



St. Joseph County Commission on Aging Newsletter



Look on Page 4 for a Tasty Recipe Using Zucchini

**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**



Instagram



From the Executive Director...

It's hard to believe that next month will mark the three-year anniversary of moving into our new enrichment center in Three Rivers. What an incredible project that was! Above and beyond the \$4.6 million in renovations to the hotel itself, we also participated in a crowdfunding campaign to revitalize the outdoor space into a park-like setting open to all. Thanks to many generous donations, the COA raised \$50,000 and received a \$50,000 matching grant from the Michigan Economic Development Corporation. Funds from this campaign were used to develop walking paths and landscaping, install outdoor fitness stations, two gazebos, purchase park benches and install a multi-use activity court for sports, such as pickleball. Also included in the project was an indoor component, turning the old "holidome" area of the hotel into a public gathering place with seating, artificial plants and trees.



All of the project has been completed except for the multi-use court. COVID prevented us from moving forward with pouring the concrete and painting the court, and now that it has been on hold for two years, the costs have gone up quite a bit from what was originally projected.



We are looking for donations to help us finish the multi-use court. If you would like to support this endeavor, please stop by the front desk and let our receptionist know you would like to make a donation. We would greatly appreciate any contribution! No amount is too small. The multi-use court will be able to be enjoyed by all citizens of St. Joseph County which is fantastic, but we are especially excited to have this as another exercise opportunity for older adults living in St.

Joseph County. We have already received donations of quality paddles and other equipment from Paddletek, LLC in Niles, Michigan and from COA member Mary Jo Vanderschaaf. In addition, the COA has received a financial commitment from an anonymous donor, and a private foundation to help support this project. We are so grateful for these donations!

We also have a COA member who has indicated she will offer instruction on how to play and we hope to one day have a pickleball league for our members.

AARP Seeks Income Tax Volunteers for 2022 Fall Training

Are you looking for a way to serve others who will appreciate and benefit from your help? Do you have a head for numbers? Like working with computers? Please consider volunteering for the AARP Foundation Tax-Aide Program. This program is focused on assisting seniors and lower income people to file their income tax returns. Volunteers provide free, in-person assistance at the Three Rivers and Sturgis enrichment centers after receiving detailed training and IRS certification.

For more info, go to: www.aarpfoundation.org/volunteer
or contact COA Marketing Manager Ruth Mancina at
(269) 279-8083 or by email at rmancina@sjccoa.com



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

Three Rivers

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

Sturgis

Tuesday, Sept. 27 @ 1 p.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.

Do You Need Help with Chores Around the House or Minor Repairs?

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We are thrilled to announce that the COA is now partnering with Habitat for Humanity of St. Joseph County to provide volunteers to assist older adults in St. Joseph County who need help in their home. Habitat for Humanity Executive Director Nick Metzger approached the COA with an idea for Habitat and the COA to work together on helping older adults with chore work and minor home repair.



If you are in need of tasks, such as lawn mowing, raking leaves, or washing windows, please call the COA at 279-8083 and we will help connect you with volunteers from Habitat for Humanity. In addition to chore work jobs, the volunteers also will be able to help with small repairs such as steps, fences, or doors that need minor work, or other repairs around the house that are not too complicated. Again, please call the COA and ask to speak to our Residential Services Manager Nicki Notestine if you are in need of either chore work or help with a minor home repair.

"I am excited to collaborate with such a wonderful organization like Habitat for Humanity," said COA Executive Director Pamela Riley. "Not only does this type of partnership help our older adults remain independent and in their own homes, but it also brings different generations together, which is something we love to see."



Our July Dinner Night Out was fantastic! The food was amazing - kudos to COA Chef Candice Swanwick. And we were treated to some lovely harp music. A big thank you to Sturgis High School students Elijah Bates and Madison Golden! They are so talented! Next Dinner Night Out will be in October.

Katie's KORNER



Katie's Korner is cancelled for the month of August.

Please mark your calendar for Wednesday, September 21.

Katie is going to share some great information about

lettuces at our Three Rivers center.

All COA members are welcome to attend. Please RSVP by calling the COA at 279-8083 no later than Monday, Sept. 19.

WHEN: Wednesday, September 21

WHERE: Rivers 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, August 24. 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.

August 8 is National Zucchini Day!

Sautéed zucchini is a quick, easy, and healthy side dish. It's delicious, too. In this recipe you cook the zucchini with garlic and butter, but it's not a lot of butter so this is still super healthy. The recipe says the splash of lemon juice and the parmesan cheese are optional, but if you like those ingredients, use them - they take this dish to the next level. You only need five minutes of cooking time, and it's time to eat!

Garlic & Butter Sautéed Zucchini

- 1 ¼ pounds chopped zucchini (2 medium)
- 1 tablespoon butter
- 1 tablespoon minced garlic (3 cloves)
- 1 scallion, thinly sliced
- 1 to 2 teaspoons fresh lemon juice or red wine vinegar, optional
- 1/4 cup fresh grated parmesan or pecorino cheese, optional
- Salt and fresh ground black pepper

Directions: It's up to you as to how you cut the zucchini. You can slice the zucchini into rounds, cut into half moons or chop into bite-size pieces. Melt the butter in a wide skillet over medium-high heat. Add the zucchini and garlic and cook, stirring occasionally until the zucchini is browned in places and tender, 3 to 5 minutes. Turn off the heat and then stir in the scallions, a squeeze of lemon juice and cheese. Taste and then season with a pinch of salt and black pepper. Serve immediately.



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 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:

- 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,

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, August 16

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

Come enjoy a fun afternoon with friends playing trivia. All are welcome!



***Jude the Comfort Dog
will be at the Rivers
Enrichment Center on
Friday, August 5 at
10:30 a.m.***



Leaf Casting 5 Craft

We had a blast casting leaves for our craft project in July.

The class involved setting a large Hosta leaf in concrete. After they dried, participants had the option of painting them or just giving them a coat of clear sealant.

Pictured at left is Sturgis resident Deb Paulus who participated in the class.

Teddy Bear Picnic Was a Big Success!

We celebrated our annual teddy bear picnic on Wednesday, July 6 and despite the bad weather, we still had a ton of fun. We ended up moving the event indoors to the Rivers Enrichment Center. Our Nutrition Department put on a great meal of Sloppy Joes and all the sides with pie for dessert. More than 50 stuffed animals were donated by our members and taken to Victims Services of St. Joseph County. We have the most generous older adults anywhere! Whenever there is a need, you always respond. Thank you!!!

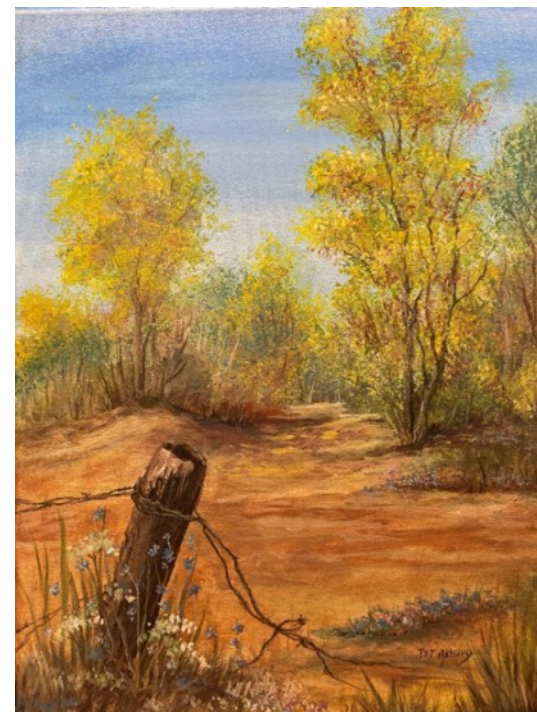


Paint & Punch Party

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 began July 1 and you must RSVP by Wednesday, August 3.



PAINTING with PAT



Join Pat to create your own watercolor version of these gorgeous butterflies and flowers. The two-class project takes place at the Oaks EC in Sturgis on Monday, August 15 and Monday, August 22 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.

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!

AUGUST PICK: Where the Crawdads Sing

When: Tuesday, August 9 (RSVP no later than Monday, August 8)
Where: Oaks Enrichment Center
Cost: \$5.00 per person for dinner (movie ticket & concessions are on your own)
Time: 5:00 p.m. We'll have dinner and then head out the movie theatre afterwards.
 Movie start time is subject to change. Please call Cindy at 279-8083 on the day of the movie to confirm start time.



Cascade Falls - Jackson's Musical Fountains

WHEN: Wednesday, August 17

COST: \$13.00 per person

Travel with us to Jackson, MI to visit the illuminated, colorful, man-made musical waterfall. For more than 85 years, The Cascades, Jackson's most famous landmark, has captivated locals and visitors from around the world. Live music also will be featured along with the Falls. Dinner will be at Cracker Barrel Old Country Store prior to visiting the Falls. Admission to the Falls and Dinner are on your own. Admission to the Falls is \$4.00 per person. We are departing Three Rivers at 2:45 p.m. and Sturgis at 3:30 p.m. The Falls are in the evening, so it will be a late arrival back to each enrichment center.

Gun Lake Casino, Wayland, MI

WHEN: Thursday, August 25

COST: \$10.00 per person

We are leaving Sturgis at 11 a.m. and Three Rivers at 11:45 a.m. We plan to leave the casino approximately at 5 p.m., arriving back in Three Rivers at 6 p.m. and Sturgis at 6:45 p.m.

Linton's Enchanted Gardens - 2nd Trip

WHEN: Tuesday, August 30

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. There is a quite a bit of walking involved.

Some of the attractions you can explore while at Linton's include the quilt garden, a swan paddle boat, Japanese koi feeding, petting zoo, an interior décor shop with an extensive selection of wall art, silk arrangements, glass art, decorative pillows, and much more. For more information or pricing of attractions, please visit linton.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.

It's Back!

COA Members Asked to Create More Paintings for Gallery Wall

We had so much fun making small paintings last year to hang in our enrichment centers, that we are going to offer it again this year! Each member's canvas will become a unique interpretation of the flower shown below. Our plan is to continue filling each wall at each center with the beautiful canvases made by our members. Pat Asbury will lead the sessions and will walk you through the process step by step. After you're done painting, stay and enjoy a pizza lunch provided by the COA.

It is YOUR Enrichment Center, and this is a very special way to celebrate that. If you did this project last year, you are more than welcome to do it again. If you missed out on doing it last year, now is your chance to participate. We really hope you do!

WHEN: **Tuesday, September 13 in Sturgis at 10 a.m.**
 Wednesday, September 14 in Three Rivers at 10 a.m.

We are announcing it now to give you plenty of time to sign up! Lunch will be served at noon. You must RSVP so we have enough supplies and food for our participants. While this event is not until September, we are allowing people to start signing up Monday, August 1. Questions? Call Life Enrichment Manager Ruth Mancina or Life Enrichment Coordinator Cindy Batten at 279-8083.



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 @ 1 p.m.

Tuesday, Dec. 27 @ 1 p.m.



SERVICES

Foot Doctor

Oaks Enrichment Center - Sturgis

Tuesday, August 30 (9:30am - 12pm)

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

August 16 - 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.

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.

August 1 & 15

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
Phone #: 269-244-5040
When: Friday, August 12
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.



Hearing Screenings

If you are in need of a hearing screening, Beltone Hearing will be at the **COA in Three Rivers on Monday, September 12, 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, August 2 at 6 p.m.

Sturgis: Thursday, August 18 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 August 18 at Adams Park 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:
M,W,F 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

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)

BingoFIT (formally known as Bingocize—same class—new name)

BingoFIT 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.

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

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

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

A FEW NOTES ABOUT OUR EXERCISE CLASSES:

- Cathy Taylor is BACK! Yay!!! Cathy will be teaching Cardio Drumming and Arthritis Exercise on Tuesdays and Thursdays beginning August 2. A big thank you to Melissa Wilson for filling in for her.
- Melissa Wilson be teaching Arthritis Exercise - Taking it Easy and S.A.I.L. on Mondays, Wednesdays and Fridays at the Oaks EC in Sturgis.
- Bingocize has a new name - nothing else is changing just the name. It is now called BingoFIT.

EXERCISE

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

Three Rivers: Wednesdays at 9:30am

Instructor: Cathy Taylor

This class is on hiatus until Wednesday, Sept. 7

FUN & GAMES/SOCIAL

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Book Club

The Three Rivers Book Club is reading *There There* by Tommy Orange. The book will be discussed on Tuesday, August 9 at Noon. PLEASE NOTE THE CHANGE IN DATE DUE TO THE SUMMER PICNIC. Lunch will be provided. Please call Ruth Mancina at 279-8083 or email her at rmancina@sjccoa.com for information on how you can participate. Books are available at the COA reception desk in Three Rivers.

The Sturgis Book Club is reading *The War for Gloria* by Atticus Lish. The book will be discussed on Thursday, August 18 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 celebrated the 100th birthday of COA member Betty Rutz on Friday, July 15. Betty, who is in the center of the group picture above with the blue and white top, comes to the Friday morning line dancing class at the Rivers Enrichment Center every week. She says the secret to her longevity is to always keep moving! Way to go Betty! You are inspiration to us all.

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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

AUGUST Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 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	3 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches Club 1pm - Cribbage	4 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	5 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 10:30am - Comfort Dog Jude 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - BingoFIT
8 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	9 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12pm - Book Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot 5pm - Dinner & Movie in Sturgis	10 SUMMER PICNIC AT KLINE'S RESORT Our centers are open but there activities and congregate lunch are cancelled.	11 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	12 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 - BingoFIT
15 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	16 10:30am - Arthritis Exercise 11:30am - Veterans Affairs 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot	17 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Cribbage 1:30pm - COA Advisory Board Meeting CASCADE FALLS TRIP	18 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold 6pm - Kinship Care Support Group Meeting - Centreville at Adams Park	19 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 - BingoFIT
22 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Zumba Gold	23 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot	24 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Cribbage 1pm - Brain Train Klub	25 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold GUN LAKE CASINO TRIP	26 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 - BingoFIT
29 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Zumba Gold	30 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot LINTON GARDENS TRIP - SECOND TRIP	31 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Cribbage		

AUGUST Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10am - Outdoor Hike with Cynthia Hoss 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 11:30am - Blood Pressure 12:30pm - Bingo	2 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	3 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	4 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	5 All exercise classes are cancelled today in our Sturgis center.
8 10am - Outdoor Hike with Cynthia Hoss Arthritis Exercise and S.A.I.L. are cancelled today. 12:30pm - Bingo	9 10am - Paint & Punch Party 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 5pm - Dinner & Movie 6pm - Silver Strength	10 SUMMER PICNIC AT KLINE'S RESORT Our centers are open but Activities and Congregate Lunch are cancelled.	11 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 7pm - Duplicate Bridge	12 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
15 10am - Outdoor Hike with Cynthia Hoss 10am - Painting with Pat 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 11:30am - Blood Pressure 12:30pm - Bingo	16 10am - NO Zumba Gold 10am - Boards & Bagels 11am - NO Chair Yoga 1pm - Euchre 1pm - Tuesday Trivia 6pm - Silver Strength	17 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 CASCADE FALLS TRIP	18 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 6pm - Silver Strength 6pm - Kinship Care Support Group Meeting - Adams Park 6pm - Alzheimer's Assoc. Caregiver Support Group 7pm - Duplicate Bridge	19 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
22 10am - Outdoor Hike with Cynthia Hoss 10am - Painting with Pat 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	23 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	24 10am - Arthritis Exercise - Taking It Easy! 10am - Brain Train Klub 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	25 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 7pm - Duplicate Bridge GUN LAKE CASINO TRIP	26 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
29 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	30 9:30am - Foot Doctor 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 6pm - Silver Strength LINTON GARDENS TRIP 2	31 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre		

Meals on Wheels & Congregate Menu

AUGUST 2022

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Monday, August 1	Mushroom Swiss Burger, Baked Beans, Au Gratin Potatoes
Tuesday, August 2	Chicken Broccoli Casserole, Mixed Vegetables, Zucchini & Tomatoes
Wednesday, August 3	Tuna Noodle Casserole, Peas & Pearl Onions, Garlic & Herb Broccoli
Thursday, August 4	Mandarin Pork Roast, Sweet Potatoes, Green Beans & Mushrooms
Friday, August 5	Shepherd's Pie, Mashed Potatoes, Crumb Topped Brussel Sprouts
Monday, August 8	Vegetable Lasagna, Sugar Snap Peas, Hot Cinnamon Applesauce
Tuesday, August 9	Meatloaf, Red Bliss Potatoes, Broccoli
Wednesday, August 10	HOME DELIVERED MEALS ONLY - BBQ Chicken, Southern Green Beans, Corn Casserole
Thursday, August 11	Pot Roast, Carrots, Potatoes
Friday, August 12	Bangers & Mash with Onion Gravy, Asparagus, Parslied Cauliflower
Monday, August 15	Teriyaki Chicken, Rice, Sugar Snap Peas, Diced Beets
Tuesday, August 16	Roast Pork Tenderloin, Scalloped Potatoes, Collard Greens, Zucchini & Yellow Squash
Wednesday, August 17	Veal Parmesan over Spaghetti Noodles, Peas & Mushrooms, Wax Beans
Thursday, August 18	Creole Fish, Parslied Potatoes, Asparagus, Oriental Blend Vegetables
Friday, August 19	Turkey & Stuffing Casserole, Sweet Potatoes, Green Beans
Monday, August 22	Pork Chop Supreme, Golden Mashed Potatoes, Brussel Sprouts
Tuesday, August 23	Beef Fajitas, Spanish Rice, Seasoned Black Beans, Key West Vegetables
Wednesday, August 24	Southwest Egg Bake, Broccoli, Sausage Links, Hash Browns
Thursday, August 25	Bourbon Chicken Thighs, Cheese Grits, Spinach, Scalloped Tomatoes
Friday, August 26	Macaroni & Cheese, Ham, Dilled carrots, Wax Beans
Monday, August 29	Swiss steak, Mashed Potatoes, Green beans, Midori Blend Vegetables
Tuesday, August 30	Panko Crusted Tilapia, Garden Blend Rice, Zucchini & Tomatoes, Broccoli
Wednesday, August 31	Turkey Roast & Gravy, Red Bliss Potatoes, Creamed Spinach

Please note that on Wednesday, August 10 there is no congregate meals to go or on site at our centers due to the Summer Picnic. Only Home Delivered Meals will be offered that day.

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 # _____