



The Senior Connection

January 2022

VOLUME 1

ISSUE 8

St. Joseph County Commission on Aging Newsletter



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



Like us on Facebook!

Follow us on
Instagram (sjccoa)
and YouTube



From the Executive Director...

I can't believe it but this month will be my one-year anniversary at the COA. Wow! Did this year fly by. And, like many of you, it's a great time to reflect on the past year, while also looking ahead.

There are so many wonderful memories I have from 2021. I appreciate all of the staff for helping me get settled into this new position, and I am so proud of their dedication and teamwork.

This year, we were able to change our Meals on Wheels program from frozen entrees to hot meals made daily in the COA kitchen in Three Rivers. I applaud our Nutrition Department for their hard work in making this dream a reality. And, we have continued our goal of being person centered, as we allow our members the choice of eating in the centers or taking their lunch home with them.

Our Life Enrichment team also faced many challenges this year due to the pandemic and continually developed programs and other activities for our members even when we couldn't get together in person. The outdoor concert we had in May at the Oaks Enrichment Center with Honey Creek was one of my most favorite memories from this past year. What a beautiful night it was. I am also pleased that we added Melissa Wilson to our fantastic core of fitness teachers this year. Melissa teaches Evidence Based Disease Prevention classes to COA members at the Oaks Enrichment Center, and our members are really enjoying her enthusiasm and welcoming attitude.

The apartments at the Rivers Enrichment Center continue to operate at full occupancy and we are grateful to be able to offer a safe and affordable housing option for older adults in St. Joseph County.

As I look forward to the coming year, I am excited to take on new challenges as we continue to offer older adults outstanding programs and services. I was able to speak to several community groups in 2021 and spread the word about the COA and what it has to offer. My goal is to keep getting out into the community and letting everyone know what a fantastic resource we are for the older adults in our county.

I wish each and every one of you peace and happiness for 2022. We have a lot of big goals for the year. I am confident with the staff we have, along with the support from our County Board of Commissioners, the COA Advisory Board, and community members, we will be successful in making the lives of all older adults better each and every day.

Pam



Dinner Night Out to Celebrate Chinese New Year

Come enjoy a fantastic catered meal of Chinese food. We'll have the room set to look like a Chinese restaurant as we celebrate the Chinese New Year. Door prizes and 50/50 will be part of the evening.

Enjoy an evening of food, friends and fun!

TICKETS MUST BE PURCHASED BY FRIDAY, JANUARY 14

WHEN:	Wednesday, January 26
TIME:	5 p.m.
WHERE:	Oaks Enrichment Center, Sturgis
COST:	\$15 per person



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

Three Rivers

March 11 @ 10:30 a.m.

Sturgis

March 22 @ 11 a.m.

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.

What is Project Advisory Council or P.A.C.?

According to standards set by the Area Agency on Aging, the mission of P.A.C. is to allow COA members a forum where they can meet and discuss COA programs and services. Meetings are to be held at least once per year and led by COA members. Note taking is required. The notes are to be turned into the COA as they need to be provided to the Area Agency on Aging when it performs the COA's annual review.

The COA Advisory 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.

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. A full list of COA services with descriptions is on the COA website at www.sjccoa.com and will be available at each meeting.

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.

AARP is BACK!

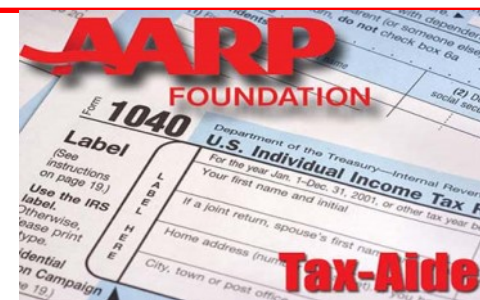
We have great news! AARP Volunteer Tax Preparers are back for 2022. Appointments must be made by calling the COA at (269) 279-8083 beginning Monday, January 10. Please do not call for an appointment prior to January 10.

IMPORTANT CHANGES TO THIS YEAR: At the time this newsletter went to press, AARP is requiring that while tax preparation is in person, contact needs to be minimized. This means that you will make an appointment, bring all of your paperwork to the appointment, and then wait at the COA in a different area while your taxes are being prepared. You are required to stay in the building while your taxes are being prepared.

This year, we have two AARP volunteers working at our Three Rivers center and three volunteer tax preparers at our Sturgis center. This means appointments will be available in our Sturgis center on Mondays and Tuesdays from 9 a.m. to Noon and in Three Rivers on Thursday, also from 9 a.m. to Noon.

Appointments will be scheduled from Tuesday, February 1 through Thursday, April 14.

When giving your tax preparer your paperwork, masks are required. Please bring your W-2, a 1099R, your license and social security card, and the previous year's tax return would also be very helpful.



4 Beat the Winter Blues!

We have a wonderful craft planned for this month. It's an adorable door hanger that will be perfect for the month of February. So cute!

WHEN: Tuesday, January 11 - Oaks EC, Sturgis at 1pm
Friday, January 14 - Rivers EC at 10am

COST: Free - Donations Welcome!

Reservations are required by calling the COA at 279-8083 or stopping by either reception desk.



Boards & Bagels

Come join us at the Oaks Enrichment Center in Sturgis every Tuesday from 10 a.m. to Noon as we play board games in front of the fire while enjoying each other's friendship.

We'll provide bagels and coffee - you guys come and provide the fun!

We'll have a wide assortment of board games to play, which research has shown can enhance memory formation and help exercise cognitive skills.

WHEN: Tuesdays (January 4, 11, 18 & 25)

TIME: 10am - Noon

WHERE: Oaks Enrichment Center, Sturgis



Hope to see you there!

Trivia Tuesday

Come Join the Fun at the COA!

We are starting our Tuesday Trivia at the Oaks Enrichment Center in Sturgis. The group will meet on the third Tuesday of the month from 1pm - 3pm and **all are welcome!** The first Tuesday Trivia is Tuesday, January 18 and light refreshments will be provided.

The best thing about Trivia is getting together with friends and brainstorming. Sometimes the answers are right and sometimes not. And that's okay! It's all about the fun. Here are some questions you may enjoy:

- Name 4 of the characters of the Andy Griffith Show.
- Can you name the actors who played the characters?
- Madge, the manicurist, always said, "You're soaking in it". What was the name of the product?
- Fill in the blank: My bologna has a first name, it's _____
- There are 11 countries that end in LAND. Name 5.



January Trips

South Bend Chocolate Factory

Before we tour the factory, we'll stop for brunch at Callahan's, a South Bend institution. While at the factory you will get to dip a chocolate spoon and enjoy a gourmet chocolate.

WHEN: Thursday, January 13
TIME: Departing from TR at 9:15am and ST at 10am
COST: \$17 (lunch is on your own)

Firekeeper's Casino

We're also going to visit Firekeepers Casino. The buffet was not open at the time of booking. If it is open at the time of the trip that is not included in the ticket price. If it is still not open then we will be stopping at Station 66 on your way home, which also will be on your own.

WHEN: Tuesday, January 25
TIME: Departs from TR at 6:30am and from ST at 7:00am
COST: \$6.00

Please call to put your name on the list for a trip. You have until Wednesday, January 5 to let us know which trip you would like to participate in. You can put your name in for both trips. We will call everyone who was selected for the trips on Thursday, January 6 and then you will have until Monday, January 9 to come in and pay.

Celebrate Michigan Day!

On January 18, National Michigan Day recognizes the Great Lake State. Surrounded by four of the five Great Lakes, Michigan has more shoreline than any of the contiguous 48 states. Of the 50 states, only Alaska has more. We are pleased to welcome the St. Joseph County Historical Society to our Enrichment Centers to give a presentation on Michigan Day. The presentation will be a video on St. Joseph County rivers. Please consider signing up for lunch that day and then stay for the video and presentation.

WHEN: Wednesday, January 19 at the Rivers EC at 1pm
 Thursday, January 20 at the Oaks EC in Sturgis at 10:30am



Holiday Fun at the COA!



THANK YOU! THANK YOU!

In a year where many things did not go so great, here at the COA we were overwhelmed with the generosity of our members, area businesses, churches, schools and other individuals. We asked for donations, and boy did you guys give. We had Angel Trees at both our centers where gifts were purchased, wrapped and donated by our members to distribute to seniors and school children in our county who are in need.

We had individuals drop off checks to the COA and ask that we purchase gift cards and give them to older adults in our community who needed it. Area churches and the UAW in Three Rivers also reached out to us and did wonderful things for older adults to brighten their holidays. Cards were made by students at Riverside Elementary School in Constantine for Meals on Wheels recipients.

We were overwhelmed by the donations and volunteers who helped us put on a fabulous COA Holiday Party. *A big thank you to Sturgis Automotive Supply/Napa for their generous support of this year's event.* And to the many businesses in the community who donated gifts and gift cards for us to give away, THANK YOU!!!

Finally, a big thank you to L.A. Café in Three Rivers for providing lunches twice a week for Meals on Wheels recipients for almost a year, which was made possible not only because of their dedication to older adults in St. Joseph County but because of the generosity of their patrons. We are truly fortunate to live in a county with such generous people who definitely brightened the lives of many older adults this holiday season!





**SOUTH MICHIGAN
FOOD BANK**

St. Joseph County Resource Guide

Find additional resources at smfoodbank.org

Pantries

United Community Assistance Program	320 N Main St, Three Rivers	Mon and Weds, 10am-1pm
Three Rivers Food Site, Inc.	18 Railroad Dr, Three Rivers	Tues and Thurs, 9am-12pm
Mendon Food Cupboard	114 W Main St, Mendon	Thurs, 10am-12pm
Constantine Community Food Pantry	185 W 5th St, Constantine	Thurs, 9am-11am
Colon Food Pantry	132 N Blackstone Ave, Colon	Tues, 8am-11:15am
Centreville Food Pantry	305 East Main St, Centreville	Fris, 10am-12pm
Glen Oaks Community College Pantry	62249 Shimmel Rd, Centreville	Tues, 3pm-4pm; Fri, 12pm-1pm
Holy Angels Helping Hands Food Pantry	402 S Nottawa St, Sturgis	2nd and 4th Tues of every month, 11am-12pm
ECN/White Pigeon	105 N Kalamazoo St, White Pigeon	Weds, 9am-11am; 3rd Mon of every month, 5:30pm-7pm
Outside Sunday	215 East Broadway St, Three Rivers	3rd Saturday of every month, 9am-1pm

Fresh Food Distributions

Doyle Community Center	310 N Franks Ave, Sturgis	4th Thursday of every month, 4pm-6pm
Centreville Seventh Day Adventist	23683 M-86, Centreville	2nd Tuesday of every month, 4pm-6pm
Colon Community Schools	Colon High School, 400 Dallas St	3rd Thursday of every month, 4:30pm-6:30pm
Burr Oak Community Schools	Bur Oak High School, 326 E Eagle St	1st Monday of every month, 3:30pm-5:30pm
White Pigeon High School	410 Prairie Ave, White Pigeon	4th Tuesday of every month, 4pm-6pm
Mendon Community Schools	148 Kirby Rd, Mendon	3rd Thursday of every month, 3pm-5pm
The Huss Project	1008 8th St., Three Rivers	3rd Saturday of every month, 10am-12pm
Gateway Village Apartments	409 Gateway Court, Sturgis	3rd Thursday of every month, 11am-1pm
Constantine High School	1 Falcon Drive, Constantine	4th Thursday of every month, 4pm-6pm
First Presbyterian Church of Sturgis	1320 S. Lakeview Ave., Sturgis	2nd Tuesday of every month, 4pm-6pm

SERVICES

Foot Doctor

Rivers Enrichment Center - Three Rivers

Tuesday, January 11 (9:00am - Noon)

The 2022 schedule is available at our reception desks. 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: OVER THE TELEPHONE

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.

**Date/Time: Friday, January 14
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

9

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, January 4 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. **In January, the group will meet on January 20 at the United Methodist Church in Centreville.** 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 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

NEW!!!

Three Rivers:

Arthritis Exercise - Taking it Easy!

Mondays & Wednesdays at 10am

(Mondays in the Community Room and Wednesdays in the Atrium Pool Area)

Instructor: Lynn Zeiler

This class is for anyone who wants a slower-paced exercise class focused on core strength, balance with most exercise being done in the chair.

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 how to 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.

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: Mondays at 11am

Instructor: Cynthia Hoss, LMT, E-RYT 500, AYS

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.

EXERCISE CLASS NEWS!

**10am - Mondays and Wednesdays in
Three Rivers**

**Arthritis Exercise - Taking It Easy
(Mostly chair work)**

**Chair Yoga will now be at 11 a.m.
Mondays in Sturgis with Cynthia Hoss**

**Give these classes a try - the perfect
way to start the New Year!**

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.

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 *River of Doubt* by Candice Millard. The book will be discussed on Wednesday, January 11 at Noon. A box lunch will be provided. 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 Dream Daughter* by Diane Chamberlain. The book will be discussed on Thursday, January 20 at 3 p.m.

If you would like a copy of the book, please stop by the Sturgis Public Library to get one.

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

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

VIRTUAL ZUMBA GOLD!

Lynn Zeiler will be teaching Zumba Gold in person at the Rivers Enrichment Center on Mondays and Thursdays at 2 p.m.

If you would like to participate virtually, please let us know and Lynn will send you an email invitation to join her Zumba Gold class on Zoom.

It’s super easy to do and you can do it from the comfort of your own home. If you need help getting started on Zoom, let us know and we can help!

We also will be playing her class on the television in the classroom at the Oaks Enrichment Center during her class, so anyone can stop by the OEC and participate virtually!

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 \$4.00.

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 not the cost of the coupon. **NEW THIS YEAR! The COA will no longer have separate tickets for breakfast and lunch/dinner. There will just be one voucher - good for any meal.**
- One person per ticket, meals cannot be shared.
- **Tickets Expire 12/31/22.**

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 2022

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

JANUARY Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	4 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	5 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches Club	6 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold	7 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
10 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bunco 1pm - Bridge 2pm - Zumba Gold	11 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot 2:30pm - Bingocize	12 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 12pm - Book Club 1pm - In Stitches Club	13 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold South Bend Chocolate Factory Trip	14 9:30am - Line Dancing 10am - Valentines Day Craft 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
17 COA CLOSED Martin Luther King, Jr. Holiday	18 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot 2:30pm - Bingocize	19 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches Club 1pm - Historical Society Presentation - Michigan Day 1:30pm - COA Advisory Board Meeting at Oaks EC	20 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold 6pm - Kinship Care Support Group Meeting - Centreville	21 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
24 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	25 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11:30 - Veterans Affairs 12:45pm - Mah Jongg 2:30pm - Bingocize 2:30pm - Hand & Foot Casino Trip	26 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it East (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches Club 5pm - Dinner Night Out at the Oaks EC	27 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold	28 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
31 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold				

JANUARY Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10am - Breath, Mindfulness & Meditation 12:30pm - Bingo	4 10am - Boards & Bagels	5 10am - Arthritis Exercise - Taking it Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Euchre	6 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 7pm - Duplicate Bridge	7 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming
10 10am - Breath, Mindfulness & Meditation 11am - Chair Yoga - NEW DAY AND TIME! 12:30pm - Bingo	11 10am - Boards & Bagels 1pm - Door Hanger Craft	12 10am - Arthritis Exercise - Taking it Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Euchre	13 10am - Line Dancing 11:30am - Veterans Affairs 12:30pm - Bingo 1pm - Hand & Foot 7pm - Duplicate Bridge SOUTH BEND TRIP	14 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming
17 COA CLOSED Martin Luther King, Jr. Holiday	18 10am - Boards & Bagels 1pm - Tuesday Trivia	19 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Euchre 1:30pm - COA Advisory Board Meeting	20 10am - Line Dancing 10:30am - Historical Society Presentation 12:30pm - Bingo 1pm - Hand & Foot 3pm - Book Club 7pm - Duplicate Bridge 6pm - Kinship Care Support Group Meeting - Centreville	21 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming
24 10am - Breath, Mindfulness & Meditation 11am - Chair Yoga 12:30pm - Bingo	25 10am - Boards & Bagels CASINO TRIP	26 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Euchre 5pm - Dinner Night Out at Oaks Enrichment Center	27 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 7pm - Duplicate Bridge	28 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming
31 10am - Breath, Mindfulness & Meditation 11am - Chair Yoga 12:30pm - Bingo				

Meals on Wheels & Congregate Menu

JANUARY 2022

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Monday, January 3

Tuesday, January 4

Wednesday, January 5

Thursday, January 6

Friday, January 7

Monday, January 10

Tuesday, January 11

Wednesday, January 12

Thursday, January 13

Friday, January 14

Monday, January 17

Tuesday, January 18

Wednesday, January 19

Thursday, January 20

Friday, January 21

Monday, January 24

Tuesday, January 25

Wednesday, January 26

Thursday, January 27

Friday, January 28

Monday, January 31

Salisbury Steak, Mashed Potatoes, European Blend Veggies, Carrots

Salsa Chicken, Spanish Rice, Seasoned Black Beans, Corn

Salmon Patty, Parmesan Noodles, California Blend Veggies, Peas

Roasted Pork Tenderloin, Garlic Mashed Potatoes, Brussel Sprouts

Southwest Egg Bake, Broccoli, Sausage Links, Hash Brown Potatoes

Honey Mustard Chicken, Cheesy Mashed Potatoes, Asparagus

Meatloaf, Red Bliss Potatoes, Italian Blend Vegetables

Lemon Pepper Turkey, Wild Rice Pilaf & Orzo, Prince Charles Veg

Beef Enchiladas, Cilantro Lime Rice, Seasoned Black Beans, Carrots

Baked Ham with Raisin Sauce, Baked Sweet Potato, Capri Veggies

COA CLOSED - Martin Luther King, Jr. Holiday

Bourbon Pork Chop, Golden Mashed Potatoes, Mixed Vegetables

Turkey Pot Roast, Baked Potato, California Blend Vegetables

Chicken Alfredo, Buttered Noodles, Caribbean Vegetable Blend

Beef Tips Over Rice, Green Bean Almondine, Stewed Tomatoes

Bacon Swiss Burger, Baked Beans, Au Gratin Potatoes

Tahitian Chicken, Rice, Broccoli, Mixed Vegetables

Macaroni & Cheese, Ham Slice, Stewed Tomatoes & Okra

Garlic Herb Cod, Rice Pilaf, Peas & Pearl Onions, Key West Veggies

Turkey & Stuffing Casserole, Capri Veggies, Salad, Cherry Crisp

Pork Chop Supreme, Golden Mashed Potatoes, Dilled Carrots

COA RESTAURANT PROGRAM

As we start the new year, please note that we are going back to just one meal voucher, which can be used for breakfast, lunch or dinner.

The suggested contribution for this meal voucher is now \$4.00. Don't forget to tip your server based on the cost of your meal.

The restaurant program, like all of our services and programs, is for ALL older adults 60 and older. There are a few programs we provide that are income-based, but the Restaurant Program is not one of them.

Look for all the details about the Restaurant Program on Page 12 of this newsletter.

Restaurants in the program are now only accepting yellow tickets for 2022. Tickets purchased in 2021 will not be accepted.

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

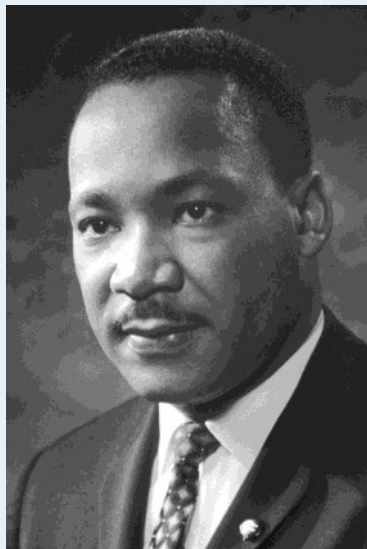
Rivers Enrichment Center
269-279-8083
1200 W. Broadway Street
Three Rivers, MI 49093
Lunch is served at Noon
or can be picked up
between 11:30-12:30

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 will be closed on
Monday, January 17 for
Martin Luther King, Jr. Day



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 # _____