



The Senior Connection

May 2022
VOLUME 5
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

From the Executive Director...

In the past few weeks I have seen many new faces at our centers, which is so exciting to see. Our team is thrilled to welcome back old friends as well as those who are new. Our congregate meal sites also continue to see an increase in numbers, which we love to see as well. We are still offering lunches to-go, but that may change in the near future. We will let you know as soon as we know, and we hope that those of you who are taking your lunches to go will consider continuing to participate in our congregate program and eat lunch at the centers.

One of my favorite things about May is definitely the change in weather. We are celebrating Spring with a fabulous outdoor concert at the Oaks Enrichment Center in Sturgis. And what better musical guest to have than Honey Creek. They performed for us two times last year - to kick off their performance season and to end the season, and we hope this will become a tradition.

The band will start performing at 6:30 p.m. on Friday, May 20. A box dinner is available but you must call and sign up for that no later than May 13. Doors will open at 5:30 p.m. at which time you can grab your dinner and eat while waiting for the band to start performing. You are welcome to bring in your own dinner, snacks and beverages if you do not want to order a meal from the COA.

Finally, please help me welcome Cindy Batten to our team as our new Life Enrichment Coordinator. Cindy brings with her a wealth of experience in planning activities and special events, as well as excellent administrative skills. Cindy will be based in our Sturgis center and is responsible for planning all the activities for the COA. She also will work part-time as the receptionist at the Sturgis center so please stop by and say hi to her when you can.



Pam



Like us on Facebook!

Follow us on

Instagram (sjccoa)

and YouTube



We're Celebrating Cinco De Mayo!



Also called the Anniversary of the Battle of Puebla, Cinco de Mayo is a holiday celebrated in parts of Mexico and the United States in honor of a military victory in 1862 over the French forces of Napoleon III. In the United States, Cinco de Mayo is widely interpreted as a celebration of Mexican culture and heritage, particularly in areas with substantial Mexican-American populations.

Let's make these adorable succulent planters and sombrero cookies because whenever it's possible to celebrate something, we're all for it.

Please make sure to sign up as soon as possible, so we have enough supplies. You can even start signing up prior to Monday, May 2, if you think you want to participate - and why wouldn't you? - then call and sign up as soon as you get your newsletter.

WHEN: Thursday, May 5

WHERE: 10 a.m. - Oaks EC and Three Rivers EC



**Cinco de Mayo
Sombrero Cookies**

***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.

May is Meditation Month!

Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health.

And these benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day and may help you manage symptoms of certain medical conditions.

Let's try to find some ways to relax and de-stress.

We're going to have a presentation in Sturgis on Reiki and in Three Rivers we're going to offer Meditative Doodling.

Both sound pretty cool. We hope you try one or both of our special events.

Amy Frost from Illume will be at the Oaks Enrichment Center on **Tuesday, May 17 at 10 a.m.** for a presentation on Reiki + Energy Medicine. Amy is a certified Holy Fire III Reiki II Practitioner.

So, what is Reiki?

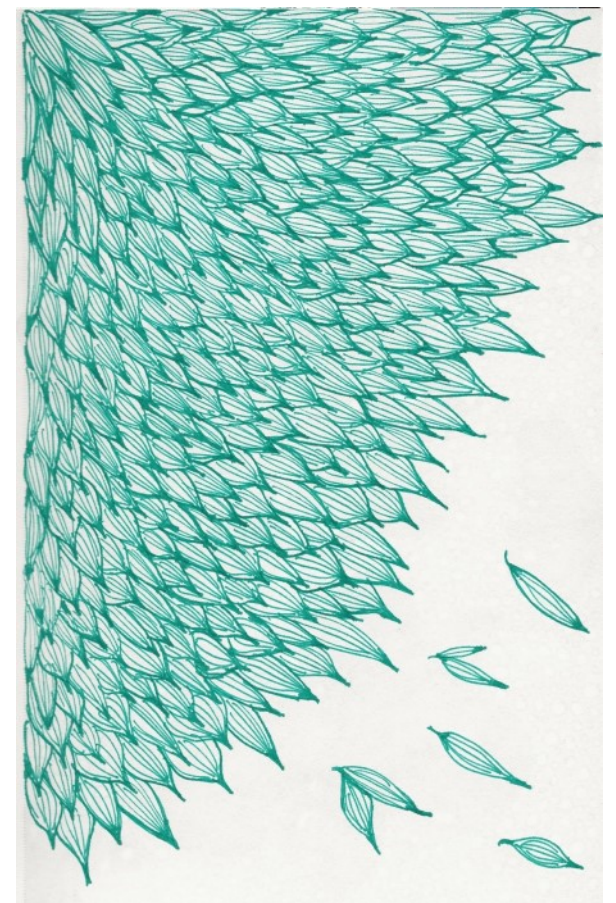
Everything is made of energy. Reiki (ray-key) is a Japanese Energy Medicine that focuses on calming, balancing and healing the flow of vital life energy (Qi) throughout the body. When energy is stuck we experience fatigue, irritability, depression and emotional distress - and if it is left untreated, disease will manifest. Reiki Practitioners use centuries old techniques to heal and move vital life energy, which promotes relaxation, clarity, and overall well being, as well as encouraging the body to heal itself at a cellular level.

This presentation is free and there is no need to sign up in advance. Hope to see you there!

In Three Rivers we are pleased to welcome Monica Harris the Doodling Duchess. The world is a bountiful collection of colors! Whether it's the aquamarine of shallow ocean waters or the short-lived oranges of an evening sunset, hues inspire, uplift, and enhance our everyday lives.

In this workshop, Monica will share the meditative power of doodling by connecting emotions, shapes and colors. Participants will be guided through new shape and color combinations to achieve a personal insightful work of art. All materials will be provided. If you are interested, please sign up by calling the COA at 279-8083 or stopping by either reception desk.

WHEN: Wednesday, May 11 at 1 p.m.



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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 May, Katie is going to share some great information about cooking with spices.

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, May 16.

WHEN: Wednesday, May 18

WHERE: Oaks Enrichment Center, Sturgis

TIME: 9:30 a.m.



Speaking of trivia, a big shout out to the COA Whiz Kids who participated in the Three Rivers Trivia Night and came in second place!!! Woot! Woot! Way to go COA Whiz Kids! Thanks for participating in this fun event and representing the COA so well.

The Brain Train Klub is BACK!

All are welcome to participate in our Brain Train Klub - an engaging and interactive session that works on strengthening your memory, waking up your brain and keeping it as alert as possible.

Keryl Conkright, RN, leads the program on the fourth Wednesday of the month. The program is free and any COA member is welcome to participate. **She will be offering it at both our centers on May 25.**

The class will meet at 10:00 a.m. to 11:30 a.m. in Sturgis and from 1 p.m. to 2:30 p.m. in Three Rivers.

Please sign up for this program by calling the COA at 279-8083 or stop by the front desk at either center and register that way.

Other ways you can strengthen your brain is by participating in Trivia Tuesday at the Oaks Enrichment Center. See below.

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, May 17

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

All are welcome!

Come enjoy a fun afternoon with friends playing trivia.



It's Back! Water Festival 2022



The Three Rivers Water Festival is back this year, and the COA will once again be hosting a FREE Bingo and lunch on Friday, June 17. We are still working on ironing out the details, so look for a complete story about Water Festival in the June newsletter.

Senior Resources Fair



WHEN: Wednesday, May 18th

TIME: 1:00pm - 4:00pm

**WHERE: Firm Foundations Parking Lot
651 E. Main - Centreville**

Come connect with community resources available in St. Joseph County for senior citizens! **GREAT INFO, DOOR PRIZES, FOOD VENDORS, ENTERTAINMENT** and much more! **AND, IT'S FREE!**

You Won't Want to Miss It!

- For more information, call the Commission on Aging at (269) 279-8083.
- If you will need help with transportation to this event, contact the SJCTA at (269) 273-7808 or (269)273-8085.
- Rain Date: June 1st, 2022 1:00-4:00pm

Exercise Schedule 5 **Change in Sturgis!**

Just a heads up that the last day for Chair Yoga and the Breathing & Meditation classes taught by Cynthia Hoss is Monday, May 16. But don't despair, Cynthia has some fun things planned for the summer!

Beginning in June, Cynthia is planning to offer a Nature Hike & Yoga at various parks in Southwest Michigan. The plan is to meet at a nature trail and begin with a 2-3 mile hike. The class ends with some yoga stretches to leave you feeling both energized and relaxed for the week ahead. They will be on Mondays from 10 a.m. to Noon. Locations and more details in the June newsletter.

Cynthia is also offering a bike trip on June 24 and any COA member is welcome to participate on that excursion with her. You do need to be able to drive to the park and have your own bike. Again, more details in the June newsletter.

Great News!

Kathy Bingaman will be back on Tuesday, May 17th at the Oaks Enrichment Center. She will be teaching Zumba Gold at 10 a.m. and Chair Yoga at 11 a.m.

Let's make sure we let Kathy know how much we missed her and make plans to attend her classes.

The COA will be closed Monday, May 30 for Memorial Day

6 **Area Agency on Aging Needs Your Input!**

The Branch-St. Joseph Area Agency on Aging is holding a Public Input Forum as a way to gather input and ideas for our 2023-2025 Multi-Year Area Plan (MYP) and the 2023 Annual Implementation Plan (AIP).



The Area Agency on Aging will be at the Oaks Enrichment Center on Thursday, May 5 at 11 a.m. and at the Rivers Enrichment Center on Friday, May 6 at 11 a.m.

Please make plans to attend and provide your feedback. Surveys will be available for you to fill out. These surveys are important as the Area Agency on Aging use them to help determine how state and federal resources are utilized, what types of services and supports are available and development of new programs and initiatives.

The MYP & AIP are documents written for submission to the Bureau of Aging, Community Living and Supports under the authority of the Older Americans Act and the Older Michiganians Act.

The Input Forums are being held in honor of Older Americans Month 2022. Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month. In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is “Age My Way”, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.



AGE MY WAY: MAY 2022

Smoke Alarms Save Lives!

**More lives are lost every year to home fires
than to all major disasters.**

Most of us don't realize we have just two minutes to escape a home fire — which is the nation's most frequent disaster. Our goal is to prevent fire-related deaths and injuries in the U.S. by installing 2.5 million free smoke alarms and helping to make 1 million households safer.

WHEN: May 1st-21st

WHAT: The Red Cross will be providing free smoke alarm installations to each interested household on an appointment-based schedule.

Even if we are unable to service every interested resident within the first three weeks of our Sound the Alarm event, the Home Fire Campaign is a year-round service that the Red Cross is able to provide to anyone who is in need. We will absolutely not forget about anybody who is interested.

Those doing the actual smoke alarm installations inside of residents' homes will be background-checked Red Cross members and will have completed proper HFC training, as well as possessing the actual hands-on experience with the Red Cross' installation process.

These 10-year-life battery operated smoke alarms are simply fastened to any wall or ceiling with a couple screws and anchors, a rubber mallet, and a power drill. There is also a brief fire safety portion for the residents to complete with another trained Red Cross member while their partner is completing the actual installation.

This education helps residents identify the most common ways that home fires begin as well as reviews fire safety checklists and allows the residents to prepare a home fire escape plan.

To schedule a **FREE INSTALLATION**
call (269) 353-6180, Ext. 3 or visit our website

[www.redcross.org/local/michigan/about-us/our-work/
home-fire-campaign.html](http://www.redcross.org/local/michigan/about-us/our-work/home-fire-campaign.html)

or place phone camera over the below URL code and touch
the redcross.org link



**American
Red Cross**



MAY TRIPS

Mother/Daughter (or Granddaughter) Pottery Fun Saturday, May 7

We're going to Toasted Mud, a pottery studio in Hillsdale, Michigan to paint a piece of pottery of your choice (cost of the pottery is on your own). The studio has hundreds of pieces from which to choose, ranging in price from \$5.00 to \$100.00. COA members are allowed to bring one guest - either a daughter or granddaughter as this trip is a Mother's Day event. Toasted Mud does accept cash or credit cards. After we paint the pieces of pottery we will leave them with the store owner so they can be fired in the kiln. The COA will pick them up and deliver them to the centers and we will notify participants when they are in and ready to be picked up. After we are done painting our pottery we will head over to the Hillsdale Brewing Company for lunch. They have a fantastic menu of sandwiches, flatbreads, salads, soups and much more. On Saturdays they serve brunch from 10 a.m. to 3 p.m. The cost of this meal is on your own. We plan to leave Three Rivers at 8:45 a.m. and from Sturgis at 9:30 a.m.

Cost: \$6.00 per person

Spend the Day in Beautiful Saugatuck Monday, May 23

We're going to Saugatuck, one of Michigan's cutest cities! Saugatuck is right on Lake Michigan and boasts a wonderful downtown shopping area with tons of neat stores, restaurants and galleries. After exploring the shopping district for a few hours we will head over to nearby Fennville to have a late lunch at Crane's Pie Pantry Restaurant & Winery. Crane's is a family-owned, family-run business that has been a treasured travel destination in West Michigan for decades. Nestled in the lush, rolling hills of its family's fruit farm just minutes from Lake Michigan's shore, at Crane's Pie Pantry Restaurant & Winery you will take home with you an experience that is sure to leave a lasting impression. Lunch is on your own. This trip does require quite a bit of walking.

We plan to leave Sturgis at 7:30 a.m. and Three Rivers at 8:15 a.m. A light breakfast will be provided on the bus ride to Saugatuck. After shopping, we will head over to Crane's at 12:45 p.m. and eat lunch around 1 p.m.

Cost: \$10.00 per person

THANK YOU! THANK YOU! 7

We truly have the most amazing members in the world! No matter what we ask for, you guys always step up and give!

COA Program Assistant Angie Skeen wanted everyone to know that she is truly grateful for all the donations and outpouring of support she and her family received after a fire destroyed their home in late March.

We also asked for donations to create Easter baskets for veterans that receive Meals on Wheels. We were overwhelmed with your generosity! We stuffed those baskets as full as we could and we still had items left over. WOW! A big thank you to all the members who also helped out with filling the baskets. They looked amazing.



8 **Honey Creek Concert**

You won't want to miss hearing Honey Creek at the Oaks Enrichment Center in Sturgis! They are one of the area's most entertaining musical groups and they are performing on **Friday, May 20 at 6:30pm.** If you are a COA member and would like to sign up for a box dinner, please make your reservation no later than May 13. Doors open at 5:30pm.

If you do not want to order a COA box dinner but still attend the concert, you are welcome to do that. You can bring in your own food, snacks and beverages. We will be putting out a dessert bar at 6:30pm. Donations are welcome!



Alzheimer's Association Caregiver Support Group Now Meeting at our Sturgis Center!

It's great news that the Alzheimer's Association Caregiver Support Group Meetings are now back to being in person. The other great news is that the support group facilitator is going to start offering a meeting at the Oaks Enrichment Center in Sturgis. Meetings are the third Thursday of each month at 6pm in Sturgis.

In Three Rivers, the meetings are on the first Tuesday of the month, also at 6pm.

If you know of someone who is caring for a person with dementia, please encourage them to attend these meetings - they are a great resource!

The Alzheimer's Association is looking for a volunteer to be a support group facilitator in Sturgis. Training is provided and this is a great way to give back to your community.

If you are interested in learning on how to become a support group facilitator, please contact COA Life Enrichment Manager Ruth Mancina at (269) 279-8083 or contact the Alzheimer's Association at (269) 342-1482.

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

Rivers Enrichment Center - Three Rivers

Tuesday, May 17 (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, 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, May 20

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 Legal Services of South Central Michigan, 123 West Territorial Road, Battle Creek

When: Friday, May 13

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

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 meetings are now in-person at both Enrichment Centers.

Three Rivers: Tuesday, May 3 at 6 p.m.

Sturgis: Thursday, May 19 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 May 19 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 - **LAST CLASS FOR THE SUMMER IS ON MAY 16!**

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.

***Sturgis:* Mondays at 11am UNTIL MAY 16 THEN WILL SWITCH TO TUESDAYS AT 11am with Kathy Bingaman**

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

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

Sturgis: Tuesdays at 10am BEGINNING MAY 17

Instructor: Kathy Bingaman

Weights & Mats

This class will begin with a focus on strength training appropriate for older adults, followed by stretching exercises done on the floor and on mats to increase flexibility and range of motion. If you are concerned about getting on the floor, accommodations can be made.

Three Rivers: Wednesdays at 9:30am

Instructor: Cathy Taylor

Book Club

The Three Rivers Book Club is reading *The Crying Tree* by Naseem Rakha. The book will be discussed on Wednesday, May 11 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 *West with Giraffes* by Lynda Rutledge. The book will be discussed on Thursday, May 19 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

Board Games

Sturgis: Tuesdays at 10m

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

Sturgis: Wednesdays at 1 pm and **Thursdays at 1:30 (after Bingo) NOTE NEW TIME AND DAY!**

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

NEW Activities in Sturgis

Euchre on Thursdays

We are offering another time to play Euchre at our Oaks Enrichment Center in Sturgis. Beginning Thursday, May 5, we will be playing Euchre in the Café at 1:30 p.m. (or right after Bingo)

Some people play Euchre on Wednesday afternoons at 1 p.m. and we can play at both those times - join in on whatever day works for you.

Potluck Bingo

There will be a potluck Bingo at our Sturgis center on Wednesday, May 18 at 4 p.m. Please bring a dish to pass. The group will eat dinner first and then play Bingo afterwards. A sign-up sheet will be available at regular Bingo.



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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

MAY Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	3 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot 6pm - Alzheimer's Assoc. Caregiver Support Group	4 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches	5 9:30am - Cardio Drumming 10am - CINCO DE MAYO CRAFT & COOKIE 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	6 9:30am - Line Dancing 11am - S.A.I.L. Exercise 11am - AAA Input Meeting 10:30am - Jude the Comfort Dog 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
9 9am - Beltone Hearing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bunco 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	10 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot	11 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 12pm - Book Club 1pm - Meditative Doodling 1pm - In Stitches Club	12 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	13 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
16 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	17 9:30am - Cardio Drumming 9:30am - Foot Doctor 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot	18 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. 1pm - In Stitches Club 1:30pm - COA Advisory Board Meeting in Sturgis SENIOR RESOURCE FAIR	19 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	20 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize 6:30pm - Honey Creek Concert in Sturgis (Doors open at 5:30pm)
23 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Zumba Gold SAUGATUCK TRIP	24 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11:30 - Veterans Affairs 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot	25 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - BRAIN TRAIN KLUB	26 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	27 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - NO BINGOCIZE
30 COA CLOSED FOR MEMORIAL DAY	31 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot			

MAY Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am - Breath, Mindfulness & Meditation 11am - Chair Yoga 12:30pm - Bingo	3 10am - Boards & Bagels 6pm - Silver Strength	4 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	5 10am - Line Dancing 10am - CINCO DE MAYO CRAFT & COOKIE 11am - AAA Input Meeting 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre - NEW! 6pm - Silver Strength 7pm - Duplicate Bridge	6 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
9 10am - Breath, Mindfulness & Meditation 11am - Chair Yoga 12:30pm - Bingo	10 10am - Boards & Bagels 6pm - Silver Strength	11 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot	12 10am - Line Dancing 11:30am - Veterans Affairs 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre - NEW! 6pm - Silver Strength 7pm - Duplicate Bridge	13 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
16 12:30pm - Bingo	17 10am Zumba Gold 10am - REIKI PRESENTATION BYAMY FROST OF ILLUME 10am - Boards & Bagels 11am - Chair Yoga 1-2pm - Tuesday Trivia 6pm - Silver Strength	18 9:30am - Katie's Corner 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1:30pm - COA Advisory Board Meeting 4pm - Potluck Bingo SENIOR RESOURCE FAIR	19 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre - NEW! 3pm - Book Club 6pm - Silver Strength 6pm - Kinship Care Support Group Meeting - Centreville 6pm - Alzheimer's Assoc. Caregiver Support Group 7pm - Duplicate Bridge	20 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 6:30pm - Honey Creek Concert (Doors open at 5:30pm)
23 12:30pm - Bingo SAUGATUCK TRIP	24 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 6pm - Silver Strength	25 10am - Brain Train Klub 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot	26 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre - NEW! 6pm - Silver Strength 7pm - Duplicate Bridge	27 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
30 COA CLOSED FOR MEMORIAL DAY	31 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 6pm - Silver Strength			

Meals on Wheels & Congregate Menu

MAY 2022

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Monday, May 2	Chicken Patty Sandwich, Au Gratin Potatoes, Green Bean Casserole
Tuesday, May 3	Sloppy Joe Casserole, Asparagus, Zucchini & Summer Squash
Wednesday, May 4	Garlic Herb Cod, Almond Rice Pilaf, Peas & Pearl Onions
Thursday, May 5	Beef Enchiladas, Cilantro Lime Rice, Mexican Street Corn
Friday, May 6	Turkey & Noodles, Stewed Tomatoes, Oriental Blend Vegetables
Monday, May 9	Swedish Meatballs, Parslied Noodles, Garden Seasoned Broccoli
Tuesday, May 10	Dijon Chicken, Mashed Potatoes, Mixed Vegetables, Mango
Wednesday, May 11	Salmon Patty, Parmesan Rice, Scalloped Tomatoes
Thursday, May 12	Jeweled Pork Loin, Red Bliss Potatoes, Capri Blend Vegetables
Friday, May 13	Chicken Jambalaya, Collard Greens, Cherry Crisp
Monday, May 16	Pork Chop Supreme, Sweet Potatoes, European Blend Vegetables
Tuesday, May 17	Turkey & Butternut Squash Bake, Scalloped Potatoes, Asparagus
Wednesday, May 18	Cheese Ravioli w/Marinara Sauce, Oriental Vegetables, Coleslaw
Thursday, May 19	Orange Glazed Chicken, Brown Rice, Peas & Carrots, Pears
Friday, May 20	Salisbury Steak, Mashed Potatoes, Cauliflower Gratin
Monday, May 23	Bacon Cheeseburger, Baked Beans, Dilled Carrots
Tuesday, May 24	Citrus Chicken Burrito, Mexican Rice, Pinto Beans
Wednesday, May 25	Italian Sausage w/Peppers & Onions, Baked Sweet Potato
Thursday, May 26	Lemon Baked Fish, Roasted Potato Medley, Wax Beans
Friday, May 27	Pepper Steak, Rice, Sugar Snap Peas, Black Beans & Corn
Monday, May 30	Closed for Holiday
Tuesday, May 31	Vegetable Lasagna, Green Bean Almondine, Cinnamon Applesauce

If you are looking for a food distribution site in St. Joseph County, please visit our website at www.sjccoa.com and go to the Food & Friends page. We also have a list available at both our centers.



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,
May 30 for
Memorial 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 # _____