



The Senior Connection

April 2022

VOLUME 4

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



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Instagram (sjccoa)

and YouTube



From the Executive Director...

April is National Move More Month. I know some days I definitely am not moving as much as I would like to, so this is a gentle reminder from the American Heart Association that any kind of movement is good for your mind, body and spirit.

We have a two-page spread inside this newsletter highlighting all of our fabulous fitness instructors at the COA. We really are fortunate to have such an amazing team. Whether you like to dance, lift weights or work on your balance, we have a class for you! And, if group exercise is not your thing, we have fitness rooms at both our centers that our members are free to use during our hours of operation.

Based on the fantastic turnout we are seeing in Sturgis for our evening class, we are looking to offer more classes after hours, or maybe on Saturday mornings. Tell me what you think about that - I would love to hear your thoughts.

We have exciting news for our Sturgis center. We will begin offering S.A.I.L. on Wednesdays and Fridays. S.A.I.L. stands for Stay Active and Independent for Life. It is a class that truly aligns with the COA mission. Instructor Melissa Wilson is now certified in both S.A.I.L. and Arthritis Exercise, two evidence-based disease prevention classes that our older adults really enjoy. Look for more details on Page 6.

April is National Volunteer Month. We typically have a special dinner at this time but because of COVID and how it affected our volunteer hours, we are looking into celebrating our volunteers in some way later this year. It is still a perfect time for me to express how grateful we are to our volunteers. Whether you help set up rooms for activities, help in our kitchen, call Bingo, deliver or label newsletters, purchase Bingo prizes, drive our bus on trips, help keep our grounds beautiful, or organize our library, we could not do what we do without your help. If you would like to volunteer, please call the COA and speak to our Marketing Manager Ruth Mancina. We are especially thankful for AARP volunteers, Richard Shultz, Jim Ruden, Barb Laws and Phyllis Nusbaum for their dedication in preparing taxes at no charge. What an incredible service this is to older adults in our community. Thank you!

Pam

We're Going to France!

Well, not really, but our Dinner Night Out this month will hopefully give you all the feels for a night in Paris. We're going to have a fabulous dinner prepared by the COA's chef, Candice Swanwick. The menu will feature Beef Bourguignon as our main dish. A full menu will be available on April 1. We're also excited to announce that our entertainment for the evening is Four Got to Shave, a Kalamazoo-based barbershop quartet. These guys are so good!

WHEN: Wednesday, April 27

TIME: 5 p.m.

WHERE: Rivers Enrichment Center, Three Rivers

COST: \$15.00 per person

Please RSVP by Tuesday, April 19.



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

Three Rivers

June 10 @ 10:30 a.m.

Sturgis

June 28 @ 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:

- ♦ Michigan Department of Health and Human Services, Bureau of Aging, Community Living and Supports
- ♦ Branch-St. Joseph Area Agency on Aging (Region IIIC)
- ♦ St. Joseph County Senior Millage
- ♦ Older American's Act
- ♦ Older Michiganian's Act
- ♦ Donations

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

Easter Baskets for Veterans

The COA would like to provide veterans who receive Home Delivered Meals with an Easter basket. Easter is on Sunday, April 17 this year. The baskets will be filled with some treats as well as personal care items.

Some of the things we are looking for are: candy and snack items, toiletries, such as deodorant, body wash, shampoo, toothbrushes, toothpaste, socks, puzzle books, or anything else you think a veteran may like.

We need your help!

Please drop off your donations to either center by Monday, April 11. We are assembling the baskets on April 12 at 10 a.m. in Sturgis and on April 13 in Three Rivers at 1 p.m. If you would like to help assemble the baskets, please sign up at the reception desk, call the COA at 279-8083 or just show up!

Help us let our veterans know that we care about them! Questions? Call Marketing & Life Enrichment Manager Ruth Mancina at 279-8083.



The Importance of Bees

Did you know that the greatest contribution of bees and other pollinators is the pollination of nearly three quarters of the plants that produce 90% of the world's food?

Wow, that's amazing! One small thing we all can do to help protect bees is by planting flowers and other plants in our yard that attract bees.

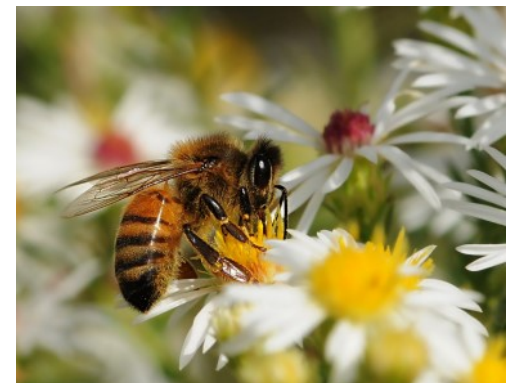
Join us on Thursday, April 28 to learn about the importance of bees and what types of plants attract bees. Carolyn Grace, District Administrator from the St. Joseph County Conservation District, will be our guest speaker. She will provide each participant with a house flower pot that if it is planted outside, it will attract pollinators. If you don't want to plant it outside, it will also be a lovely houseplant. We will serve coffee and a honey-themed treat.

Reservations are required by Monday, April 25 by calling the COA at 279-8083.

Thursday, April 28

10:30 a.m. - Oaks Enrichment Center in Sturgis

12:30 p.m. - Rivers Enrichment Center in Three Rivers



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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 April, 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, April 18.

WHEN: Wednesday, April 20

WHERE: Rivers Enrichment Center, Three Rivers

TIME: 9:30 a.m.

Shamrock Shakes a Big Hit for Our Members!

St. Patrick's Day was pretty sweet at the COA this year.

We offered shamrock shakes, and other snacks while showing the movie Belfast.

It was a big hit at both our centers.

Pictured at right is Three Rivers resident Terry Wilkins enjoying her minty cold shake.



Wednesday, April 13 is National **Scrabble** Day!

April 13 is the day Scrabble inventor Alfred Mosher Butts was born. He gave the world an iconic board game now played all over the world.

Bring a friend or two and play Scrabble at the COA. We have boards at both centers and we'll provide cookies and lemonade.

WHEN: Wednesday, April 13

WHERE: Oaks and Rivers Enrichment Centers

TIME: 1 p.m.



SAVE THE DATE!

The Adult Services Network is hosting a Senior Resource Fair on Wednesday, May 18 from 1pm-4pm at Firm Foundations Ministries in Centerville.

This is a free event where older adults in St. Joseph County can learn about all the resources, support and other programs available for them.

Look for all the details in the May newsletter!

April is Move More Month!

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The American Heart Association is promoting moving more this month in an effort to encourage all Americans to take part in more physical activity and to do so on a more regular basis, incorporating it in to your daily routines. Even if you have not participated in physical activity for a long time, the month-long awareness campaign encourages people to take first steps back to fitness, or for those of you who enjoy regular exercise, it encourages you to do more and assist others to get involved.



If you are a COA member you already have an advantage when it comes to getting more active. We have exercise classes for all levels at both our centers Monday through Friday. We even have an evening class at our Sturgis center for those older adults still working during the day. **And beginning this month we will be offering SAIL at our Sturgis Center. Turn the page to get all the details!**

In addition to our exercise classes, we also have two fitness rooms at both centers that feature a variety of exercise equipment - see the list of what is available on the next page. If group fitness classes are not your thing, you can still come to the COA and use our fitness rooms any time we are open. No need to sign up in advance.

And finally, with the weather turning nicer it's a great time to get outside as much as you can for a walk, a bike ride, or to play with your grandkids. We hope to be offering some outdoor activities in the coming months, so stay tuned!

Pictured at left is Arthritis Exercise instructor Cathy Taylor, who also teaches Cardio Drumming and a Weights and Mats class. Below left is Priscilla Macias, who teaches Silver Strength, in the center is Lynn Zeiler, who teaches SAIL, Chair Yoga and Zumba Gold and below right is Kathy Bingaman who teaches Chair Yoga and Zumba Gold.



April is Move More Month!



Pictured above is Melissa Wilson, who teaches Arthritis Exercise and SAIL (beginning April 13) at our Sturgis center. Below left is Richard & Becky Leeth, our line dancing instructors at both our centers.

We are pleased to announce that we are offering SAIL on Wednesdays and Fridays at the Oaks Enrichment Center in Sturgis beginning Wednesday, April 13. Melissa Wilson, who teaches Arthritis Exercise in Sturgis, has finalized her certification to teach SAIL, which stands for Stay Active and Independent for Life. Melissa will be teaching Arthritis Exercise - Taking it Easy at 10 a.m. on Wednesdays and Fridays followed by SAIL at 11 a.m. *Please note that Melissa will not be teaching any classes on April 1, 6 and 8.*

Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for older adults. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly.

Have you visited our fitness rooms at either of our centers? Members are free to utilize any of the equipment Monday through Friday from 8 a.m. to 4 p.m. We also have weights and bands that we use in our exercise classes that members can use in our fitness rooms when they are not being used in a class.

Fitness Equipment at the Oaks

Schwinn Airdyne
3 in 1 Trio Trainer Body Rider
Gold's Gym Cycle Trainer
Pro Form Treadmill
Health Walker
Horizon Fitness Treadmill
Nu Step
Ab Trainer

Fitness Equipment at the Rivers

Pro Form Low Impact Elliptical
Nordic Track Treadmill
Gold's Gym Cycle Trainer
Pro Form Treadmill
Nu Step
Powerline P2X Home Gym



Pictured at left is Yoga Instructor Cynthia Hoss working with COA member Janelle Ashby. Janelle credits Cynthia with helping her improve her gait.

"Having had bilateral hip replacements 11 years ago, I have struggled with "different" leg lengths. After the first class I noticed that my hips were level and my weight was equally distributed on both legs. It was fantastic!," Janelle said.

APRIL TRIPS

South Bend Civic Center & Das Essenhau

Saturday, April 2

We're going to see a great show on Saturday, April 2 at the South Bend Civic Center. Newsies is a 1992 American film produced by Walt Disney pictures. Loosely based on the New York City Newsboys' Strike of 1899 and featuring twelve original songs by Alan Menken and an underscore by J. A. C. Redford, it stars Christian Bale, Bill Pullman, Ann-Margret and Robert Duvall. The film was ultimately adapted into a stage adaptation on Broadway. The play was nominated for eight Tony Awards and won two including Best Original Score.

The show begins at 2 p.m. After the show we will head over to Das Essen Haus for dinner - cost is on your own. **PLEASE READ THE BOX AT RIGHT ABOUT EARLY SIGN-UP FOR THIS TRIP ONLY!**

Cost is \$30 per person. We will be leaving Three Rivers at 11:15 a.m. and Sturgis at Noon.

Firekeepers Casino

Tuesday, April 12

Enjoy an afternoon at the casino. We will be leaving Three Rivers at 11 a.m. and Sturgis at 11:45 a.m. so we can arrive at the casino at 1 p.m. Cost is \$6 per person

Breakfast at Country Table with Tour of U.S. Land Office in White Pigeon

Monday, April 18

Come hear a fascinating presentation by the St. Joseph County Historical Society about the history of White Pigeon and how the Land Office got there. Learn about the surveying tools they used in 1829 and then visit their mini museum full of displays with items that are local to the pioneer society. Prior to our visit to the Land Office, we will be having breakfast at The Country Table, which will be covered by the COA.

This trip is FREE! We are leaving Three Rivers at 8 a.m. and Sturgis at 8:45 a.m.

ITINERARIES FOR THE TRIPS WILL BE AVAILABLE AT THE RECEPTION DESKS ON FRIDAY, APRIL 1. THE ITINERARY FOR THE APRIL 2 TRIP WILL BE AVAILABLE MONDAY, MARCH 28.

APRIL 2 TRIP SIGN-UP

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Normally our members must wait until the first of each month to sign up for trips. Because we are going to see Newsies on April 2, we are allowing people to call and sign up beginning Monday, March 28. You must get your payment in no later than Thursday, March 31.

This is only applicable to the April 2 trip.

The newsletters will have been delivered out into the community, at the centers and mailed no later than Friday, March 25 so everyone will have equal access to this information.

Questions? Call Marketing and Life Enrichment Manager Ruth Mancina at 269-279-8083.



***The COA will be closed
Friday, April 15
for the Easter Holiday***

**Jude the Comfort Dog is
coming back to visit
members at the Rivers
Enrichment Center on
Friday, April 1 @ 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, April 19

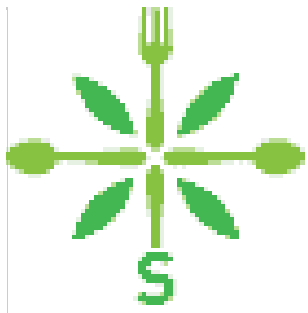
TIME: 1 p.m. - 2 p.m.

(NOTE NEW TIME!)

All are welcome!

Come enjoy a fun afternoon with friends playing trivia.





SOUTH MICHIGAN FOOD BANK

2022 Food Distribution Sites St. Joseph County

Pantries		
United Community Assistance Program	320 N Main St, Three Rivers	Mondays and Wednesdays, 10am-1pm
Three Rivers Food Site, Inc.	18 Railroad Dr, Three Rivers	Tuesdays and Thursdays, 9am-12pm
Mendon Food Cupboard	114 W Main St, Mendon	Thursdays, 10am-12pm
Constantine Community Food Pantry	185 W 5th St, Constantine	Thursdays, 9am-11am
Colon Food Pantry	132 N Blackstone Ave, Colon	Tuesdays, 8am-11:15am
Centreville Food Pantry	305 East Main St, Centreville	Fridays, 10am-12pm
Holy Angels Helping Hands Food Pantry	402 S Nottawa St, Sturgis	2nd and 4th Tuesday of every month, 11am-12pm
ECN/White Pigeon	105 N Kalamazoo St, White Pigeon	Wednesdays, 9am-11am; 3rd Monday of every month, 5:30pm-7pm
Outside Sunday	215 East Broadway St, Three Rivers	3rd Saturday of every month, 9am-1pm
Catholic Charities	Bread of Life Program	Call to make an appointment (269) 910-3578
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, 3:45pm
First Presbyterian Church of Sturgis	1320 S. Lakeview Ave., Sturgis	2nd Thursday of every month, 4pm-6pm

COA 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.

2022 P.A.C. Meeting Schedule



Three Rivers P.A.C.

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

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

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

Sturgis P.A.C.

Tuesday, June 28 @ 11 a.m.

Tuesday, Sept. 27 @ 11 a.m.

Tuesday, Dec. 27 @ 11 a.m.

SERVICES

Foot Doctor

Oaks Enrichment Center - Sturgis

Tuesday, April 26 (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, May 9, 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

When: Friday, April 8

Time: 9:00 a.m. - 12:30 p.m.

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.

Where: IN-PERSON at the Rivers Enrichment Center in TR

When: Tuesday, April 26

Time: 10am - 11am

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 on the first Tuesday of each month. **MEETINGS ARE NOW IN-PERSON! MASKS ARE REQUIRED.**

Tuesday, April 5 at 6 p.m.

For 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 April 21 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!

Instructor: Melissa Wilson

Three Rivers:

Tuesdays & Thursdays at 10:30am

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 and 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

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 instructors are certified to teach S.A.I.L.

Sturgis: Wednesdays and Fridays at 11am

BEGINNING APRIL 13

Instructor: Melissa Wilson

Three Rivers: M,W, F at 11am

Instructor: Lynn Zeiler, a certified Exercise Physiologist who is licensed to teach Zumba Gold and Yoga Fit.

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. If you would like to participate virtually, please let us know.

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



In March, we had a great time celebrating Mardi Gras! Residents of our apartments in Three Rivers were treated to a party put on by the In-Home Residential Services Manager. Also, the Life Enrichment team offered a free Mardi Gras Bingo to COA members at both our centers. Lots of beads, food and fun!

Book Club

The Three Rivers Book Club is reading *A Tree Grows in Brooklyn* by Betty Smith. The book will be discussed on Wednesday, April 13 at Noon. A box lunch will be provided. Please call Ruth Mancina at 279-8083 or email her at rmancina@sjcoa.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 *A Place for Us* by Fatima Farheen Mirza. The book will be discussed on Thursday, April 21 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



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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

APRIL Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Our Weights and Mats class is back! This class is offered on Wednesdays at 9:30 a.m. Give it a try! Please note there will be no class on April 27.				1 9:30am - Line Dancing 11am - S.A.I.L. Exercise 10:30am - Jude the Comfort Dog 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
4 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge NO ZUMBA GOLD	5 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot 6pm - Alzheimer's Assoc. Caregiver Support Group (IN PERSON)	6 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches Club	7 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre NO ZUMBA GOLD	8 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - NO BINGOCIZE
11 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bunco 1pm - Chair Yoga 1pm - Bridge NO ZUMBA GOLD	12 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot CASINO TRIP	13 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. 12pm - Book Club 1pm - Assembly of Easter Baskets for Veterans 1pm - Play Scrabble with Friends 1pm - In Stitches Club	14 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	15 COA CLOSED FOR EASTER HOLIDAY 
18 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Zumba Gold LAND OFFICE AND COUNTRY TABLE TRIP	19 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot	20 9:30am - Weights & Mats 9:30am - Katie's Corner 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches 1:30pm - COA Advisory Board Meeting	21 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold 6pm - Kinship Care Support Group Meeting - Centreville	22 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
25 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	26 9:30am - Cardio Drumming 10am - Legal Aid 10:30am - Arthritis Exercise 11:30 - Veterans Affairs 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot	27 9:30am - NO WEIGHTS & MATS 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches Club 5pm - Dinner Night Out	28 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:30pm - Importance of Bees Presentation 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	29 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize

APRIL Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 1pm - Cardio Drumming
4 10am - Breath, Mindfulness & Meditation 11am - Chair Yoga 12:30pm - Bingo	5 10am - Boards & Bagels 6pm - Silver Strength	6 1pm - Cardio Drumming 1pm - Hand & Foot	7 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 6pm - Silver Strength 7pm - Duplicate Bridge	8 1pm - Cardio Drumming
11 10am - Breath, Mindfulness & Meditation 11am - Chair Yoga 12:30pm - Bingo	12 10am - Boards & Bagels 10am - Assembly of Easter Baskets for Veterans 6pm - Silver Strength CASINO TRIP	13 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Play Scrabble with Friends	14 10am - Line Dancing 11:30am - Veterans Affairs 12:30pm - Bingo 1pm - Hand & Foot 6pm - Silver Strength 7pm - Duplicate Bridge	15 COA CLOSED FOR EASTER HOLIDAY 
18 10am - Breath, Mindfulness & Meditation 11am - Chair Yoga 12:30pm - Bingo LAND OFFICE AND COUNTRY TABLE TRIP	19 10am - Boards & Bagels 1-2pm - Tuesday Trivia 6pm - Silver Strength	20 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1:30pm - COA Advisory Board Meeting in TR	21 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 3pm - Book Club 6pm - Silver Strength 7pm - Duplicate Bridge 6pm - Kinship Care Support Group Meeting - Centreville	22 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
25 10am - Breath, Mindfulness & Meditation 11am - Chair Yoga 12:30pm - Bingo	26 10am - Boards & Bagels 6pm - Silver Strength	27 10am - Arthritis Exercise - Taking It Easy! 11am S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 5pm - Dinner Night Out	28 10am - Line Dancing 10:30am - Importance of Bees Presentation 12:30pm - Bingo 1pm - Hand & Foot 6pm - Silver Strength 7pm - Duplicate Bridge	29 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming

Meals on Wheels & Congregate Menu

15

APRIL 2022

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Friday, April 1

Turkey & Stuffing Casserole, Sweet Potatoes, Green Beans

Monday, April 4

Bangers & Mash, Asparagus, Parslied Cauliflower, Applesauce

Tuesday, April 5

Beef Fajitas, Spanish Rice, Seasoned Black Beans, Oranges

Wednesday, April 6

Chicken Broccoli Casserole, Capri Vegetable Blend, Banana

Thursday, April 7

Maple Mustard Pork Tenderloin, Baked Sweet Potato, Pears

Friday, April 8

Shepherd's Pie, Mashed Potatoes, Blueberry Crisp

Monday, April 11

Oven Crisp Fish Sandwich, Peas & Pearl Onions, Succotash

Tuesday, April 12

Roasted Pork Tenderloin, Scalloped Potatoes, Collard Greens

Wednesday, April 13

Pot Roast, Carrots, Potatoes, Mandarin Oranges

Thursday, April 14

Chicken Alfredo, Buttered Noodles, Asparagus, Pineapple

Friday, April 15

Closed for Holiday

Monday, April 18

Mushroom Swiss Burger, Baked Beans, Au Gratin Potatoes

Tuesday, April 19

Bourbon Chicken Thighs, Cheese Grits, Brussel Sprouts

Wednesday, April 20

Beef Stew & Biscuits, Glazed Sugar Snap Peas, Cherry Crisp

Thursday, April 21

Roast Turkey, Stuffing, Orange Glazed Beets, Ambrosia

Friday, April 22

Macaroni & Cheese, Ham Slice, European Blend Veggie

Monday, April 25

Tahitian Chicken, Rice, Broccoli & Cauliflower, Pears

Tuesday, April 26

Spaghetti & Meatballs, Peas & Mushrooms, Carrots

Wednesday, April 27

Creole Fish, Parslied Potatoes, Oriental Blend Vegetables

Thursday, April 28

Beef Tips over Rice, Green Bean Almondine, Stewed Tomatoes

Friday, April 29

BBQ Pork Chop, Red Bliss Potatoes, Malibu Blend Vegetables



We had our first Katie's Korner at the Oaks Enrichment Center in Sturgis last month, and the participants had a great time learning about unusual fruits. Katie provided samples and talked about the nutritional benefits of such fruits as Pineberries, Papaya, Guava and Passionfruit, to name a few. She will be offering this presentation in Three Rivers on Wednesday, April 20 at 9:30. Please RSVP no later than April 18.

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.



Do You Like to Play Poker?

We're looking to start another card game at the Oaks Enrichment Center in Sturgis.

If you are interested in playing Texas Hold'em, please let the Sturgis receptionist know.

This would not involve money - it's just for fun. If we have enough interest we hope to start playing in May.



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 # _____