



The Senior Connection

December 2021

VOLUME 12

ISSUE 7

St. Joseph County Commission on Aging Newsletter



Happy Holidays!

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...

On behalf of the entire COA team, I want to wish all of you a joyous holiday season filled with love, laughter and peace. We are so excited to be offering a Holiday Party this year. It will be my first one, so I am really looking forward to it. Tickets are available until December 6, or until we are sold out.

There is more information on Page 4 about the Holiday Party and other festivities we have planned, such as a trip to Shipshewana to see a holiday show and Craft-A-Mania, which I hear has become a tradition at the COA that really helps get you into the holiday spirit!

During this time of year we often think about how we can help those less fortunate. Our Life Enrichment Team will have an Angel Tree at both our centers with tags identifying gifts and other items you can purchase and wrap for St. Joe County residents who truly need our help. Making the holidays special for someone else is what the season really is about. I have no doubt that our members will step up and give if they can.

As we enter the winter months, please keep in mind that the COA does not automatically close for bad weather just because area schools are closed. Our goal is to always deliver Meals on Wheels if at all possible. We keep our drivers' safety at the forefront of any decision we make. All of our Home Delivered Meals clients receive emergency food items that are shelf stable, so that in case we cannot deliver, they have food. If the COA closes for bad weather, it will be posted on the COA website, the COA Facebook page and on local radio and television stations. If St. Joseph County closes, then the COA is closed, too.

Please take a look at the calendar pages this month. We will be closed on Friday, December 17, 23, 24, 30 and 31. Stay warm, stay healthy and I look forward to seeing many of you at the Holiday Party on December 16th!

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.

Questions? Contact Marketing Manager Ruth Mancina at 269-279-8083.

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

December 10 - 10:30 a.m.

Rivers Enrichment Center

December 28 - 11:00 a.m.

Oaks Enrichment Center

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!

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.

Project Advisory Council Meetings for 2022

At the October COA Advisory Board meeting, the Board discussed the purpose of Project Advisory Council (P.A.C.) meetings and what the intent of those meetings should be. According to standards set by the Area Agency on Aging, P.A.C. meetings are to be held at least once per year and led by COA members. Note taking is required. The notes must be provided to the Area Agency on Aging when it performs COA's annual review.

The Board voted to have more than just one meeting per year and decided that P.A.C. should meet quarterly at both enrichment centers. The 2022 P.A.C. meeting schedule is listed below. It will be posted at both enrichment centers and on the COA website (www.sjccoa.com).

It was also decided that while the P.A.C. meetings are to be run by COA members, a staff member would be on-call in the building to answer questions if they arise. The mission of P.A.C. is to allow COA members a forum where they can meet and discuss COA programs and services. A full list of COA services is on the COA website on the Services page.

2022 P.A.C. Meeting Schedule

Three Rivers P.A.C.

Friday, March 11 @10:30 a.m.

Friday, June 10 @ 10:30 a.m.

Friday, September 9 @ 10:30 a.m.

Friday, December 9 @ 10:30 a.m.

Sturgis P.A.C.

Tuesday, March 22 @ 11 a.m.

Tuesday, June 28 @ 11 a.m.

Tuesday, September 27 @ 11 a.m.

Tuesday, December 27 @ 11 a.m.

Pen Pals Wanted!

We are partnering with an elementary school in Three Rivers to start a Pen Pal program between students and our older adults.

If you would like to participate, please contact Marketing Manager Ruth Mancina at 279-8083 or by email at rmancina@sjccoa.com

This is a great way to connect with our younger population without involving technology! Depending on interest we hope to start the program in January 2022.

We're Celebrating Bingo's Birthday!

Invented in 1929 on December 22, Bingo is one of the most popular games in the world.

We're offering free Bingo at both our centers with prizes provided by the COA.

**WHEN: Monday, December 20 in
 Sturgis @ 12:30 pm**

**Tuesday, December 21 in
Three Rivers @ 1pm**

Let's Celebrate the Holidays!

COA Holiday Party

If you have not bought your ticket yet, please stop by either center and pick one up while seats are available. Tickets are on sale until December 6th or until we are at capacity. The party is on Thursday, December 16 from 10 a.m. to 2 p.m. at Sturges Young Center for the Arts, 201 N. Nottawa Street in Sturgis. Tickets are \$10 per person. Our party will definitely have a tropical theme, so Hawaiian shirts and other tropical attire are encouraged! Great food, great entertainment and lots of prizes. It's sure to be a fun day. The enrichment centers are open that day but there are no activities and no congregate lunch served.

Craft-A-Mania

We're making awesome holiday crafts this year for Craft-A-Mania. A flyer with pictures of what we are making is available at each reception desk. The cost is \$5.00 per person and space is limited. Craft-A-Mania is on Tuesday, December 7 in Sturgis and Wednesday, December 8 in Three Rivers. The fun begins at 1 p.m. Sign up at either center.

Shipshewana Trip

Shipshewana Majestic presents *Noel: A Celebration of Christmas*. This trip is scheduled for **Saturday, December 11**. *Noel* is two full hours of nonstop Christmas excitement! This amazing and uplifting show is filled with equestrian adventures, featuring some of the most beautiful horses anywhere, along with incredibly talented riders from all around the world. See the Noel singers, dancers, aerialist, hogs, dogs and more! This trip includes dinner, a show and transportation. Cost is \$60 per person Dinner is served beginning at 12:15 p.m. and the show starts at 1:30 p.m.

You can put your name in for the trip drawing between December 1 and December 3. If you are selected to go on the trip we will call you Monday, December 6 and you must pay by Wednesday, December 8.

Angel Trees

We will have an Angel Tree set up at both our centers beginning December 1. The trees will have tags on them with gifts and clothing and other items for individuals living in St. Joseph County who are in need of help. Please take a tag, wrap the gift and deliver it back to the COA. If you are picking a tag from the tree at the Oaks Enrichment Center in Sturgis, you need to have your gift back by Friday, December 10. If you are picking a tag from the tree at the Rivers Enrichment Center in Three Rivers, you need to have your gift in by Monday, December 13 so we have time to distribute them to the recipients. Make sure to attach the tag to the outside of the gift. If you have any questions, please contact the Life Enrichment Team, Alex Kelley or Ruth Mancina.



SERVICES

Foot Doctor

Oaks Enrichment Center - Sturgis

Tuesday, December 21 (9:30am - Noon)

The 2022 schedule will be available at our reception desks after December 21. We can also email you the 2022 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, January 10, 2022**. Please call to make an appointment. If you are in the Sturgis area and are in need of 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: Legal Services of South Central Michigan
123 West Territorial Road
Battle Creek, MI 49015**

**Date/Time: Friday, December 17
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.

SUPPORT

5

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, December 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 normally meets on the third Thursday of the month at 6:00 pm. **At the time this newsletter went to press, the group had not selected a date in December to meet. Please call Clark Fries, the support group leader at (269) 858-5704 for more information or COA Marketing Manager Ruth Mancina at 279-8083.**



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 Based 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!**



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 and 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

Book Club

The Three Rivers Book Club is reading *A Place for Us* by Fatima Farheen Mirza. The book will be discussed on Wednesday, December 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.

The Sturgis Book Club is not meeting in December. Look in the January newsletter for that month's selection.

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

EXERCISE UPDATES FOR DECEMBER AND JANUARY 2022

Kathy Bingaman's last day is Tuesday, December 21. She will be back in May 2022. There will be some changes in our Yoga offerings in January in Sturgis - look for that info in the January newsletter.

Cynthia Hoss, who teaches in Sturgis, is not having class on Monday, December 27 or Monday, January 3, 2022.



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

| DECEMBER Activities CALENDAR Three Rivers | | | | |
|--|--|--|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| TRIP: This month we are going to see the Majestic Noel at the MEC in Shipshewana. The trip is scheduled for Saturday, December 11. You have until Friday, December 3 to put your name in for the drawing for this trip. We will notify you Monday, December 6 if you have been selected and payment must be received by Wednesday, December 8. | | 1 9:30am - Weights & Mats 11am - S.A.I.L. Exercise 1pm - In Stitches Club | 2 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold | 3 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize |
| | 6 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold | 7 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 | 8 9:30am - Weights & Mats 11am - S.A.I.L. Exercise 12pm - Book Club 1pm - Craft-A-Mania 1pm - In Stitches Club | 9 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold |
| 13 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bunco 1pm - Bridge 2pm - Zumba Gold Deadline to drop off gifts for the Angel Tree | 14 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot 2:30pm - Bingocize | 15 9:30am - Weights & Mats 11am - S.A.I.L. Exercise 1pm - In Stitches Club | 16 COA HOLIDAY PARTY 10am - 2pm Sturges Young Center for the Arts CENTERS ARE OPEN BUT NO ACTIVITIES OR CONGREGATE LUNCH TAKING PLACE | 17 COA CLOSED STAFF TRAINING AND PROFESSIONAL DEVELOPMENT |
| 20 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold | 21 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - It's BINGO's BIRTHDAY! FREE BINGO 2:30pm - Bingocize 2:30pm - Hand & Foot | 22 9:30am - Weights & Mats 11am - S.A.I.L. Exercise 1pm - In Stitches Club | 23 CLOSED FOR CHRISTMAS HOLIDAY | 24 CLOSED FOR CHRISTMAS HOLIDAY |
| 27 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold | 28 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 | 29 9:30am - Weights & Mats 11am - S.A.I.L. Exercise 1pm - In Stitches Club | 30 CLOSED FOR NEW YEAR'S HOLIDAY | 31 CLOSED FOR NEW YEAR'S HOLIDAY |

DECEMBER Activities CALENDAR Sturgis

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| TRIP: This month we are going to see the Majestic Noel at the MEC in Shipshewana. The trip is scheduled for Saturday, December 11. You have until Friday, December 3 to put your name in for the drawing for this trip. We will notify you Monday, December 6 if you have been selected and payment must be received by Wednesday, December 8. | | 1 10am - Arthritis Exercise - Taking it Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Euchre | 2 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 7pm - Duplicate Bridge | 3 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming |
| | 6 9am - Yoga & Walking 10am - Breath, Mindfulness & Meditation 12:30pm - Bingo | 7 10am - Zumba Gold 11am - Chair Yoga 1pm - Craft-A-Mania | 8 10am - Arthritis Exercise - Taking it Easy! 11am - Arthritis Exercise - Ramping It Up! 2pm - Cardio Drumming 1pm - Euchre | 9 10am - Line Dancing 11:30am - Veterans Affairs 12:30pm - Bingo 1pm - Hand & Foot 7pm - Duplicate Bridge |
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| 17 COA CLOSED STAFF TRAINING AND PROFESSIONAL DEVELOPMENT | 20 9am - Yoga & Walking 10am - Breath, Mindfulness & Meditation 12:30pm - IT'S BINGO'S BIRTHDAY! FREE BINGO | 21 10am - Zumba Gold 11am - Chair Yoga | 22 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Euchre | 23 CLOSED FOR CHRISTMAS HOLIDAY |
| 24 CLOSED FOR CHRISTMAS HOLIDAY | 27 12:30pm - Bingo | 28 11am - PAC Meeting | 29 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Euchre | 30 CLOSED FOR NEW YEAR'S HOLIDAY |
| 31 CLOSED FOR NEW YEAR'S HOLIDAY | | | | |

Meals on Wheels & Congregate Menu

DECEMBER 2021

11

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Wednesday, December 1

Thursday, December 2

Friday, December 3

Monday, December 6

Tuesday, December 7

Wednesday, December 8

Thursday, December 9

Friday, December 10

Monday, December 13

Tuesday, December 14

Wednesday, December 15

Thursday, December 16

Friday, December 17

Monday, December 20

Tuesday, December 21

Wednesday, December 22

Thursday, December 23

Friday, December 24

Monday, December 27

Tuesday, December 28

Wednesday, December 29

Thursday, December 30

Friday, December 31

Beef Stroganoff, Egg Noodles, Tossed Salad, Carrots, Breadstick

Garden Citrus Chicken, Roasted Potatoes, Peas & Pearl Onions

Fish Creole, Garden Rice, Asparagus, European Blend Veggies

Tuna Noodle Casserole, Broccoli, Normandy Blend Veggies

BBQ Chicken Thighs, Baked Beans, Spinach, Biscuit

Beef Fajitas, Rice, Black Beans, Key West Veggies, Oranges

Pork Chop, Red Bliss Potatoes, Zucchini & Summer Squash

Chicken & Dumplings, Oriental Blend Veggies, Peas & Carrots

Oven Baked Fish, Parmesan Noodles, Capri Blend Veggies

Vegetable Lasagna, Mixed Veggies, Garlic Toast

Glazed Baked Ham, Sweet Potatoes, California Blend Veggies

Salisbury Steak, Cheesy Mashed Potatoes, Mixed Veggies

Oven Fried Garden Chicken, Sweet Potato, Green Beans

Vegetable Lasagna, Mixed Vegetables, Garlic Toast

Glazed Baked Ham, Sweet Potatoes, California Blend Veggies

Salisbury Steak, Cheesy Mashed Potatoes, Mixed Veggies

COA CLOSED - CHRISTMAS HOLIDAY

COA CLOSED - CHRISTMAS HOLIDAY

Polish Sausage, Cheese Topped Baked Potato, Asparagus

Garden Citrus Chicken, Rice, Tomatoes, Winter Blend Veggies

Roast Turkey & Gravy, Mashed Potatoes, Mixed Veg, Stuffing

COA CLOSED - NEW YEAR'S HOLIDAY

COA CLOSED - NEW YEAR'S HOLIDAY

PLEASE NOTE:

There is no congregate meal offered at the enrichment centers on the following dates.

The hot entrée listed is *only* for Home

Delivered Meals clients:

Thursday, December 16

Friday, December 17

REMEMBER!

COA Restaurant Tickets EXPIRE on December 31, 2021. There will be no grace period for the month of January and restaurants will not accept 2021 restaurant tickets beginning January 1, 2022.



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.



**The COA is closed on
December 17, 23, 24, 30 &
31. Wishing you all a safe
and joyous holiday season!**



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 \$11.00 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 # _____