



The Senior Connection

June 2022

VOLUME 6

ISSUE 8

St. Joseph County Commission on Aging Newsletter

Join us for a Nature Walk & Yoga!
Details on Page 3



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...

We really are fortunate to have such amazing fitness instructors at the COA. There is no doubt that many of our members are benefiting from participating in the classes we offer.

One of our instructors, Cynthia Hoss, is taking her fitness programs outside this summer, which sounds absolutely wonderful. Each Monday in the month of June, Cynthia is going to lead participants on a two to three mile walk at various parks in the area, followed by some yoga afterwards. You don't need to be a yoga expert to do her class, either.

And if you like to ride your bike, Cynthia is leading a group on a bike ride at the Pumpkinvine Nature Trail in Middlebury on Friday, June 24. She plans to offer more walking excursions in July, and is even looking into doing a few kayaking trips. Sounds like a lot of fun! All the details are on the next page, and I hope many of you are able to participate in at least one of Cynthia's outdoor exercise classes.

We are looking forward to celebrating Water Festival again this year. We're doing something a little bit different but free Bingo, Ox Roast Sandwiches and Strawberry Shortcake are still on tap. I encourage you to sign up early for this fun afternoon program.

We have a new face at the COA that I hope all of you will help welcome to our organization. If you get a chance, please say hi to Tina Gales, our new part-time receptionist in Three Rivers. Tina, who has lived in Mendon for more than 40 years, has a strong background in banking, customer service, and administrative tasks, so she has already been a great asset to the COA team in the short time she has been here. Welcome Tina!

If you have questions about any of our programs and services, please do not hesitate to email me at priley@sjccoa.com or give me a call at (269) 279-8083.



Pam



The First Presbyterian Church of Sturgis Mission Committee recently gave a generous donation to the COA to help support activities at the Oaks Enrichment Center in Sturgis.

Pictured from left to right are: Sue Jensen from SFBC; Jo Schrader from SFBC and Mission Committee Chair; Ruth Mancina, COA Marketing and Life Enrichment Manager; Pamela Riley, COA Executive Director; and Cindy Batten, COA Life Enrichment Coordinator.

Thank you First Presbyterian Church!

***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.

NEW! Nature Hike & Yoga with Cynthia Hoss

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Enjoy nature's beauty and get your juices flowing in this Monday morning program! We will meet up at one of the local nature trails and begin with some joint movement to increase circulation and prepare the muscles for a 2-3 mile hike. Plan to meet in the parking lot at 10 a.m. We should be done around Noon.

This class ends with some yoga stretches to leave you feeling both energized and relaxed for the week ahead! Bring a beach towel and a yoga mat. No program during inclement weather. If you are unsure if the class is taking place or not, please call the COA at 279-8083 on the day of the walk or check out the COA Facebook page.

WHEN & WHERE:

- Monday, June 6 at Plumb Lake County Park, 29500 E Lafayette Rd., Sturgis, MI 49091 (Veer left to the parking lot.)
- Monday, June 13 at Timm Preserve County Park, 65724-65984 Engle Rd., Centreville, MI 49032 (There is only one parking lot.)
- Monday, June 20 Meyer Broadway County Park, 59475 County Park Dr., Three Rivers, MI 49093 (Meet at the parking lot near the playground.)
- Monday, June 27 at Spirit Springs Sanctuary, 10462 Dutch Settlement Rd., Marcellus, MI 49067 (There is only one parking lot.)

Let's Get Crafty

Join us for some fun as we create our very own hand-stamped flour sack towels. We will use a variety of fruits and vegetables to design fun, summer-time patterns to make our own unique creations!

Tuesday, June 7 at the Oaks EC at 1 p.m.

Thursday, June 9 at the Rivers EC at 10 a.m.

Please call 279-8083 to reserve your spot or stop by the front desk to sign up.



Biking & Yoga on the Pumpkinvine Trail

This summer fun event begins at 10 a.m. on Friday, June 24 in Middlebury with a pre-bike 15-minute warm-up with instructor Cynthia Hoss to lubricate the joints before embarking on a seven-mile bike ride.

The ride begins at Krider World's Fair Garden, 302 Bristol Avenue, Middlebury and continues onward seven miles to Shipshewana. Everyone is invited to go at their own pace and meet at the Blue Gate Restaurant for lunch around 11:30 - Noon. Lunch cost is on your own.

Take your time after lunch for shopping and meandering around Shipshewana, but be sure to return back to Krider World's Fair Garden by 2:00 p.m. for a 20-minute stretch to release and relax your tired muscles.

RSVP by Wednesday, June 22.

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Katie's KORNER



Welcome to Katie's Korner! Each month Nutrition Manager Katie Hughes will offer a nutrition program that will be informative 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 June, Katie is going to share some great information about cooking with spices.

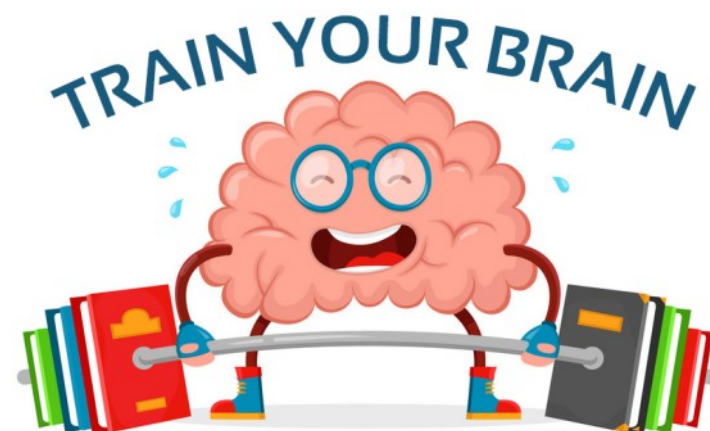
Katie will alternate her programs between our centers

each month. All COA members are welcome to attend. Please RSVP by calling the COA at 279-8083 no later than Monday, June 13.

WHEN: Wednesday, June 15

WHERE: Rivers Enrichment Center, Three Rivers

TIME: 9:30 a.m.



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 for COA members.

She will be offering it at both our centers on Wednesday, June 22. 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.

"My Wife Mumbles and I Have Crickets in My Ears... Hearing Loss and Aging"



Join us for a hearing loss presentation by Diane Koglin, Au.D., on the effects of the aging process on hearing. Dr. Koglin received her doctorate in audiology from Arizona School Of Health Sciences and her master's and bachelor's degrees from Michigan State University. You do not need to sign up in advance for this presentation - all are welcome. Light refreshments will be served.

WHEN & WHERE:

Sturgis - Oaks Enrichment Center - June 16th (10:30 a.m. – 12:00 p.m.)

Three Rivers - Rivers Enrichment Center - June 21st (10:30 a.m. – 12:00 p.m.)

Water Festival 2022: All the Fun & Good Food...

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Just in a Different Location!

We will celebrate the Three Rivers Water Festival this year with lunch and free Bingo, but have decided to have all the fun at the Three Rivers COA. Due to parking and space limitations at some of the outdoor venues near the Water Festival we thought it would work out better to eat lunch and play Bingo at the COA. That way, in case the weather is bad, we will be protected and able to keep on having fun.

We will be serving Ox Roast sandwiches and Strawberry Shortcake. After lunch we will play Bingo from 1p.m. until 2:30 p.m. Lunch will be served at Noon. Please sign up no later than Friday, June 10. Space is limited.

We will have the COA bus available to transport members from our Sturgis Enrichment Center, so if you sign up for Water Festival lunch and Bingo, and would like to ride our bus, please make sure you let them know when you make your reservation.



WE NEED COA MEMBERS TO PARTICIPATE IN THE PARADE!

Finally, the COA is participating in the parade on Thursday, June 16. We do need bus riders, or people who would like to walk alongside our bus and pass out candy. If you are interested in participating, please see Ruth Mancina as soon as possible. Show your enthusiasm for the COA!

The Three Rivers Water Festival is from June 16-18 and we have brochures available near the reception desk.

It's National Teddy Bear Picnic Day!

We're having a picnic to celebrate. Please bring a stuffed teddy bear to the picnic and we will donate them to the St. Joseph County Victim Services Unit.

Did you know that the SJC Victim Services Unit was just named unit of the year by the Michigan Sheriff's Association? VSU personnel go through 20 hours of training and must be trained to effectively work with people whose emotions could range from shock to hysterical.

The unit has responded to around 50 calls so far this year. What a great honor to be named unit of the year. Let's show our support for the fantastic work they do.

The picnic will be held at Noon on Wednesday, July 6th at the Sand Lake County Park located at 60778 Railroad Street, Nottawa

You must let us know if you plan on attending no later than Monday, June 27, 2022.

After lunch we will offer free Bingo and play until 2:30 p.m.



6 **Three Rivers German Band Looking for Musicians!**

If you know how to play an instrument, then consider joining the Three Rivers German Band. The band's most urgent need is for trombone, trumpet and clarinet players, but all musicians are welcome!



The band is down to 10 members and really needs more musicians. Even if you haven't played for a while, this a low pressure group that gets together once a week to practice on Thursday evenings at 7 p.m. at the Three Rivers Enrichment Center. Middle school through older adults welcome!

The Three Rivers German Band has played at the Three Rivers Water Festival, Poe's Corners, area nursing home and assisted living facilities. The band plays waltzes, polkas and German style songs of various styles.

This is a great way to make new friends, have a good time, and do something that will put a smile on your face.

If you are interested in learning more, please call Marlen Hetmansperger at 279-7102. You can also stop by the COA at 7 p.m. on a Thursday night to check it out.

Finally, if you know someone who plays a musical instrument, please let them know about this great group of musicians.



Painting with Pat is BACK!

Learn how to paint this beautiful floral scene (shown in the picture above) with local artist Pat Asbury.

The two-class project takes place at our Sturgis center on Monday, June 20 and Monday, June 27 from 10 a.m. to Noon. You must be able to attend both classes.

Cost is \$15 per class and Pat provides all the supplies.

She will provide matting for your piece for an additional cost. Payment should be made directly to Pat at the first class.

To sign up, please call the COA at 279-8083.

Four COA Members Selected for “Art Around Town”



More than 40 entries were submitted for the “Art Around Town” and of the 16 chosen, four are COA members. Congratulations to Bev Benne, Nanette Conrod, Linda Esseltine, and Sarah Kalasky.

“Art Around Town” is an exhibit that features 16 pieces of artwork displayed outdoors in downtown Sturgis. The artwork that was selected was enlarged, and will be on display through March 2023. If you get a chance, explore downtown Sturgis and check out some of these fantastic pieces of art.

***Jude the Comfort Dog will be
at the Rivers Enrichment Center
on Friday, June 3 at 10:30 a.m.***



Father/Son or Grandson Day in Dundee, MI – Tuesday, June 14, 2022 - \$15.00 per person

We will be leaving Three Rivers at 8:00 a.m. and Sturgis at 8:45 a.m. and heading to Dundee, MI for a day. Our first stop in Dundee will be at Cabela's Sporting Goods and Outdoor Store, great for the hunting, shooting and camping enthusiasts.

Lunch will be on your own at Social House 103. They serve a wide variety of bar/pub food as well as vegetarian options in a family friendly atmosphere.

Next stop will be to the Russell Stover Outlet Store. Not only do they sell chocolates at discounted prices, they also serve ice cream and sundaes. Sugar free candy is also available to purchase.

The final stop of the trip is at Beef Jerky Unlimited. They sell beef, chicken, turkey, and pork jerky made from fresh, top-quality meat, which is marinated in one of their 15 savory, original recipe flavors.

This trip is a great opportunity to do something special with your son or grandson right before Father's Day, but any COA member is welcome to participate!



Gun Lake Casino – Thursday, June 23, 2022 - \$10.00 per person - AFTERNOON DEPARTURE

The bus will depart from Sturgis at 11:00 a.m. and Three Rivers at 11:45 a.m., arriving at Gun Lake Casino at 12:45 p.m.

This casino offers state-of-the-art slot machines, 47 table games, a modern sportsbook, and keno.

The Harvest Buffet is open Thursday – Sunday, 12:00 p.m. to 9:00 p.m. The Prime Rib Buffet starts at \$19.99 per person. Cost of lunch is on your own. The bus will leave the casino at 5:00 p.m. for the return trip home.

Gun Lake Casino – Thursday, June 30, 2022 - \$10.00 per person - MORNING DEPARTURE

The bus will depart from Sturgis at 8:00 a.m. and Three Rivers at 8:45 a.m., arriving at Gun Lake Casino at 9:45 a.m.

This casino offers state-of-the-art slot machines, 47 table games, a modern sportsbook, and keno.

The Harvest Buffet is open Thursday – Sunday, 12:00 p.m. to 9:00 p.m. The Prime Rib Buffet starts at \$19.99 per person. Cost of lunch is on your own. The bus will leave the casino at 2:00 p.m. for the return trip home.

JULY TRIP - SIGN UP STARTS JUNE 1!

A Neil Diamond Tribute and Blue Gate Restaurant – Tuesday, July 5, 2022

\$55.00 per person (includes the show and lunch buffet)

The bus will depart from Sturgis at 8:45 a.m. and Three Rivers at 9:30 a.m., arriving at the Blue Gate Restaurant and Theater at 10:15 a.m.

The Neil Diamond Tribute tells the story of Neil's life through Diamond's own songs from the 60's through today. The show is performed by eight time Branson Show Award Winner Keith Allynn, who is also a Diamond look and sound alike.

After the show, a lunch buffet will be served in the dining room.

COMMODITIES FOOD SIGN-UP!

The Southwest Michigan Food Bank is going to be distributing boxes of non-perishable food to older adults in St. Joseph County. To be eligible to receive a box, you must meet federal income guidelines. For a single person, the annual income cannot exceed \$17,667 and for a married couple it cannot exceed \$23,803. The COA is providing the Southwest Michigan Food Bank with space at both our centers to sign older adults up for the boxes, which will be distributed at the end of July.

More boxes will be distributed on a two month schedule, so the next distribution would be in September and then again in November. The distribution site has not been determined at the time this newsletter went to print. More details will be in the July newsletter.

It is very important that you bring a driver's license with you to sign up for a commodities box.

SIGN UP DATES:

Tuesday, June 14

Rivers Enrichment Center, Three Rivers

10 a.m. to 12:30 p.m.

Thursday, June 16

Oaks Enrichment Center, Sturgis

10 a.m. to 12:30 p.m.

Questions? Call the Southwest Michigan Food Bank at (269) 964-3663.



**SOUTH MICHIGAN
FOOD BANK**

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, June 28 (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.

St. Joseph County Office of Veterans' Service at the COA

A representative from the St. Joseph County Office of Veterans' Service will be at COA on the **third Tuesday of each month** beginning June 21. They will alternate between our two centers and be available from 11:30 a.m. to 1:00 p.m.

June 21 - Three Rivers

July 19 - Sturgis

August 16 - Three Rivers

September 20 - Sturgis

October 18 - Three Rivers

November 15 - Sturgis

December 20 - Three Rivers

The St. Joseph County Veteran's Service Officer can assist veterans, and eligible dependents, such as a surviving spouse, in many ways including: answering questions, advising, and educating on what benefits are available from federal, state, county and local resources. They also can assist with completing and filing benefit claims.

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: IN-PERSON
Burnside Senior Center
65 Grahl, Coldwater

When: Wednesday, June 22

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

Where: IN-PERSON
Legal Services of South Central
Michigan, 123 West Territorial
Road, Battle Creek

When: Friday, June 24

Time: 9:00am - 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. Each support group meets monthly.

In Three Rivers, the group meets on the first Tuesday of each month and in Sturgis, the group meets on the third Thursday of each month.

Three Rivers: Tuesday, June 7 at 6 p.m.

Sturgis: Thursday, June 16 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). The group is looking for a volunteer facilitator for the Sturgis meetings, so please call Ruth at the COA if you would like more information.

Kinship Care Support Group

A support group for grandparents and other relative caregivers raising grandchildren, providing support, resources and education. This group meets on the third Thursday of the month at 6:00 pm. **The group will meet June 16 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

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

Three Rivers:

Tuesdays & Thursdays at 10:30am

Instructor: Cathy Taylor

Beginning June 21, this class will be on hold until Tuesday, July 5.

Three Rivers:

M,W,F at 10am - Taking it Easy!

Instructor: Lynn Zeiler

This class is for anyone who wants a slower-paced exercise class focused on core strength and balance with most exercises done seated. (Mondays in the Community Room, Wednesdays and Fridays in the Atrium Pool Area)

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



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

Beginning Tuesday, June 21 this class will be on hiatus in Three Rivers until August 2 (start date tentative).

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: Tuesdays at 11am

Instructor: Kathy Bingaman

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

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

This class will go on hiatus beginning Wednesday, June 22 through Wednesday, August 31. We plan to offer it again beginning Wednesday, September 7.



We sure had fun celebrating Cinco de Mayo this year. We made succulent planters and cookies that looked like sombreros. More importantly, we had a great time hanging out together.

Pictured at left are the participants at our Sturgis center.

Turn to Page 3 to see what we're doing this month!

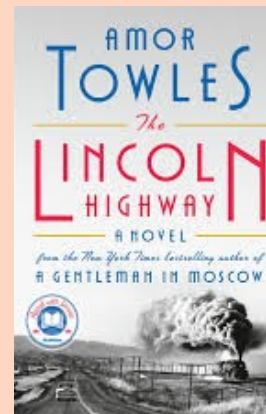
Book Club

The Three Rivers Book Club is reading *The Sun Does Shine* by Anthony Ray Hinton. The book will be discussed on Wednesday, June 8 at Noon. A box lunch will be provided. Please call Ruth Mancina at 279-8083 or email her at rmancina@sjcco.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 Lincoln Highway* by Amor Towles. The book will be discussed on Thursday, June 16 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
Potluck Bingo - Third Wednesday at 4 p.m. Bring a dish to pass.

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: Tuesdays & Wednesdays at 1 pm
Thursdays at 1:30 (after Bingo)

Hand and Foot

Sturgis: Wednesdays at 1pm

Thursdays at 1pm

Three Rivers: Tuesdays at 2:30pm

Mah Jongg

Three Rivers: Tuesdays at 12:45pm

We are now playing Euchre in Sturgis on Tuesdays and Wednesdays at 1 p.m. and on Thursdays at 1:30 p.m. Come join the fun!

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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

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

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

JUNE Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches	2 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	3 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
6 10am - Outdoor Hike with Cynthia Hoss 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	7 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	8 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 12pm - Book Club 1pm - In Stitches Club	9 9:30am - NO Cardio Drumming 10:30am - NO Arthritis Exercise 10am - Flour Sack Craft 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	10 9:30am - Line Dancing 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
13 10am - Outdoor Hike with Cynthia Hoss 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bunco 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	14 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot TRIP TO DUNDEE	15 9:30am - Katie's Corner 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	16 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 Water Festival Parade	17 9:30am - Line Dancing 11am - S.A.I.L. Exercise Noon - Water Festival Lunch and Free Bingo at TR Enrichment Center 12:30pm - Bingo at Klines
20 10am - Outdoor Hike with Cynthia Hoss 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Zumba Gold	21 10:30am - Hearing Presentation 11:30am - SJC Veterans Affairs 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot	22 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Brain Train Klub	23 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold CASINO TRIP	24 9:30am - Line Dancing 10am - Biking Trip 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
27 10am - Outdoor Hike with Cynthia Hoss 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Zumba Gold	28 9:30am - Foot Doctor 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot	29 10am - Arthritis Exercise - Taking it Easy (Atrium) 11am - S.A.I.L. Exercise 1pm - In Stitches	30 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold CASINO TRIP	

JUNE Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	2 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	3 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
6 10am - Outdoor Hike with Cynthia Hoss 12:30pm - Bingo	7 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Flour Sack Craft 1pm - Euchre 6pm - Silver Strength	8 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	9 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	10 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
13 10am - Outdoor Hike with Cynthia Hoss 12:30pm - Bingo	14 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 6pm - Silver Strength TRIP TO DUNDEE	15 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 1:30pm - COA Advisory Board Meeting in TR 4pm - Potluck Bingo	16 10am - Line Dancing 10:30am - Hearing Talk 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 6pm - Silver Strength 6pm - Kinship Care Support Group Meeting - Centreville 6pm - Alzheimer's Assoc. Caregiver Support Group 7pm - Duplicate Bridge	17 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise Noon - Water Festival Lunch and Free Bingo at Three Rivers Enrichment Center 1pm - Cardio Drumming
20 10am - Outdoor Hike with Cynthia Hoss 10am - Painting with Pat 12:30pm - Bingo	21 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - NO TUESDAY TRIVIA THIS MONTH 1pm - Euchre 6pm - Silver Strength	22 10am - Brain Train Klub 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	23 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge CASINO TRIP	24 10am - Biking Trip 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
27 10am - Outdoor Hike with Cynthia Hoss 10am - Painting with Pat 12:30pm - Bingo	28 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	29 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	30 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge CASINO TRIP	

Meals on Wheels & Congregate Menu

JUNE 2022

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Wednesday, June 1	Glazed Baked Ham, Whipped Sweet Potatoes, Oriental Blend Vegetable, Biscuit, Peaches
Thursday, June 2	Honey Balsamic Chicken, Garden Rice Pilaf, Asparagus, Dilled Carrots, Banana, Dinner Roll
Friday, June 3	Meatloaf, Mashed Garlic Potatoes, Peas & Pearl Onions, Wheat Bread, Mandarin Oranges
Monday, June 6	Bratwurst with Onions & Peppers, Au Gratin Potatoes, Italian Green Beans, Wheat Bun, Pineapple
Tuesday, June 7	Chicken Enchilada Casserole, Black Beans & Corn, Escaloped Apples
Wednesday, June 8	Beef Stroganoff over Egg Noodles, Sugar Snap Peas, Stewed Tomatoes, Breadstick, Banana
Thursday, June 9	Apple Pork Chop, Baked Sweet Potato, Green Beans, Dinner Roll, Pears
Friday, June 10	Cheesy Turkey Casserole, Broccoli & Cauliflower, Blueberry Crisp, Dinner Roll
Monday, June 13	BBQ Chicken Thighs, Baked Beans, Collard Greens, Biscuit, Mixed Fruit
Tuesday June 14	Tuna Noodle Casserole, Garden Seasoned Broccoli, Stewed Tomatoes w/Okra, Oranges
Wednesday, June 15	Cheeseburger, Roasted Potatoes, Succotash, Applesauce
Thursday, June 16	Roast Turkey, Mashed Potatoes & Gravy, Key West Vegetables, Cherry Crisp, Dinner Roll
Friday, June 17	Lemon Chicken, Cheese Grits, Zucchini & Tomatoes, Coleslaw, Peaches, Biscuit
Monday, June 20	Beef Ravioli, Green Bean Almondine, Broccoli & Cauliflower, Pineapple, Dinner Roll
Tuesday, June 21	Western Omelet Bake, Sausage Links, Asparagus, Apple Crisp, Muffin
Wednesday, June 22	Garden Citrus Chicken, Brown Rice, Scalloped Tomatoes, Mixed Vegetables, Pears
Thursday, June 23	Pot Roast & Gravy, Potatoes, Carrots, Biscuit, Peaches
Friday, June 24	Macaroni & Cheese, Ham Slice, European Blend Vegetables, Wax Beans, Mandarin Oranges
Monday, June 27	BBQ Pulled Pork, German Potato Salad, Zucchini & Summer Squash, Mixed Fruit
Tuesday, June 28	Beef & Broccoli, Rice, Oriental Blend Vegetables, Peach Crisp, Dinner Roll
Wednesday, June 29	Honey Mustard Chicken Thighs, Red Bliss Potatoes, Crumb Topped Brussel Sprouts, Banana
Thursday, June 30	Lemon Baked Fish, Parmesan Noodles, Capri Blend Vegetables, Peas & Mushrooms, Pears

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.



**COA MISSION
STATEMENT:**

We provide exceptional services and programs promoting independence, healthy lifestyles and engagement that focuses on all seniors and benefits all citizens of St. Joseph County.

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 # _____