



# *The Senior Connection*

March 2022

**VOLUME 3**

**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 think we all agree that we like to celebrate here at the COA. Whether it's National Jelly Bean Day or eating cherry pies because it's George Washington's birthday, we enjoy providing our members with special treats.



We like to celebrate other things, too, like our amazing staff. We appreciate our Meals on Wheels drivers every day, but March is a time we give a special shout-out to them for all that they do. March is Meals on Wheels month and National Nutrition Month. This year is the 50th anniversary for when President Nixon signed into law a measure that amended the Older Americans of 1965 to include a national nutrition program.



We are pleased to announce that Nutrition Manager Katie Hughes is starting a new program this month which will focus on nutrition with a brief presentation and tasting. We're calling it Katie's Korner and she plans to tackle a wide range of subjects on healthy eating that we hope our members will find interesting and tasty. She will alternate her presentations between our centers each month. The first one is set for Wednesday, March 16 at 9:30 a.m. at the Oaks Enrichment Center in Sturgis. This month she is going to talk about unusual fruits.

We have a lot of other fun things happening at our centers this month, including a local author coming to talk about her book, celebrating St. Patrick's Day with shamrock shakes, snacks and a movie, and some really fun trips. I am happy to report that our annual tradition of visiting Frederik Meijer Gardens and the butterfly exhibit is back on this year. What a cool place to visit!

After listening to our members, we have decided to go back to how we used to sign up for trips where it was first come, first serve on the first of each month. As always, our Life Enrichment Team will keep a close eye on sign ups, and if there is a waiting list and the opportunity to schedule a second trip, they will do their best to make that happen.

## *Pam*

### **National Pet Day is April 11**

Let's celebrate National Pet Day with a cutest pet contest. We know, we know...all of our pets are cute - no argument there. Let's have a little fun though and have a contest. If you think your pet has a shot at winning, then submit a photo to either receptionist by March 31. If you don't have a photo to give, we will make a copy of your pet photo for you.

We will display all the pet photos at our centers from Monday, April 4 through Friday, April 8. You'll be able to vote for the pet you think is the cutest. Only one voting opportunity per person, please!

The winner gets a fantastic basket filled with goodies for their pet.



***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 III C
- ♦ St. Joseph County Senior Millage
- ♦ Older Americans Act
- ♦ Older Michiganians Act
- ♦ Donations

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

# Mardi Gras Bingo & Craft

Mardi Gras is early this year, so in the last COA newsletter we let you know that we are offering a **FREE Bingo at both our enrichment centers on Tuesday, March 1.**

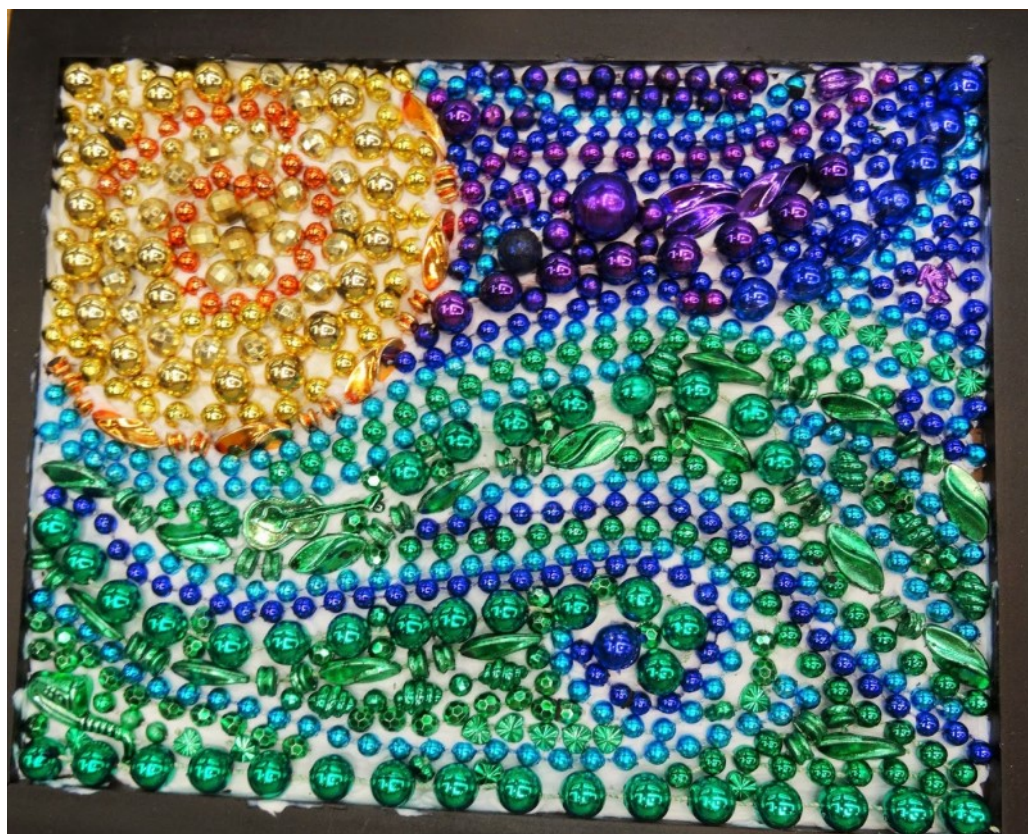
All COA members are welcome to participate. At the Oaks Enrichment Center in Sturgis we will begin playing at 12:30 p.m. until 1:30 p.m. At the Rivers Enrichment Center in Three Rivers, Bingo starts at 1 p.m. and ends at 2:30 p.m.

When you think of Mardi Gras, one of the things you probably think of is BEADS; lots and lots of beads. We're going to use some of the beads this month and create a beautiful mosaic design. If you have any beads you would like to donate to use, please drop them off to either center.

## **Mardi Gras Mosaic Craft**

<b>WHEN:</b>	Monday, March 7th	Wednesday, March 23
<b>WHERE:</b>	Oaks Enrichment Center, Sturgis	Rivers Enrichment Center, Three Rivers
<b>TIME:</b>	2 p.m.	10 a.m.
<b>COST:</b>	Donations Welcome!	Donations Welcome!

Pre-registration is required. Please call the COA at 279-8083 to sign up.





# Katie's KORNER



Welcome to Katie's Korner! Each month Nutrition Manager Katie Hughes will offer a program on nutrition that will be informational and fun. These programs will cover a wide range of issues related to food and good health. Quite often she will have

a tasting of something she is preparing.

In March, Katie is going to share some great information and a delicious taste of something to do with unusual fruits.

Katie will alternate her programs between our centers each month. All COA members are welcome to attend. Please RSVP by calling the COA at 279-8083 no later than Monday, March 14.

**WHEN:** Wednesday, March 16

**WHERE:** Oaks Enrichment Center - Sturgis

**TIME:** 9:30 a.m.

## Do You Have a Green Thumb?

Come join the COA Garden Club! We are hoping to start a Garden Club at our Sturgis location. If this sounds like something you might be interested in, please make plans to attend our informational meeting at the Oaks Enrichment Center on Tuesday, March 24 at 11 a.m.

*All are welcome - whether you have a green thumb or not!*



## Happy St. Patrick's Day!

We're celebrating with a fabulous movie that takes place in Ireland. The movie is called *Belfast* and tells the story of a young boy and his working-class family during the tumultuous late 1960s.

We'll be serving up shamrock shakes and other treats, so you won't want to miss this fun afternoon. Don't forget to wear GREEN!

Please call the COA at 279-8083 and let us know you will be attending so we can have enough for everyone!

**WHEN:** Wednesday, March 16 in Three Rivers at 1 p.m.

Thursday, March 17 in Sturgis at 1:30 p.m.



## Learning to Dance in the Rain II

A presentation by COA member and author Shelby Wagner is on tap this month and you won't want to miss her fascinating story. Everyone wants to find love. But what happens when the one you love dies, or you discover he or she is a fraud, only after your money? To lose someone we love is devastating, and to be deceived by a false lover is doubly painful.

Author, Shelby Wagner, has "been there." Learn her insights and strategies for navigating grief, safely navigating internet dating websites, senior dating, and thwarting romance scammers. This memoir/self-help resource will help you avoid heartache and an empty bank account. Shelby's book "Learning to Dance in the Rain II" has received numerous awards and this is an updated version of her memoir/self-help book which was published one year ago. The book is currently being presented at 14 book festivals around the world and has recently received four awards, including Book of the Year Finalist from the Independent Author Network.

**WHEN:** Monday, March 7  
Oaks Enrichment Center - Sturgis  
11 a.m.

Tuesday, March 8  
Rivers Enrichment Center - Three Rivers  
10:30 a.m.





## ***Pancake Breakfast Was a Big Success!***

We had so much fun showing our members how much we love them on Valentine's Day with our annual pancake breakfast! Almost 80 members visited our centers on February 14 and were treated to homemade pancakes, made by COA staff. Pictured at right is COA Executive Director Pam Riley working hard at the Oaks Enrichment Center. Pictured at left is Lilly Shankleton and her husband, Bob, enjoying their breakfast and all decked out in red. It was a wonderful way to start the week. A big thank you to our Nutrition and Life Enrichment team for putting this event on for our members.



## **Welcome Gary and Candice!**



The COA is pleased to welcome two new faces to our team. Gary Oberlander is our Maintenance Worker and has been busy fixing things and making sure everything electrical and mechanical is in good working order at our enrichment centers and the apartments.

Gary calls himself a "jack of all trades" because he has experience working in several disciplines, primarily in construction and farm field irrigation.

Gary, a lifetime Three Rivers resident, worked for more than 20 years for Finnerman's John Deere & Valley Irrigation.

He and his wife, Corrina, have one daughter, and enjoy spending time on their property, which is on the river. When he is not fixing things, Gary enjoys snowmobiling in the Upper Peninsula.

Working at the COA is enjoyable, he added. "It's a friendly environment and the residents are easy to work with."

While Gary is more visible since he is out and about at our center, Candice Swanwick is behind the scenes, but also plays a vital role in our organization. Candice is our new chef, and is responsible for preparing all the meals for lunch at the centers and Kline's Resort on Fridays, both on-site and to-go. She also prepares all the meals for our home delivered clients.

Candice, who grew up in Centreville, graduated from culinary arts school in Grand Rapids. She has worked in a variety of food service venues, such as hotels and golf clubs. Her area of expertise is in baking, for which she took additional training courses.

"I love baking," she said. "I get to celebrate the best parts of people's lives." Applying for, and receiving the job at the COA has been a great fit for Candice and her family. "I love my co-workers," she said. "They're wonderful." When she is not working, Candice and her husband, David, enjoy watching their sons participate in athletics. She is a huge college basketball fan and always looks forward to March Madness.



# <sup>6</sup> Butterflies and Syrup on Tap for March Trips

## **RV/MH Museum/Lunch at Cracker Barrel**

**Thursday, March 10**

This hidden gem of a museum in Elkhart features the history of recreational vehicles and manufactured housing. In the 1940s when soldiers were coming home from World War II, they were in need of immediate housing. The RV industry saw this as a business opportunity and started building larger units that were to be used as stationary housing rather than travel trailers. After that the RV industry advanced in two directions, one branching into fancier RVs for travel and the other becoming the manufactured housing industry as we know today.

We will have lunch at Cracker Barrel before the museum visit. Lunch is on your own. Trip cost is \$17 per person. Leaving Three Rivers at 10:45 a.m. and Sturgis at 11:30 a.m.

## **Frederik Meijer Gardens and Sculpture Park**

**Tuesday, March 22**

The butterflies will be in bloom as we visit Meijer Gardens. We will provide a box lunch to eat on the bus on our way to Grand Rapids. After our visit to the butterfly exhibit and anywhere else the group wants to explore at the park, we will have dinner at Big Boy in Wayland on our way home. Dinner is on your own. Trip cost is \$25. We will be leaving Sturgis at 11:30 a.m. and Three Rivers at 12:15 p.m.

## **Amigo Centre**

**Tuesday, March 29**

Our visit to the Amigo Centre will include a wagon ride around camp and brunch with waffles and homemade maple syrup. We will be leaving Sturgis at 9:45 a.m. and Three Rivers at 10:30 a.m. Cost is \$15 and includes brunch and an educational presentation by Amigo Centre staff.

**ITINERARIES FOR THE TRIPS WILL BE AVAILABLE AT THE RECEPTION  
DESKS ON TUESDAY, MARCH 1.**

## **PLEASE READ!!!**

### **NEWS ABOUT SIGNING UP FOR TRIPS**

Thank you to everyone who provided feedback to the COA staff about signing up for trips. Many of you indicated that you would like to go back to how we used to do it, where members were allowed to sign up for trips on the first of each month - first come, first serve.

We strongly encourage you to sign up as soon as possible, since some trips do fill up quickly. We also try our best to offer a second outing if a trip fills up and has a waiting list.

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.

If you have any questions about our trips, please contact Life Enrichment Coordinator, Alex Kelley at 279-8083 or email her at [akelley@sjccoa.com](mailto:akelley@sjccoa.com)



***Jude the Comfort Dog is  
coming back to visit members  
at the Rivers Enrichment Center  
on Friday, March 4  
at 10:30 a.m.***

## ***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, March 15

TIME: 1 p.m. - 2 p.m.

***(NOTE NEW TIME!)***

All are welcome!

Come enjoy a fun afternoon with friends playing trivia.





# P.A.C. Meeting Dates 2022

According to standards set by the Area Agency on Aging, the mission of the Project Advisory Council is to allow COA members a forum where they can meet and discuss COA programs and services. The 2022 P.A.C. meeting schedule is listed below. It will be posted at both enrichment centers and on the COA website. If you have any questions about P.A.C., please contact Marketing Manager Ruth Mancina at 279-8083. We have meetings scheduled at both our centers this month. Hope to see you there!

## 2022 P.A.C. Meeting Schedule

<u>Three Rivers P.A.C.</u>	<u>Sturgis P.A.C.</u>
Friday, March 11 @10:30 a.m.	Tuesday, March 22 @ 11 a.m.
Friday, June 10 @ 10:30 a.m.	Tuesday, June 28 @ 11 a.m.
Friday, Sept. 9 @ 10:30 a.m.	Tuesday, Sept. 27 @ 11 a.m.
Friday, Dec. 9 @ 10:30 a.m.	Tuesday, Dec. 27 @ 11 a.m.

# We Need YOU!

## Do You LOVE Trivia?



We're looking for a team to compete in a Trivia Night on Friday, March 18. **We need to register as a team by March 15**, so if you are interested in participating, please let Marketing Manager Ruth Mancina or Life Enrichment Coordinator Alex Kelley know as soon as possible.

This event, which is put on by the Three Rivers DDA, takes place at A Place in Time in Three Rivers. Doors open at 6 p.m. with trivia starting at 7 p.m. We will provide t-shirts to our participants and snacks to take with you to the event. Any COA member is welcome to participate - doesn't matter which center you like to go to - we are ALL ONE COA! C'mon on COA members, show your senior spirit and have a fun night out with friends!

# February Fun!

On February 4, we gave away two fabulous heart healthy gift baskets as part of our Go Red celebration which brings attention to heart disease and women. Vickie Widdel, pictured below on the left, won in Sturgis and Karen Gillett was the lucky recipient in Three Rivers. We had comfort dogs also visit our members that day. Jude, pictured below in the middle, is coming back again on Friday, March 4 at 10:30 a.m. to say hi to everyone. Bacardi, the therapy poodle got some loving pats from Sturgis resident Denell Reilly when she came to the Oaks Enrichment Center.





**SOUTH MICHIGAN  
FOOD BANK**

# St. Joseph County Resource Guide

Find additional resources at [smfoodbank.org](http://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

Rivers Enrichment Center - Three Rivers

**Tuesday, March 15 (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, 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.

### 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.

Appointment times are filled in Three Rivers, but you can ask to be put on a cancellation list. There were some openings left in Sturgis at the time this newsletter went to print.



## SUPPORT

9

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, March 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. **The group will meet March 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

*Three Rivers:*

Tuesdays & Thursdays at 10:30am - **THIS CLASS**

**WILL RESUME TUESDAY, MARCH 15!**

**Instructor:** Cathy Taylor

*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. 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

**THIS CLASS WILL RESUME MARCH 15**

**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.

### **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



**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. Our instructor is licensed to teach Zumba Gold.

*Three Rivers:* Mondays and Thursdays at 2pm

**Instructor:** Lynn Zeiler

**Weights & Mats****THIS CLASS IS CANCELLED IN MARCH**

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 Women of the Copper Country* by Mary Doria Russell. The book will be discussed on Wednesday, March 9 at Noon. A box lunch will be provided. Please call Ruth Mancina at 279-8083 or email her at [rmancina@sjccoa.com](mailto: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 Only Woman in the Room* by Marie Benedict. The book will be discussed on Thursday, March 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

**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



# MARCH Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 12:45pm - Mah Jongg <b>1pm - FREE MARDI GRAS BINGO!!!</b> 2:30pm - Hand and Foot <b>6pm - VIRTUAL - Alzheimer's Association Caregiver Support Group</b>	<b>2</b> 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches Club	<b>3</b> 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	<b>4</b> <b>9:30am - NO LINE DANCING</b> 11am - S.A.I.L. Exercise <b>10:30am - Jude the Comfort Dog</b> 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
<b>7</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	<b>8</b> <b>10:30am - Author Visit - Shelby Wagner</b> 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot	<b>9</b> 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise <b>12pm - Book Club</b> 1pm - In Stitches Club	<b>10</b> 1pm - Bridge 1pm - Euchre <b>RV MUSEUM TRIP</b>	<b>11</b> 9:30am - Line Dancing <b>10:30am - P.A.C. Meeting</b> 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
<b>14</b> 9am - Beltone Hearing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bunco 1pm - Bridge	<b>15</b> <b>9am - Foot Doctor</b> 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot	<b>16</b> 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches Club <b>1pm - Watch Belfast the movie with Shamrock Shakes and Treats!</b> <b>1:30pm - COA Advisory Board Meeting in Sturgis</b>	<b>17</b> 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold <b>6pm - Kinship Care Support Group Meeting - Centreville</b>	<b>18</b> 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
<b>21</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge	<b>22</b> 9:30am - Cardio Drumming 10:30am - Arthritis Exercise <b>11:30 - Veterans Affairs</b> 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot <b>MEIJER GARDEN TRIP</b>	<b>23</b> <b>10am - Mardi Gras Craft</b> 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches Club	<b>24</b> 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	<b>25</b> 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
<b>28</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	<b>29</b> 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot <b>AMIGO CENTRE TRIP</b>	<b>30</b> 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches Club	<b>31</b> 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	

<div> <div>MARCH</div> <div>Activities</div> <div>CALENDAR</div> <div>Sturgis</div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div>1</div> <div>10am - Boards &amp; Bagels</div> <div>12:30pm - FREE MARDI GRAS BINGO</div> <div>NEW!</div> <div>6pm - Silver Strength</div>	<div>2</div> <div>10am - Arthritis Exercise - Taking it Easy!</div> <div>11am - Arthritis Exercise - Ramping It Up!</div> <div>1pm - Cardio Drumming</div> <div>1pm - Hand &amp; Foot</div>	<div>3</div> <div>10am - Line Dancing</div> <div>12:30pm - Bingo</div> <div>1pm - Hand &amp; Foot</div> <div>NEW!</div> <div>6pm - Silver Strength</div> <div>7pm - Duplicate Bridge</div>	<div>4</div> <div>10am - Arthritis Exercise - Taking It Easy!</div> <div>11am - Arthritis Exercise - Ramping It Up!</div> <div>1pm - Cardio Drumming</div>
<div>7</div> <div>10am - Breath, Mindfulness &amp; Meditation</div> <div>11am - Chair Yoga</div> <div>11am - Author Visit - Shelby Wagner</div> <div>12:30pm - Bingo</div> <div>2pm - Mardi Gras Craft</div>	<div>8</div> <div>10am - Boards &amp; Bagels</div> <div>NEW!</div> <div>6pm - Silver Strength</div>	<div>9</div> <div>10am - Arthritis Exercise - Taking it Easy!</div> <div>11am - Arthritis Exercise - Ramping It Up!</div> <div>1pm - Cardio Drumming</div> <div>1pm - Hand &amp; Foot</div>	<div>10</div> <div>10am - Line Dancing</div> <div>11:30am - Veterans Affairs</div> <div>12:30pm - Bingo</div> <div>1pm - Hand &amp; Foot</div> <div>NEW!</div> <div>6pm - Silver Strength</div> <div>7pm - Duplicate Bridge</div> <div>RV MUSEUM TRIP</div>	<div>11</div> <div>10am - Arthritis Exercise - Taking It Easy!</div> <div>11am - Arthritis Exercise - Ramping It Up!</div> <div>1pm - Cardio Drumming</div>
<div>14</div> <div>10am - Breath, Mindfulness &amp; Meditation</div> <div>11am - Chair Yoga</div> <div>12:30pm - Bingo</div>	<div>15</div> <div>10am - Boards &amp; Bagels</div> <div>1-2pm - Tuesday Trivia</div> <div>NEW!</div> <div>6pm - Silver Strength</div>	<div>16</div> <div>9:30am - Katie’s Korner</div> <div>10am - Arthritis Exercise - Taking It Easy!</div> <div>11am - Arthritis Exercise - Ramping It Up!</div> <div>1pm - NO CARDIO DRUMMING</div> <div>1pm - Hand &amp; Foot</div> <div>1:30pm - COA Advisory Board Meeting</div>	<div>17</div> <div>10am - Line Dancing</div> <div>12:30pm - Bingo</div> <div>1pm - Hand &amp; Foot</div> <div>1:30pm - Watch Belfast the movie with Shamrock Shakes and Treats!</div> <div>3pm - Book Club</div> <div>NEW! 6pm - Silver Strength</div> <div>6pm - Kinship Care Support Group Meeting - Centreville</div> <div>7pm - Duplicate Bridge</div>	<div>18</div> <div>10am - Arthritis Exercise - Taking It Easy!</div> <div>11am - Arthritis Exercise - Ramping It Up!</div> <div>1pm - Cardio Drumming</div>
<div>21</div> <div>10am - Breath, Mindfulness &amp; Meditation</div> <div>11am - Chair Yoga</div> <div>12:30pm - Bingo</div>	<div>22</div> <div>10am - Boards &amp; Bagels</div> <div>11:00am - P.A.C. Meeting</div> <div>NEW!</div> <div>6pm - Silver Strength</div> <div>MEIJER GARDEN TRIP</div>	<div>23</div> <div>10am - Arthritis Exercise - Taking It Easy!</div> <div>11am - Arthritis Exercise - Ramping It Up!</div> <div>1pm - Cardio Drumming</div> <div>1pm - Hand &amp; Foot</div>	<div>24</div> <div>10am - Line Dancing</div> <div>11am - COA Garden Club Informational Meeting</div> <div>12:30pm - Bingo</div> <div>1pm - Hand &amp; Foot</div> <div>NEW!</div> <div>6pm - Silver Strength</div> <div>7pm - Duplicate Bridge</div>	<div>25</div> <div>10am - Arthritis Exercise - Taking It Easy!</div> <div>11am - Arthritis Exercise - Ramping It Up!</div> <div>1pm - Cardio Drumming</div>
<div>28</div> <div>10am - Breath, Mindfulness &amp; Meditation</div> <div>11am - Chair Yoga</div> <div>12:30pm - Bingo</div>	<div>29</div> <div>10am - Boards &amp; Bagels</div> <div>NEW!</div> <div>6pm - Silver Strength</div> <div>AMIGO CENTRE TRIP</div>	<div>30</div> <div>10am - Arthritis Exercise - Taking It Easy!</div> <div>11am - Arthritis Exercise - Ramping It Up!</div> <div>1pm - Cardio Drumming</div> <div>1pm - Hand &amp; Foot</div>	<div>31</div> <div>10am - Line Dancing</div> <div>12:30pm - Bingo</div> <div>1pm - Hand &amp; Foot</div> <div>NEW!</div> <div>6pm - Silver Strength</div> <div>7pm - Duplicate Bridge</div>	



## MARCH 2022

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Tuesday, March 1

Wednesday, March 2

Thursday, March 3

Friday, March 4

Monday, March 7

Tuesday, March 8

Wednesday, March 9

Thursday, March 10

Friday, March 11

Monday, March 14

Tuesday, March 15

Wednesday, March 16

Thursday, March 17

Friday, March 18

Monday, March 21

Tuesday, March 22

Wednesday, March 23

Thursday, March 24

Friday, March 25

Monday, March 28

Tuesday, March 29

Wednesday, March 30

Thursday, March 31

Cheesy Turkey Casserole, Peas & Pearl Onions, Peach Crisp

Swiss Steak, Mashed Potatoes, Green Beans, Banana

Lemon Baked Fish, Garden Blend Rice, European Blend Veggies

Roasted Pork Tenderloin, Sweet Potatoes, Capri Blend Veggies

Sweet & Sour Meatballs, Rice, Peas & Carrots, Wax Beans

Glazed Baked Ham, Scalloped Hash Browns, Stewed Tomatoes

Sloppy Joes, Baked Beans, Au Gratin Potatoes, Mixed Fruit

Bruschetta Chicken, Parsley Noodles, Mixed Vegetables

Meatloaf, Red Bliss Potatoes, Asparagus, Grapes

Country Fried Steak, Mashed Potatoes, Capri Blend Vegetables

Herb Crusted Cod, Baked Potatoes, Peas & Mushrooms

Beef with Broccoli, Rice, Carrots, Blueberry Crisp

Pork Chop Supreme, Whipped Sweet Potatoes, Cole Slaw

Salsa Chicken, Spanish Rice, Pinto Beans, Tropical Fruit

Italian Sausage w/Peppers & Onions, Roasted Sweet Potatoes

Turkey & Butternut Squash Bake, Red Bliss Potatoes, Asparagus

Salmon Patty, Parmesan Noodles, California Blend Veggies

Bourbon Beef Roast, Mashed Potatoes, Roasted Brussel Sprouts

Southwest Egg Bake, Broccoli, Sausage Links, Hash Browns

Vegetable Lasagna, Green Bean Almondine, Dinner Roll

Honey Mustard Pork, Zucchini & Squash, Scalloped Tomatoes

Cabbage Rolls, Brown Rice, Mixed Vegetables, Apple Crisp

Chicken & Noodles, Herb Glazed Carrots, Succotash Blend Veggies

## 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](http://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.





**A BIG thank you to CL Fish Locksmith of Sturgis for the fantastic work they did at the Rivers Enrichment Center in Three Rivers - AT NO CHARGE TO THE COA! The COA is grateful to businesses and organizations such as CL Fish who support the Commission on Aging and its mission to improve the lives of older adults.**

### ***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 # \_\_\_\_\_