each state of the disease.

Oaks Enrichment Center

Monday, October 11

2pm - 3 pm

Please RSVP by calling the COA at 269-279-8083. If you need respite care during the meeting, please let us know. The Alzheimer's Association does require that all participants wear a mask during the meeting.

Rivers Enrichment Center

Monday, October 25

2pm - 3pm

Alzheimer's Association Needs Volunteer Facilitators for its Caregiver Support Group

The Alzheimer's Association is looking for volunteers to lead the support group. The Alzheimer's Association will provide training. The support group meets once a month so the time commitment is not huge, but the rewards are great. If you are interested in becoming a support group facilitator in Three Rivers or Sturgis, please call Marketing Manager Ruth Mancina at 279-8083.

OCTOBER TRIPS

PLEASE READ! New Sign-Up System! Starting this month we are going to try a different way to sign up for trips, which we hope will make it easier for our members.

Each month, anyone interested in participating in a trip will have a few days to call or stop by either reception desk and let us know that you are interested. One entry per household - when you call just let us know how many from your household would like to go on the trip. We will put everyone's names or a household in a hat and draw from there. If your name is selected, we will call you and give you 48 hours to stop by the COA and pay for the trip.

In October, if you are interested in our mystery trip, the casino trip, or the cemetery tour, you have until the end of the day on Tuesday, October 5 to let us know you want to go. On Wednesday, October 6 we will draw names and contact people to let them know they have been selected to go on a particular trip. You will then have until Friday, October 8 to stop by the COA and pay for your trip.

Questions? Please call the COA and ask to speak to Alex or Ruth. Itineraries are available at the front desk at each center.

Mystery Trip

The trip will depart around 10 a.m. and get back around 5 p.m. Trust us, this one is going to be super fun!

WHEN: Tuesday, October 12

COST: \$60.00

Casino Trip

Join us as we head to the Firekeepers Casino in Battle Creek. The bus will depart early so that it can arrive at the casino around 8:30 a.m. with plans to leave around 12:30 p.m.

WHEN: Tuesday, October 26

COST: \$6.00

Oaklawn Cemetery Tour in Sturgis

This trip does not include transportation but we do have 9 tickets for the tour. Alex will meet you there. We do ask that you put your name in for the drawing, just like our regular trips. The tour starts at 4 p.m. so meet Alex at the cemetery at 3:45 p.m. Visit the Facebook pages of the Sturgis Historical Museum or Oaklawn Cemetery to get all the details.

WHEN: Saturday, October 16

COST: \$12.00

VOLUNTEER *Spotlight*



Pictured from left to right: Vickie, Betty and Anna

It really doesn't matter what job needs to be done, COA members Anna Stonerock, Vickie Paananen and Betty Kipker are always willing to help out at the Rivers Enrichment Center.

Whether it's helping the Nutrition Department

label liquid supplements for delivery, moving tables and chairs for exercise classes, or helping to keep the building tidy, these three ladies are ready and willing to assist COA staff whenever possible.

"There are a lot of things to be done and we have the time to do it," said Betty. But in addition to having the time to help, all three agreed that one of the main reasons they volunteer is because they get to laugh and talk and have a good time while they are working.

"I just enjoy it," said Vickie. "We have a lot of fun."

Anna Stonerock said another reason that she likes to give of her time at the COA is because she appreciates everything the organization does for the older adults in our community.

"If we didn't have the COA we would have a lot less activity and we wouldn't feel as good as we do," she said.



Some of the COA members in Sturgis posing with their works of art.

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.

WHEN: Rivers Enrichment Center
Wednesday, October 20

Oaks Enrichment Center
Wednesday, October 27

TIME: 10:00 am - Noon

Dinner Night Out: We're Celebrating Oktoberfest

Join us for a fantastic German-themed catered dinner, followed by entertainment by the Three Rivers German Band. Bring your dancing shoes and get ready to polka.

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

Hope to see you there!

WHEN: Thursday, October 21
WHERE: Rivers Enrichment Center in Three Rivers
COST: \$15.00 per person
TIME: 5 p.m.

Tickets must be purchased by Thursday, October 14.



Foot DoctorOaks Enrichment Center - Sturgis**Tuesday, October 19 (9:30am - Noon)**

The 2021 schedule is available at our reception desks. We can also email you the 2021 schedule or mail it to you - just give us a call and let us know. Appointments are required by calling the COA at 279-8083.

Hearing Screenings

If you are in need of a hearing screening, Beltone Hearing will be at the COA in Three Rivers on Monday, 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**Date/Time: Tuesday, October 5 from 2pm - 4pm****Wed., October 27 from 11am - 12pm**

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.

The Alzheimer's Association logo, featuring the text "alzheimer's" in a lowercase, white, sans-serif font, followed by a white icon of a person's head with a brain, and the word "association" in a lowercase, white, sans-serif font, all on a dark purple background.

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, October 5 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, October 21 and the meeting location is TBD. Please call COA Marketing Manager Ruth Mancina at 279-8083 for more information.**



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!
NEW!!!

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

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 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 & Fridays 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!**

**PLEASE NOTE WE HAVE TWO
NEW CLASSES STARTING THIS
MONTH!**



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 - NEW!

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 so give it a try!

Three Rivers: Wednesdays at 9:30am

Instructor: Cathy Taylor

Arthritis Exercise in Sturgis

Beginning in October, our Arthritis Exercise in Sturgis is going to be offered in two different formats on Wednesdays and Fridays.

The first class at 10 a.m. will be a lower intensity class with more chair work, while the second class at 11 a.m. will be at a higher intensity for those looking to ramp it up. Try one, try both!

FUN & GAMES/SOCIAL

Book Club

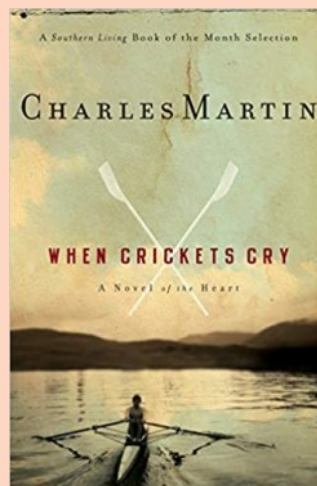
The Three Rivers Book Club is reading *Tenth of December* by George Saunders. The book will be discussed on Wednesday, October 13. at Noon. A box lunch will be provided. **PLEASE NOTE THAT WE ARE NOW MEETING ON THE SECOND WEDNESDAY OF EACH MONTH.**

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 *When Crickets Cry* by Charles Martin. Please stop by the Sturgis Library to obtain a copy of the book. The group meets Thursday, October 21 at 3 p.m. at the Oaks Enrichment Center in Sturgis.

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



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: Thursdays at 1 pm

Hand and Foot

Sturgis: Thursdays at 1pm

Three Rivers: Tuesdays at 2:30pm
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



Zumba Gold participants in Three Rivers had a going away party for Sherri Douglas who got married and moved to Indiana. In addition to participating in Zumba Gold, Sherri taught Line Dancing in Three Rivers and we are so happy for her but sad to see her go! The group is pictured below.

September was a month filled with art, as Pat Asbury had a Paint and Punch party at both our centers. The Sturgis group is pictured above right. Don't their paintings look fantastic?

Pat also led a painting class for our members so they could create small canvases that are now on display at both our centers. Pictured at right is the group in Three Rivers working on the project. Above is the end result there. Look on Page 7 for a picture of the Member Gallery Wall at our Oaks Enrichment Center. The projects were in celebration of National Senior Center Month, and they turned out so great! Thanks to all who participated.



OCTOBER 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		The Sturgis Cemetery Tour is on Sat., October 16. No bus available for this trip, but Alex will meet you there. Sign up like any other trip. We are starting a new trip sign-up procedure this month - details on Page 6.		1 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
4 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg	5 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	6 9:30am - Weights & Mats NEW! 11am - S.A.I.L Exercise 1pm - In Stitches Club	7 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold	8 9:30am - Line Dancing 10am - Walking Club 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 2:30pm - Bingocize 5:30pm - Honey Creek and Brewhouse BBQ Food Truck at Oaks Enrichment Center
11 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Bunco 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg	12 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot 2:30pm - Bingocize MYSTERY TRIP	13 9:30am - Weights & Mats NEW! 10am - Learn How to Make Homemade Vanilla 11am - S.A.I.L. Exercise 12pm - Book Club 1pm - In Stitches Club	14 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold Deadline to RSVP for Dinner Night Out!	15 9:30am - Line Dancing 10am - Noon - Flu Shots 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
18 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg Pumpkin Donuts and Cider (8am - 11am) Pick Up Pumpkins for Decorating Contest	19 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11:30am - Pumpkin Talk and Treat with Katie 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Bingocize 2:30pm - Hand & Foot	20 9:30am - Weights & Mats NEW! 10am - Granma's Greetings 11am - S.A.I.L. Exercise 12:30pm - Pumpkin Jigsaw Puzzle Contest 1:30 pm - COA Advisory Board Meeting at the Oaks Enrichment Center	21 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold 5pm - Dinner Night Out 6pm - Kinship Care Support Group Meeting Pumpkin Candy Guessing Game	22 9:30am - Line Dancing 10:30am - Pumpkin Judging Contest 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
25 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold 2pm - Learn How to Play Mah Jongg 2pm - Alzheimer's Talk	26 9:30am - NO Drumming 10:30am - Arthritis Exercise 11:30 - Veterans Affairs 12:45pm - Mah Jongg 1pm - NO Bingo 2:30pm - NO Bingocize 2:30pm - Hand & Foot CASINO TRIP	27 9:30am - Weights & Mats NEW! 11am - S.A.I.L. Exercise 1pm - In Stitches Club	28 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold	29 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize

OCTOBER Activities CALENDAR Sturgis

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 in Sturgis.		The Sturgis Cemetery Tour is on Sat., October 16. No bus available for this trip, but we have 9 tickets available and Alex will meet you there. Sign up like any other trip. We are starting a new trip sign-up procedure this month - details on Page 6.		1 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming
4 9am - Yoga & Walking 10am - Breath, Mindfulness & Meditation 12:30pm - Bingo 12:30pm - Pinochle	5 10am - Zumba Gold 11am - Chair Yoga	6 10am - Arthritis Exercise - Taking it Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Euchre	7 10am - Line Dancing 1pm - Hand & Foot 7pm - Duplicate Bridge	8 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 5:30pm - Honey Creek Concert and Brewhouse BBQ Food Truck
11 9am - Yoga & Walking 10am - Breath, Mindfulness & Meditation 12:30pm - Bingo 12:30pm - Pinochle 2pm - Alzheimer's Talk	12 10am - Zumba Gold 11am - Chair Yoga MYSTERY TRIP	13 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Euchre	14 10am - Line Dancing 11:30am - Veterans Affairs 12:30pm - Bingo 1pm - Hand & Foot 1:30m - Flu Shots 7pm - Duplicate Bridge	15 10am - Learn How to Make Homemade Vanilla 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming
18 9am - Yoga & Walking 10am - Breath, Mindfulness & Meditation 12:30pm - Bingo 12:30pm - Pinochle Pumpkin Donuts and Cider (8am - 11am) Pick Up Pumpkins for Decorating Contest	19 9:30am - Foot Doctor 10am - Zumba Gold 11am - Chair Yoga 12:30pm - Pumpkin Jigsaw Puzzle Contest	20 10am - Arthritis Exercise - Taking It Easy! 10:30am - Pumpkin Talk & Treat with Katie 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Euchre 1:30pm - COA Advisory Board Meeting	21 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 3pm - Book Club 5pm - Dinner Night Out at Rivers Enrichment Center 6pm - Kinship Care Support Group Meeting 7pm - Duplicate Bridge Pumpkin Candy Guessing Game and Free Pumpkin Cookbook	22 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 12pm - Pumpkin Decorating Judging 1pm - Cardio Drumming
25 9am - Yoga & Walking 10am - Breath, Mindfulness & Meditation 11:45am - Intro to Ayurveda with Cynthia 12:30pm - Bingo 12:30pm - Pinochle	26 10am - Zumba Gold 11am - Chair Yoga 11am - P.A.C. Meeting CASINO TRIP	27 10am - Arthritis Exercise - Taking It Easy! 10am - Granma's Greetings 11am - Arthritis Exercise - Ramping It Up! 11am - Arthritis Exercise 1pm - Cardio Drumming 1pm - Euchre	28 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 7pm - Duplicate Bridge	29 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming

Meals on Wheels & Congregate Menu

OCTOBER 2021

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Friday, October 1

Monday, October 4

Tuesday, October 5

Wednesday, October 6

Thursday, October 7

Friday, October 8

Monday, October 11

Tuesday, October 12

Wednesday, October 13

Thursday, October 14

Friday, October 15

Monday, October 18

Tuesday, October 19

Wednesday, October 20

Thursday, October 21

Friday, October 22

Monday, October 25

Tuesday, October 26

Wednesday, October 27

Thursday, October 28

Friday, October 29

Garden Citrus Chicken, Rice, Scalloped Tomatoes, Green Beans

Chicken & Broccoli Casserole, Peas, Cinnamon Applesauce

Roasted Pork Tenderloin, Sweet Potatoes, Spinach

Lemon Baked Fish, Brown Rice, Lima Beans, Key West Veggies

Pot Roast & Gravy, Roasted Potato Medley, California Veg

Glazed Baked Ham, Scalloped Potatoes, Malibu Veggies

Tuna & Noodles, Broccoli, Stewed Tomatoes

Orange Glazed Chicken, Garden Blend Rice, Carrots

Baked Spaghetti, Brussels Spouts, Tossed Salad

Citrus Glazed Turkey Breast, Red Bliss Potatoes, Capri Veg

Herbed Pork Loin, Sweet Potatoes, Mixed Veggies

Hamburger Stroganoff, Lima Beans, Dilled Carrots

Maple Glazed Fish, Oven Roasted Potatoes, Broccoli

Breaded Pork Cutlet, Garlic Mashed Potatoes, Asparagus

Dijon Chicken, Sweet Potatoes, Cauliflower

Pepper Steak, Rice, Caribbean Veggies, Cherry Crisp

Turkey Shepherd's Pie, Mashed Potatoes, Brussels Sprouts

Goulash, California Blend Veggies, Coleslaw

Chicken Marsala, Cheesy Mashed Potatoes, Sugar Snap Peas

Apple Pork Chops, Rosemary Roasted Potatoes, Greens

Chicken & Noodles, Succotash Vegetable Blend, 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.



REMINDER!

All COA members are required to renew their membership beginning on October 1 of each year. Stop by either center and we will be happy to assist you!



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 # _____