



The Senior Connection

February 2022

VOLUME 2

ISSUE 8

St. Joseph County Commission on Aging Newsletter

Yummmm...



Valentine's Day Breakfast

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



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Instagram (sjccoa)
and YouTube



From the Executive Director...

We are so excited to be offering another exercise class at our Oaks Enrichment Center in Sturgis, and not just because it is another opportunity for our members to do something good for their mind, body and spirit. It's also because this class will be offered at 6 p.m. on Tuesdays and Thursdays. I know the Life Enrichment Team at the COA has been wanting to provide activities for members in the evening, and perhaps on the weekends so that members who cannot be at our centers during the day still have the chance to participate.

Our instructor, Priscilla Macias, has a degree in Exercise Science. She also possesses an enthusiastic, supportive and welcoming attitude. I know she is going to be a great fit at the COA. If you get a chance, try her class. It's going to be called Silver Strength and it will feature a variety of exercises to help with balance, core strength and much more.

Another reason February is a great time to try Priscilla's class - or any of our fitness programs - is because February is National Heart Month. What better way to take care of your heart than by exercising. I know we have some other fun things planned that day, such as a demonstration on heart healthy protein balls and a visit from a comfort dog. I know for a fact that when I pet my dog, my stress level goes way down. Check out the story on Page 5 and plan to stop by either center.

Finally, I am thrilled to help flip pancakes on Monday, February 14 as we offer our members a Valentine's Day Breakfast. Our Nutrition Department is providing our Meals on Wheels clients with a special treat that day as well.



Pam



A big thank you to the Home Depot store in Three Rivers. The COA was given a large quantity of holiday decorations, including lights, garland, wreaths and tree stands.

We hope to use these items to help us decorate both of our Enrichment Centers for the holidays.

Thank you Home Depot for thinking of the Commission on Aging and helping us fulfill its mission of improving the lives of older adults in our county.

***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.

Silver Strength Class to Start in Sturgis

Please welcome Priscilla Macias to the COA! Priscilla will be teaching an evening class from 6 p.m. to 7 p.m. on Tuesdays and Thursdays beginning Tuesday, February 1. The class is called Silver Strength and will feature a variety of workouts suitable for any member who is looking for an all-around exercise class.

Priscilla was born and raised in Sturgis and graduated from Sturgis High School in 2010. She attended Glen Oaks Community College, where she received her Associate's Degree. She worked at an all women's gym in Sturgis for several years and says this is where her passion for helping others with their fitness goals started.

She then attended the University of Saint Francis and received a Bachelor's Degree in Exercise Science.

"I have experience in many different workouts ranging from boxing, yoga sculpting, barre, and HIIT. I'm excited to be a part of the COA and can't wait to teach Silver Strength," Priscilla said.

Life Enrichment Manager Ruth Mancina said the COA is fortunate to have someone with Priscilla's education and experience teach a class at the COA.

"I hope our members will give this class a try; not only is Priscilla very qualified, she also has the positive energy and enthusiasm that we love to see in our fitness instructors," Ruth noted. "It also has been a goal to offer an exercise class in the evening so that we are providing a Life Enrichment activity for members who may not be able to get to our centers during the day because of work or other commitments."



COA To Offer Presentation on Medicare Fraud & Scams

On Thursday, February 24, Sherry Swartz from the St. Joseph County Veterans Affairs office will give a presentation on how to protect yourself from Medicare Fraud, Abuse and Scams. Sherry will be doing this program virtually and the COA will show it at both its centers.

WHEN: Thursday, February 24th

WHERE: Oaks Enrichment Center Classroom

Rivers Enrichment Center Community Room

TIME: 10 a.m.

This should be a very informative and helpful presentation, so we hope you can make it!

No need to sign up. All you need to do is show up and we will take care of the rest.

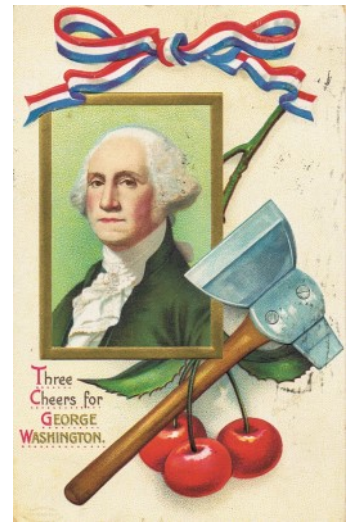


Cherry Pie for President's Day

The Life Enrichment team will be offering cherry pies on Friday, February 18 in honor of George Washington's birthday. The pies will be available in the lobby from 11 a.m. to 1 p.m., while supplies last. One per person please.

And why are we serving cherry pies? Well, we all know the story about George Washington and chopping down a cherry tree. But is it even true? Find out and learn other fun facts about President's Day when you stop by for your sweet treat.

The COA will be closed on Monday, February 21 for President's Day.



Valentine's Day Pancake Breakfast

Join us for a delicious breakfast on
Monday, February 14 at 9 a.m.

We will be serving pancakes, sausage links,
fruit and more.

Breakfast will be served at both centers and
we are not offering take-out for this meal.

Please make sure to sign up by calling the COA
at 279-8083 or stopping by the front desk.

Reservations must be made by Noon on
Monday, February 7th.



Valentine's Day Carnations!

On Thursday, February 10th we will be selling carnations for \$1.00 at both centers. Stop by either reception desk to purchase flowers and give them to your friends at the COA, or take them home with you and give to your neighbor, a grandchild - anyone you want to let know that you care about them.

We will have a table set up at each lobby with tags, ribbon, and markers so that you can build your own little bouquet.

Spread the love! Let family and friends know that you care!



Go Red Day at the COA

The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

Go Red Day is Friday, February 4 and we want to support this worthwhile cause. We have some fun things planned at both our centers, so we hope you will make plans to participate. Remember, if you would like to join us for lunch at one of our centers, or would like to order a lunch to go, you must let us know by 1 p.m. the day before. You can sign up for lunch by calling the COA at 279-8083, stop by the reception desk, or visit our website at www.sjccoa.com and sign up on-line.

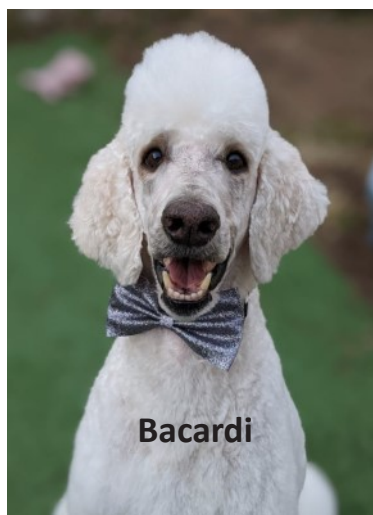
On Friday, February 4 our Life Enrichment team will be making **heart healthy protein balls** for you to sample. This easy recipe will help you when you are looking for a snack that is heart smart and satisfying.

No need to sign up for this activity. It will take place at 11 a.m. at both our centers.

Also that morning we will have **comfort dogs** at both our centers to visit with our members. Research shows that reducing stress is a great way to take care of your heart. What better way to reduce stress than by petting an adorable dog.

So stop by and see Jude the comfort dog at 11 a.m. in Three Rivers, and Bacardi the therapy poodle will be in Sturgis around 11:15 a.m.

Finally, anyone who wears red that day will have the chance to enter their name in a drawing to win a **fabulous gift basket** filled with HEART HEALTHY goodies. You do not need to be present to win. We will draw a winner from each center at 4 p.m. on Friday, February 4. Make sure you put your name and phone number on your entry. One entry per person, please.



Bacardi



Jude

Mardi Gras Bingo! ⁵

We're offering a **FREE Bingo** for COA members
in honor of **Mardi Gras**

WHEN: Tuesday, March 1

TIME: Oaks Enrichment Center at 12:30 p.m.

Rivers Enrichment Center at 1 p.m.

If you would like to help support this Bingo by donating a prize that is purple, gold or green, please drop off to the COA to Alex or Ruth. We are always appreciative of donations!

AARP Tax Preparation

AARP volunteers are offering tax preparation at both our centers this year. Please call the COA at 279-8083 to make an appointment. Masks are required when interacting with the AARP volunteer and you must remain in the building while your taxes are being prepared.

Appointments can be made at either center. Volunteers are available in Sturgis on Mondays and Tuesdays and in Three Rivers on Thursdays through April 14.

February Closings

The Oaks Enrichment Center in Sturgis will close on Friday, February 18 at 2 p.m. and the Rivers Enrichment Center in Three Rivers will closed at 2:30 p.m. for team training.

The COA will be closed on Monday, February 21 for Presidents' Day.

6 Fun Times Ahead With Our February Trips!

That Golden Girls Show!

Wednesday, February 9

This show is one of Off-Broadway's biggest smash hits that parodies classic Golden Girls moments with puppets! Get set for an evening of cheesecake, laughter, jazzercise, shoulder pads, sex, and the elegant art of the quick-witted put down.



From Sophia's get-rich-quick schemes, to Rose's tales from St. Olaf, Blanche's insatiable hunt for men and the Fountain of Youth and Dorothy's daily struggle to make sense of her life. Devoted fans will fondly remember our four girls from Miami, and for the first-timers, this will be a joyful introduction to the brilliance of that television series. The show starts at 7:30 p.m. at Miller Auditorium in Kalamazoo and the ticket is \$35 per person. Dinner at Texas Corral is on your own. The bus will leave Sturgis at 3:30 p.m. and Three Rivers at 4:15 p.m.

Kalamazoo K-Wings Pink Ice Game

Friday, February 11

Enjoy a fun night of professional hockey while the players battle it out on a sheet of pink ice. Hot dogs are only \$2 that night! The game starts at 7:00 p.m. and the price is \$18.00 which covers your transportation and ticket to the game. Any concessions you want to purchase will be on your own. The Life Enrichment Team is going to provide a Valentine's Day treat bag for everyone on the bus. The bus will leave Three Rivers at 4:45 p.m. and Sturgis at 5:30 p.m.

TRIP SIGN UP

If you are interested in either or both trips you have until Thursday, February 3 to put your name on the list. On Friday, February 4 we will do a drawing if we have more than 13 names for each trip to determine who gets to go. If your name is selected you then have until Tuesday, February 8 to pay for your trip.

COA trips are budget neutral. This means that the cost of each trip is calculated so that there is no additional cost to the COA and the COA does not make any money on the trip.

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, February 16

Oaks Enrichment Center
Wednesday, February 23

TIME: 10:00 am - Noon

Put Your Noodle to Work!

We have Trivia Tuesday on the third Tuesday of each month at our Oaks Enrichment Center in Sturgis.

WHEN: Tuesday, February 15

TIME: 1 p.m. - 3 p.m.

All are welcome!

Come enjoy a fun afternoon with friends playing trivia.



TELL US WHAT YOU THINK!

We have been doing this new format of signing up for trips for a couple of months and we would love to hear your thoughts. Do you think we should keep doing it this way where you put your name on a list and then we call you if your name is drawn? Or, should we go back to how we used to do it? Members would call on the first of the month and as soon as we got 13 names on the list, the trip was filled. (We have 13 seats available on the COA bus.)

Please reach out to Alex Kelley or Ruth Mancina and share your thoughts, suggestions or ideas concerning the trip program. We want to know what you think!

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

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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.



WANTED!

COA Ambassadors

Are you willing to help deliver COA newsletters to restaurants, libraries, drug stores and gas stations in St. Joseph County?

We would like to increase the number of places the COA newsletter can be found. If you would like to help drop off newsletters, please see Alex or Ruth.

Mardi Gras Beads

Mardi Gras is Tuesday, March 1. We will be doing a fun craft in March utilizing Mardi Gras beads. If you have some beads and would like to donate them to the COA, please drop them off to either center by the end of February. Thank you!



We had a lot of fun making these cute Valentine's Day crafts at both our centers in January. Pictured at left is White Pigeon resident Mary Jane Russell. If you have an idea for a craft, or would like to help lead a craft at one of our centers, please contact Alex or Ruth. We are always looking for ideas and volunteers!



**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 Thursday of every month, 4pm-6pm

SERVICES

Foot Doctor

Oaks Enrichment Center - Sturgis

Tuesday, February 22 (9:30am - 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, March 14, 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.

**Dates: Friday, February 18 and
Friday, February 25**

Time: 9am - 12:30pm

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

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alzheimer's  association

Alzheimer's Association Caregiver Support Group

The support group meets VIRTUALLY on the first Tuesday of each month.

**Support Group Meeting: VIRTUAL
Tuesday, February 1 at 6 p.m.**

If you would like an invite to the virtual meeting, or more information, please call the COA at (269) 279-8083 and ask for Marketing Manager Ruth Mancina. You can also 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 February, the group will meet on February 17 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

OUR THREE RIVERS ARTHRITIS EXERCISE CLASS IS CANCELLED IN FEBRUARY. WE ARE OFFERING BUS RIDES FROM OUR THREE RIVERS CENTER ON WEDNESDAYS AND FRIDAYS TO PARTICIPATE IN THE 11 AM ARTHRITIS EXERCISE CLASS THERE BEGINNING FEBRUARY 9. PLEASE SIGN UP AT THE FRONT DESK!

Three Rivers:

Arthritis Exercise - Taking it Easy!

This class is for anyone who wants a slower-paced exercise class focused on core strength, balance with most exercises done seated.

Mondays & Wednesdays at 10am

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

Instructor: Lynn Zeiler

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. This class is part of our Evidence Based Disease Prevention Program.

Three Rivers: 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

CARDIO DRUMMING IS CANCELLED FOR THE MONTH OF FEBRUARY IN THREE RIVERS

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.

NEW CLASS!

Silver Strength

This class will feature a variety of workouts that will help you with your balance, strength, cardiovascular health and improve your mood! Give it a try - you'll be glad you did!

Sturgis: Tuesday and Thursdays at 6 p.m.

Instructor: Priscilla Macias

SEE STORY ON PAGE 3 FOR MORE INFO!

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 IS CANCELLED FOR THE MONTH OF FEBRUARY

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 *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins. The book will be discussed on Wednesday, February 9 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 *All the Ugly and Wonderful Things* by Bryn Greenwood. The book will be discussed on Thursday, February 17 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

Three Rivers: Thursdays at 1 pm

Hand and Foot

Sturgis: Wednesdays at 1 pm

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 on the COA menu.**
- 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
Friday Night Dinner

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

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

FEBRUARY Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: NO REGULAR ARTHRITIS EXERCISE, CARDIO DRUMMING OR WEIGHTS AND MATS THIS MONTH. WE ARE OFFERING BUS RIDES TO STURGIS ON WEDNESDAYS AND FRIDAYS FOR ARTHRITIS EXERCISE CLASS THERE.	1 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot 6pm - VIRTUAL - Alzheimer's Association Caregiver Support Group	2 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches Club	3 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold	4 GO RED DAY – WEAR RED TO THE COA 9:30am - Line Dancing 11am - S.A.I.L. Exercise 11am - Heart Healthy Protein Balls 11am - Jude the Comfort Dog 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
7 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	8 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot	9 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 12pm - Book Club 1pm - In Stitches Club TRIP - GOLDEN GIRLS SHOW	10 CARNATIONS FOR SALE! 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot	11 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize TRIP - KWINGS PINK ICE GAME
14 9am - Valentine's Day Pancake Breakfast 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bunco 1pm - Bridge	15 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot	16 10am - Arthritis Exercise - Taking it Easy (Atrium) 10am - Granma's Greetings 11am - S.A.I.L. Exercise 1pm - In Stitches Club 1:30pm - COA Advisory Board Meeting	17 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold 6pm - Kinship Care Support Group Meeting - Centreville	18 9:30am - Line Dancing 11am - Cherry Pies in the Lobby 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo COA CLOSING AT 2:30PM FOR TEAM TRAINING
21 COA CLOSED President's Day	22 11:30 - Veterans Affairs 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot	23 10am - Arthritis Exercise - Taking it East (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches Club	24 10am - Virtual Medicare Fraud Presentation 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 1pm - Hand and Foot 2pm - Zumba Gold	25 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
28 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	MARCH 1 FREE MARDI GRAS BINGO AT BOTH CENTERS!			

February Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10am - Boards & Bagels NEW! 6pm - Silver Strength	2 10am - Arthritis Exercise - Taking it Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Hand & Foot	3 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot NEW! 6pm - Silver Strength 7pm - Duplicate Bridge	4 GO RED DAY - Wear Red! 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 11am - Heart Healthy Protein Balls 11:15am - Bacardi the Therapy Poodle 1pm - Cardio Drumming
7 10am - Breath, Mindfulness & Meditation 11am - Chair Yoga 12:30pm - Bingo	8 10am - Boards & Bagels NEW! 6pm - Silver Strength	9 10am - Arthritis Exercise - Taking it Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Hand & Foot TRIP - GOLDEN GIRLS SHOW	10 CARNATIONS FOR SALE! 10am - Line Dancing 11:30am - Veterans Affairs 12:30pm - Bingo 1pm - Hand & Foot NEW! 6pm - Silver Strength 7pm - Duplicate Bridge	11 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming TRIP - KWING PINK ICE GAME
14 9am - Valentine's Day Pancake Breakfast 12:30pm - Bingo	15 10am - Boards & Bagels 1pm - Tuesday Trivia NEW! 6pm - Silver Strength	16 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Hand & Foot 1:30pm - COA Advisory Board Meeting in Three Rivers	17 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 3pm - Book Club NEW! 6pm - Silver Strength 6pm - Kinship Care Support Group Meeting - Centreville 7pm - Duplicate Bridge	18 10am - Arthritis Exercise - Taking It Easy! 11am - Cherry Pies in the Lobby 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming COA CLOSING AT 2PM FOR TEAM TRAINING
21 COA CLOSED PRESIDENTS DAY	22 9:30am - Foot Doctor 10am - Boards & Bagels NEW! 6pm - Silver Strength	23 10am - Arthritis Exercise - Taking It Easy! 10am - Granma's Greetings 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming 1pm - Hand & Foot	24 10am - Line Dancing 10am - Virtual Medicare Fraud Presentation 12:30pm - Bingo 1pm - Hand & Foot NEW! 6pm - Silver Strength 7pm - Duplicate Bridge	25 10am - Arthritis Exercise - Taking It Easy! 11am - Arthritis Exercise - Ramping It Up! 1pm - Cardio Drumming
28 10am - Breath, Mindfulness & Meditation 11am - Chair Yoga 12:30pm - Bingo	MARCH 1 FREE MARDI GRAS BINGO AT BOTH CENTERS!			

Meals on Wheels & Congregate Menu

FEBRUARY 2022

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Tuesday, February 1
 Wednesday, February 2
 Thursday, February 3
 Friday, February 4
 Monday, February 7
 Tuesday, February 8
 Wednesday, February 9
 Thursday, February 10
 Friday, February 11
 Monday, February 14
 Tuesday, February 15
 Wednesday, February 16
 Thursday, February 17
 Friday, February 18
 Monday, February 21
 Tuesday, February 22
 Wednesday, February 23
 Thursday, February 24
 Friday, February 25
 Monday, February 28

Chicken & Broccoli Casserole, Peas & Carrots, Cherry Crisp
 Ham & Potato Au Gratin, Brussel Sprouts, Cauliflower
 Lemon Baked Fish, Brown Rice, Key West Blend Vegetables
 Roasted Pork Tenderloin, Sweet Potatoes, Capri Blend Veggies
 Orange Glazed Chicken, White Rice, Oriental Blend Vegetables
 Tuna Noodle Casserole, Garlic & Herb Broccoli, Stewed Tomatoes
 Turkey Shepherd's Pie, Mashed Potatoes, Brussel Sprouts
 Apple Pork Chop, Rosemary Roasted Potatoes, Collard Greens
 Pepper Steak, White Rice, Caribbean Blend Vegetables, Oranges
 Oven Crisp Fish, Parslied Potatoes, Green Beans, Jell-O w/Fruit
 Beef Stroganoff, Egg Noodles, Carrots, Scalloped Tomatoes
 Jeweled Pork Loin, Long Grain Rice, Peas & Mushrooms
 Dijon Chicken, Sweet Potatoes, Normandy Blend Veggies
 Pizza Casserole, Italian Blend Vegetables, Brussel Sprouts
 Closed for Holiday
 Chicken Parmesan, Garlic Mashed Potatoes, Key West Veggies
 Lemon Baked Fish, Brown Rice Pilaf, Green Bean Almondine
 Pot Roast & Gravy, Roasted Potato Medley, California Veggies
 Chicken & Dumplings, Capri Blend Vegetables, Cherry Crisp
 BBQ Chicken Thighs, Baked Beans, Carrots, Applesauce

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 COA members. 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, February 21 for
Presidents' 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 # _____