



# *The Senior Connection*

*St. Joseph County Commission on Aging Newsletter*

July 2022

**VOLUME 7**

**ISSUE 8**



**Water Festival Lunch  
& Bingo Was So Fun!**

**Look inside for all  
the fantastic things  
we have planned for  
July...**

**Nature Walks,  
Elvis, Dinner Night  
Out and much more!**

**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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**and YouTube**



## ***From the Executive Director...***

We had so much fun celebrating the Three Rivers Water Festival. It was great to see our members getting together to enjoy Ox Roast sandwiches and strawberry shortcake. And we had so many members participate in the Water Festival Parade, despite the hot weather. I love how they are out promoting the Commission on Aging. Our volunteers are amazing and we truly appreciate all that they do for the COA.

We have so many fun traditions in addition to the Water Festival. Another one that I think is so special is our Teddy Bear Picnic. We get together at a county park and enjoy delicious summertime food and Bingo. But our members also come with a stuffed teddy bear that we donate to Victim Services of St. Joseph County. How great is that? The picnic is set for Wednesday, July 6 this year.

Finally our Annual Summer Picnic is always a fun time with entertainment, great food, door prizes and of course, Bingo. I am looking forward to this year's event - I just hope that the weather is a little more pleasant this year! A BIG THANK YOU to Kline's Resort for allowing us to have our picnic at their beautiful facility. Eating lunch by the water on a summer day in Michigan - it doesn't get much better than that!

The picnic is Wednesday, August 10 but we are going to start selling tickets on Friday, July 1. Our space is limited to 100, so please get your tickets early!

Just a reminder that the COA is considered a cooling center for citizens of St. Joseph County. When the temperatures soar, please keep that in mind if you are in need of some relief from the heat during our hours of operation, which are Monday-Friday from 8 a.m. - 4 p.m. We will be closed on Monday, July 4. On behalf of our entire staff, I want to wish everyone a safe and fun-filled Fourth of July!



***Pam***

## **It's National Hot Fudge Sundae Day!**



Yay!!! You know how much we love to celebrate national days - especially when it's something as delicious as hot fudge and ice cream. On July 25th, National Hot Fudge Sundae Day takes a turn representing National Ice Cream Month in delicious style. Feast on this tasty ice cream dessert that combines hot and cold with a cherry on top. This dessert has been served since 1906.

**WHEN:** Monday, July 25  
**TIME:** 12:30 p.m.  
**WHERE:** Oaks EC and Rivers EC  
**RSVP:** Please call by Friday, July 22 to RSVP

Please note that this is a separate reservation from your lunch reservation. Just because you are signed up to receive lunch does not mean you are automatically signed up to receive a sundae.



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

### **Three Rivers**

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

### **Sturgis**

***Tuesday, Sept. 27 @ 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.

# **Annual Summer Picnic**

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It's one of our favorite events of the year - our annual summer picnic! Because the picnic will be on Wednesday, August 10 we are going to start selling tickets on Friday, July 1. Tickets are only \$5

per person and include a delicious lunch, entertainment, door prizes and FREE Bingo. The last day to purchase a ticket is Friday, July 29.

We are thrilled to welcome two fabulous performers from St. Joe County - Amanda Thompson and Johnny Ballard. Have you heard them sing? They are so good.

Thank you Kline's Resort for allowing us to have our picnic at their beautiful site. The picnic will be under the big tent, which is located below the club house, near the water. If you would like to ride a bus from either center to get to the resort, please let us know when you sign up. Thank you Thurston Woods for letting us borrow your bus so we could have two buses running that day!

It's going to be a super fun day so please sign up early as space is limited.



**WHEN:** Wednesday, August 10

**WHERE:** Kline's Resort, 22260 Kline's Resort Rd, Three Rivers, MI 49093

**TIME:** 10:30 am - 2:30 pm

**COST:** \$5.00 per person (Deadline to purchase tickets: July 29)

## **Join us for Leaf Casting!**

Sign up for this unique craft and cast a leaf that you can display in your landscaping or give to someone special as a gift! The first session we will cast the leaf in cement and the second session we will finish the process. You will have the option of clear coating your leaf or you may choose to add color to your leaf by painting it. Class size is limited, so sign up early!

**WHEN:** Tuesday July 12 & 26 - Oaks Enrichment Center, Sturgis

Wednesday, July 13 & 20 - Rivers Enrichment Center, Three Rivers

**TIME:** 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 that will cover a wide range of issues related to food and good health. Quite often she will have a tasting of some-

thing she is preparing. In July, Katie is going to share some great information about lettuces.

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, July 18.

**WHEN:** Wednesday, July 20

**WHERE:** Oaks Enrichment Center, Sturgis

**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, July 27. 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.**



## *Dinner Night Out!*

We're going to the Mediterranean! Blue waters, sunny skies and delicious food. Come join us at the Oaks Enrichment Center on Tuesday, July 19 at 5 p.m. Tickets are \$15 per person and must be purchased by Tuesday, July 12. Entertainment, door prizes, 50/50 raffle and a fantastic meal are planned!



# Nature Hikes & Yoga with Cynthia Hoss

Enjoy nature's beauty and get your juices flowing in this Monday morning program! We will meet up at a nature trail and begin with some joint movement to increase circulation and prepare the muscles for a 2-3 mile hike. We should be done around Noon. Below is the schedule for the months of July and August.

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, July 11 - Schrier Park and Bishops Bog Preserve, 850 West Osterhout Avenue, Portage, MI 49024
- Monday, July 18 - Eliason Nature Trail, 1614 W. Osterhout, Portage, MI 49024
- Monday, July 25 - Bonneyville Mill South Loop, 53413 County Road 131, Middlebury, IN 46507
- August 1 - Plumb Lake County Park, 29500 E. Lafayette Road, Sturgis, MI 49091
- August 8 - Timm Preserve County Park, 65724-65984 Engle Rd, Centreville, MI 49032
- August 15 - Meyer Broadway County Park, 59475 County Park Dr, Three Rivers, MI 49093

## *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, July 19

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

All are welcome!

Come enjoy a fun afternoon with friends playing trivia.



***Jude the Comfort Dog  
will be at the Rivers  
Enrichment Center  
on Friday, July 1  
at 10:30 a.m.***



# Think You Can't Be An Artist? Think Again!

The COA's very own Pat Asbury is offering some wonderful opportunities to create a beautiful painting for your home or to give as a gift. If you have not tried one of Pat's classes, then now is the perfect time to try. She has some gorgeous projects planned for this summer. Read below to see what she is offering. To sign up, please call the COA at 279-8083.

## PAINTING with PAT

Join Pat to create your own watercolor version of these vibrant poppies.

The two-class project takes place at the Oaks EC in Sturgis on Monday, July 18 and Monday, July 25 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, however please call the COA at (269) 279-8083 to sign up.



## PAINT & PUNCH with PAT

Come and join us for a fun day of painting, punch and lunch with your friends and create your own "Golden Surf" masterpiece with the skillful assistance of Pat Asbury

**WHEN:** Wednesday, July 27  
**WHERE:** Rivers Enrichment Center,  
**TIME:** 10am - 3pm  
 (Lunch is provided at Noon)  
**COST:** \$25 per person

Please pay directly on the day of the event. Cash is the preferred method of payment. All supplies are included in the cost of the class. Sign up for this class begins July 1 and you must RSVP by Wednesday, July 20.



Come and join us for a fun day of painting, punch and lunch with your friends and create your own "Summer" masterpiece with the skillful assistance of Pat Asbury

**WHEN:** Tuesday, August 9  
**WHERE:** Oaks Enrichment Center, Sturgis  
**TIME:** 10am - 3pm  
 (Lunch is provided at Noon)  
**COST:** \$25 per person

Please pay directly on the day of the event. Cash is the preferred method of payment. All supplies are included in the cost of the class. Sign up for this class begins July 1 and you must RSVP by Wednesday, August 3.



# COA TRIPS

## Linton's Enchanted Gardens!

WHEN: Tuesday, July 26

COST: \$8.00 per person

Spend the day exploring this beautiful property, which is Indiana's largest home and garden center. We will be leaving Three Rivers at 9:30 a.m. and Sturgis at 10:15 a.m. Plan on having lunch at the Garden Café at Linton's (lunch is on your own). We plan on being at Linton's from 11 a.m. to 2 p.m. and there is a quite a bit of walking involved.

Some of the attractions you can explore while at Linton's:

- Enchanted Express Train
- Japanese Koi Feeding
- Adult Pedal Go Karts
- Free Petting Zoo and Bird Aviary
- Quad Cycle Family Bike
- Free Quilt Garden
- Swan Paddle Boat
- Interior Décor Shop with an extensive selection of wall art, silk arrangements, glass art, decorative pillows and much, much more!



For more information or pricing of attractions, please visit [www.lintons.com](http://www.lintons.com)

### TRIP CANCELLATION & REFUND POLICY

The COA trip program is budget neutral. What we charge for the trip covers the cost of the trip. We calculate what the gas will cost, any ticket costs and a small amount to help with maintenance of our bus, insurance, etc. We do our very best to make each trip as affordable as possible while covering the cost of that trip. Our calculations are based on a full bus. When people cancel then we are not covering the cost of the trip. We do understand that things happen. This is why we will issue a refund if there is a waiting list and we can find someone from the waiting list to take your spot. Beginning July 1 the COA has a new trip cancellation and refund policy:

- In order to grant a refund, we must be able to fill your space(s) from the waiting list. A \$5 processing fee will be deducted from all refunds.
- If there is no waiting list, no refund will be granted.  
**NOTE:** This policy includes health and illness-related cancellations
- Full refunds are given if the trip is cancelled by the COA.



Our Life Enrichment Team is pleased to offer a monthly Dinner and a Movie. The plan is to alternate between Three Rivers 6 and the Strand theaters and enjoy a movie on the big screen with friends!

We will meet at either the Rivers or Oaks Enrichment Center (depending on the month) and enjoy each other's company while dining together. After dinner we will make our way to the theater to get our tickets, pick out our seats, and yes, get popcorn! No matter where you live, you are welcome to join in on the fun!

### JULY'S PICK:

Movie: Elvis

When: Tuesday, July 12

Where: Rivers Enrichment Center

Cost: \$5.00 per person for dinner (movie ticket and concessions are on your own)

Time: 5:00 p.m. Dinner from Little Caesar's served at the Rivers EC. We leave for the theater at 6:15 p.m. to get tickets and concessions. The movie starts at 6:50 p.m.

RSVP: Please let us know if you plan on attending no later than Monday, July 11.

Movie start time is subject to change. Please call Cindy at 279-8083 on the day of the movie to confirm start time.





## 8 **COMMODITIES FOOD SIGN-UP & DISTRIBUTION**

The Southwest Michigan Food Bank is distributing boxes of non-perishable food to older adults in St. Joseph County on Tuesday, July 26 in Three Rivers and Sturgis. To be eligible to receive a box, you must sign up in advance and 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.

**We are offering sign-up dates on July 13 and 14. THIS IS ONLY TO SIGN UP TO RECEIVE A FOOD BOX!** The boxes will not be distributed until July 26. It is very important that you bring a driver's license with you to sign up for a commodities box.

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

### **SIGN UP DATES:**

**Wednesday, July 13**

**Oaks Enrichment Center, Sturgis**

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

**Thursday, July 14**

**Rivers Enrichment Center, Three Rivers**

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

### **FOOD DISTRIBUTION DATE**

**Tuesday, July 26**

**8:00am Rivers Enrichment Center, 1200 W Broadway St, Three Rivers**

**10:30am Greg Hoover - State Farm Insurance Agent, 1055 S Washington St, Constantine, MI 49042**

**12:30pm St Joseph's Catholic Church, 16603 US-12, White Pigeon, MI 49099**

**2:30pm Doyle Center, 310 N Franks Ave, Sturgis, MI 49091**

## **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.

### **Three Rivers P.A.C.**

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

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

### **Sturgis P.A.C.**

Tuesday, Sept. 27 @ 11 a.m.

Tuesday, Dec. 27 @ 11 a.m.





## SERVICES

### Foot Doctor

Rivers Enrichment Center - Three Rivers

**Tuesday, July 19 (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.

## **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.**

They will alternative between our two centers and be available from 11:30 a.m. to 1:00 p.m.

**July 19 - Sturgis**

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.

## **NEW! Blood Pressure Checks**

Taken by a volunteer retired nurse at the Oaks EC on the first and third Monday of each month at 11:30 a.m. This month it will take place on July 18 (we are closed on the Fourth of July).

### 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 PHONE**  
**When: Friday, July 1**  
**Time: 9:00 a.m. - 12:30 p.m.**

**Where: OVER THE PHONE**  
**When: Wednesday, July 20**  
**Time: 11:00 a.m. - Noon**

*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.*

### Hearing Screenings

If you are in need of a hearing screening, Beltone Hearing will be at the **COA in Three Rivers on Monday, July 11, 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.

## 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, July 5 at 6 p.m.**

**Sturgis: Thursday, July 21 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 July 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

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:** Melissa Wilson (month of July)

*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 and Wednesdays in the Community Room, 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

**Our Three Rivers Cardio Drumming class is 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:* M,W,F at 11am

**NEW! Now being offered on Mondays, too!**

**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

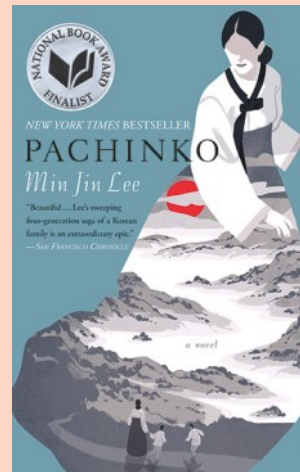
**Instructor:** Cathy Taylor

**This class is on hiatus until Wednesday, Sept. 7**

**Book Club**

The Three Rivers Book Club is reading *Pachinko* by Min Jin Lee.

The book will be discussed on Wednesday, July 13 at Noon. A box lunch will be provided. Please call Ruth Mancina at 279-8083 or email her at [rmancina@sjccoa.com](mailto:rmancina@sjccoa.com) for information on how you can participate. Books are available at the COA reception desk in Three Rivers.



The Sturgis Book Club is reading *Girl Last Seen* by Nina Laurin. The book will be discussed on Thursday, July 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  
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 NEED YOUR HELP!**

We are looking for volunteers to help in the Three Rivers Kitchen. The time frame we need help is Monday-Friday from 9 a.m. to 1 p.m. to assist with serving food, cleaning up, prepping food, etc.

You do not need to work the entire four hours - even if you can volunteer for just a few hours, we would be grateful for your assistance. And you can choose what days of the week work best for you. You can volunteer just one day of the week or two or three days - your choice.

If you think this might be a good fit for you, please contact the COA Nutrition Director, Katie Hughes, at 279-8083 or by emailing her at [khughes@sjccoa.com](mailto:khughes@sjccoa.com)

*"As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others."* — **Audrey Hepburn**

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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



# JULY Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise <b>10:30am - Comfort Dog Jude</b> 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
4 <b>COA CLOSED FOR FOURTH OF JULY</b> 	5 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot <b>6pm - Alzheimer's Assoc. Caregiver Support Group</b> <b>NEIL DIAMOND TRIP</b>	6 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise <b>12pm - Teddy Bear Picnic at Sand Lake County Park</b> 1pm - In Stitches Club 1pm - Cribbage	7 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	8 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
11 <b>9am - Beltone Hearing</b> <b>10am - Outdoor Hike with Cynthia Hoss</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bunco 1pm - Chair Yoga 1pm - Bridge 2pm - Zumba Gold	12 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot <b>5pm - Dinner &amp; the Movies</b>	13 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. <b>12pm - Book Club</b> 1pm - In Stitches Club 1pm - Cribbage <b>1pm - Leaf Casting Craft</b>	14 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	15 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
18 <b>10am - Outdoor Hike with Cynthia Hoss</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Zumba Gold	19 <b>9am - Foot Doctor</b> 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot <b>5pm - Dinner Night Out in Sturgis at Oaks Enrichment Center</b>	20 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Cribbage <b>1pm - Leaf Casting Craft</b> <b>1:30pm - COA Advisory Board Meeting in Sturgis</b>	21 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold <b>6pm - Kinship Care Support Group Meeting - Centreville</b>	22 <b>9:30am - NO Line Dancing</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize
25 <b>10am - Outdoor Hike</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise <b>12:30pm - HOT FUDGE SUNDAE DAY</b> 1pm - Bridge 1pm - Chair Yoga 1pm - Zumba Gold	26 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot <b>LINTON GARDENS TRIP</b>	27 <b>10am - Paint and Punch Party with Pat</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Cribbage <b>1pm - Brain Train Klub</b>	28 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	29 <b>9:30am - NO Line Dancing</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - Bingocize

JULY Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
4 COA CLOSED FOR FOURTH OF JULY HOLIDAY 	5 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 6pm - Silver Strength NEIL DIAMOND TRIP	6 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 12pm - Teddy Bear Picnic at Sand Lake County Park 1pm - NO Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	7 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	8 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - NO Cardio Drumming
11 10am - Outdoor Hike with Cynthia Hoss 11am - S.A.I.L. Exercise 12:30pm - Bingo	12 10am - NO Zumba Gold 10am - Boards & Bagels 11am - NO Chair Yoga 1pm - Euchre 1pm - Leaf Casting Craft 5pm - Dinner & the Movies in Three Rivers 6pm - Silver Strength	13 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	14 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 7pm - Duplicate Bridge	15 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
18 10am - Outdoor Hike with Cynthia Hoss 10am - Painting with Pat 11am - S.A.I.L. Exercise 11:30am - Blood Pressure 12:30pm - Bingo	19 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 11:30am - SJC Veterans Affairs 1pm - Tuesday Trivia 1pm - Euchre 6pm - Silver Strength 5pm - Dinner Night Out	20 9:30am - Katie's Corner 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 4pm - Potluck Bingo	21 10am - NO Line Dancing 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	22 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
25 10am - Outdoor Hike with Cynthia Hoss 10am - Painting with Pat 11am - S.A.I.L. Exercise 12:30pm - HOT FUDGE SUNDAE DAY 12:30pm - Bingo	26 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 1pm - Leaf Casting Craft 6pm - Silver Strength LINTON GARDENS TRIP	27 10am - Brain Train Klub 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	28 10am - NO Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 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

JULY 2022

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Friday, July 1	Goulash, Asparagus, Spinach, Peaches, Dinner Roll
Monday, July 4	Closed for Holiday
Tuesday, July 5	Italian Sausage with Peppers & Onions, Italian Blend Vegetables, Roasted Sweet Potatoes
Wednesday, July 6	Sloppy Joes, Baked Beans, Au gratin Potatoes, Grapes, Hamburger Bun
Thursday, July 7	Salmon Patty with Dill sauce, Parmesan Rice, Scalloped Tomatoes, Green Beans & Mushrooms
Friday, July 8	Dijon Chicken, Mashed Potatoes, Mixed Vegetables, Crumb Topped Brussel Sprouts
Monday, July 11	Chicken Patty Sandwich, Hamburger Bun, Scalloped Potatoes, Green Bean Casserole
Tuesday, July 12	Cabbage Rolls, Brown Rice, Mixed Vegetables, Apple Crisp, Dinner Roll
Wednesday, July 13	Herb Crusted Cod, Baked Potato, Peas & Mushrooms, Muffin, Tropical Fruit
Thursday, July 14	Jeweled Pork Loin, Red Bliss Potatoes, Capri Blend Vegetables, Apple Slices, Biscuit
Friday, July 15	Pizza Casserole, Italian Blend Vegetables, Asparagus, Dinner Roll, Pears
Monday, July 18	Salisbury Steak, Mashed Potatoes, Brussel Sprouts, Carrots, Pineapple, Wheat Bread
Tuesday, July 19	Lemon Pepper Turkey, Wild Rice Pilaf & Orzo, Prince Charles Vegetables, Glazed Sugar Snap Peas
Wednesday, July 20	Roasted Pork Tenderloin, Parslied Potatoes, Collard Greens, Orange Glazed Beets, Banana, Biscuit
Thursday, July 21	Beef Tips over Rice, Green Bean Almondine, Stewed Tomatoes, Peaches, Wheat Bread
Friday, July 22	Chicken Alfredo, Buttered Noodles, Oriental Vegetable Blend, Asparagus, Mango, Dinner Roll
Monday, July 25	Oven Crisp Fish, Zucchini & Tomatoes, Succotash, Peaches, Hamburger Bun
Tuesday, July 26	Maple Mustard Pork Tenderloin, Baked Sweet Potato, Brussel Sprouts, Pears, Biscuit
Wednesday, July 27	Tahitian Chicken over Rice, Broccoli & Cauliflower, Peas & Carrots, Apple Slices, Muffin
Thursday, July 28	Lemon Baked Fish, Roasted Potato Medley, Key West Blend Vegetables, Mixed Fruit, Dinner Roll
Friday, July 29	Swedish Meatballs, Parslied Potatoes, Garden Seasoned Broccoli, Stewed Tomatoes & Okra, Pineapple

Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

Call the COA 24 hours in advance to reserve your lunch at Three Rivers or Sturgis.

You can also make a reservation on our website at [www.sjccoa.com](http://www.sjccoa.com)

Questions? Call Nutrition Manager Katie Hughes at 279-8083, Ext. 109

Rivers Enrichment Center  
269-279-8083  
1200 W. Broadway Street  
Three Rivers, MI 49093  
Lunch is served at Noon  
or can be picked up  
between 11:30-12:30

Oaks Enrichment Center  
269-279-8083  
306 N. Franks Avenue  
Sturgis, MI 49091  
Lunch is served at Noon  
or can be picked up  
between 11:30-12:30

Klines Resort  
269-279-8083  
22260 Klines Resort Road  
Lunch is served at Noon  
on Fridays only.  
Reservations are required.



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