



The Senior Connection

September 2022

VOLUME 10

ISSUE 8

St. Joseph County Commission on Aging Newsletter



St. Joseph County
Commission on Aging

Rivers Enrichment Center
& Residence

1200 W. Broadway Street
Three Rivers, MI 49093
269-279-8083
1-800-641-9899
8am - 4pm (M-F)

Oaks Enrichment Center

306 N. Franks Avenue
Sturgis, MI 49091
269-279-8083
1-800-641-9899
8am - 4pm (M-F)

www.sjccoa.com
FAX: (269) 273-7058



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Instagram (sjccoa)
and YouTube



From the Executive Director...



I have heard many of our members express frustration with technology. Whether it is with a smart phone that doesn't seem so smart, television remotes that need a roadmap to figure them out, or having to sign up for just about everything on-line, we know it can be daunting to try new things.

However, beginning in October the COA will be transitioning to an electronic check-in system for activities and lunch called MySenior Center. I am confident that this new system will not only be easy to use, but appreciated by our members and staff. We will provide training on how to use the MySenior Center, but I promise you it is very easy to use. It will replace our paper sign-in sheets, so we will require that you use MySenior Center to check in every time you visit one of our centers for an activity or lunch.

We know from other agencies that use MySenior Center that the older adults like it, and we all can agree that cutting down on paper is a good thing. In addition, this system will allow us to contact our members much more easily. This would be to let you know if an exercise class is cancelled, or if the center had to close due to weather.

Stay tuned for more announcements about MySenior Center. We are excited for this new system and in this case, technology really is a good thing.

We're going to have our September COA Advisory Board Meeting at the St. Joseph County Grange Fair on Wednesday, September 21. We will be serving a box lunch at Noon under the Community Tent. You must RSVP for that no later than Tuesday, September 13. After lunch, our Life Enrichment team is going to demonstrate how to make a cute decoration for fall. We hope you will all stay for the Board meeting afterwards.

The COA is giving away 100 free tickets to the fair. Those will be distributed on Thursday, September 1 beginning at 8 a.m. It is first come, first served, and it is only one ticket per member. You must come into either one of our centers to get the ticket. We will allow members to get one for themselves and a spouse, partner or one other person living in the household that is a COA member.

Finally, the COA will be closed on Monday, September 5 for Labor Day. We also will be closed on Friday, September 16 for staff training. We will ensure that extra meals are delivered to our Meals on Wheels clients for those days that we are closed.

I feel like summer just flew by, but I am looking forward to a fun-filled fall at the COA.

Pam

**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.

Last Chance to Sign Up! ³

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 here. 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.



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!

AT THE TIME THIS NEWSLETTER WENT TO PRINT, WE DID NOT HAVE ENOUGH PEOPLE SIGNED UP. WE WILL CONTINUE TAKING RESERVATIONS UNTIL THURSDAY, SEPTEMBER 8. AFTER THAT WE WILL MAKE A DECISION ABOUT WHETHER THIS PROGRAM WILL TAKE PLACE OR NOT.

WHEN: Tuesday, September 13 in Sturgis at 10am
Wednesday, September 14 in Three Rivers at 10am

Join Us at the Fair!



We're going to have our September COA Advisory Board Meeting at the St. Joseph County Grange Fair on Wednesday, September 21. We will be serving a box lunch at Noon under the Community Tent. **You must RSVP for lunch no later than September 13.** After lunch, our Life Enrichment team is going to show you how to make a cute decoration for fall. We hope you will all stay for the Board meeting afterwards, which will begin at 1p.m.

The COA is giving away 100 free tickets to the fair. Tickets will be distributed on Thursday, September 1 beginning at 8 a.m. It is first come, first served, and it is only one ticket per member. You must come into either of our centers to get the ticket. We will allow members to get one for themselves and a spouse, partner or one other person living in the household that is a COA member.

Katie's KORNER



Each month Nutrition Director Katie Hughes offers a presentation on nutrition. All are welcome to attend. We do ask that you RSVP since she typically has samples for you to try, and we want to make sure

we have enough for everyone. Katie is going to share some great information about lettuces at our Three Rivers center. Please RSVP by calling the COA at 279-8083 no later than Monday, September 19.

WHEN: Wednesday, September 21

WHERE: Rivers Enrichment Center, Three Rivers

TIME: 9:30 a.m.



Our Three Rivers S.A.I.L. exercise class invited grandkids to participate in class one day in August. It was great having these special guests visit our enrichment center!



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, September 28. The class will meet from 9:30am to 11:00am in Sturgis* and from 1pm to 2:30 pm 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.

***Please note that we are starting the class a half hour earlier in Sturgis to allow members to participate in the Brain Train Klub and then stay for the S.A.I.L. exercise class that starts at 11am. Heck, you might as well sign up for lunch that day and stay for that, too!**

September Closings

The COA will be closed on
Monday, September 5 for Labor Day.

In addition, we will be closed on Friday, September 16 for an all-staff training. Meals on Wheels clients will receive extra meals prior to these closings.

Honey Creek Performance Slated for Friday, September 30

We are pleased to welcome Honey Creek back to the COA on Friday, September 30. The concert will begin at 6 p.m.

Honey Creek is a five-piece, folk-rock band based in Sturgis, Michigan. With wide-ranging musical selections that feature the best blues, country, classic rock, and folk songs from the past 60 years, the group provides family-friendly entertainment in social gatherings and concert settings throughout Michiana.

The COA will be providing dinner. We will begin serving at 5:30 p.m. Please RVSP no later than Friday, September 23 so we can make sure we have enough food for everyone. As always, you are welcome to bring your own beverages. Come enjoy a night of great food and great music! Hope to see you there!



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, September 20

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, September 2 at
10:30 a.m.***

DONUTS & DOGS



It's back!!! Every year on October

1 the COA is required as part of its grant funding to ask members to renew their membership. It only takes a few minutes to look over the information that we have on file and make sure it is accurate.

While you are doing that, why not have a hot dog and donut at the COA? Stop by for lunch on Monday, October 3 or Tuesday, October 4. We'll have the Weenie King back at our centers and donuts for a special treat.

If you know someone that is not a member, then this is a perfect time to encourage them to come to the COA and join. It's free to join, and we have so many opportunities to keep seniors healthy and happy.

You must sign up for lunch no later than Monday, September 26!

Monday, October 3: Oaks Enrichment Center at Noon

Tuesday, October 4 Rivers Enrichment Center at Noon

Painting with Pat!

Let Pat help you “Welcome Fall” by creating your own painting to display in your home we move towards the pumpkin season!

When: Monday, September 19th & 26th
(you must be able to attend both weeks)

Where: Oaks Enrichment Center, Sturgis

Time: 10:00 a.m. – 12:00 p.m.

Cost: \$15.00 per class

ALL SUPPLIES ARE INCLUDED!

Please pay Pat the day of class.

Sign up begins September 1, 2022 at 8:00 a.m.



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!

When: Monday, September 26
(RSVP no later than Friday, September 23)

Where: Rivers Enrichment Center, 1200 W. Broadway St.

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.

Please call beginning the week of September 12 to find out what movie we plan to see. We will also post it on Facebook.

Three Rivers German Band to Perform in Sturgis



What better way to get in the mood for Oktoberfest than by listening to a fantastic German band? The Three Rivers German Band is offering a free concert this month. Stop by for an evening of musical entertainment that will surely get your toes tapping and fingers snapping. The COA will be providing coffee and a German dessert.

Please RSVP by Monday, September 12 so we can make sure we have enough dessert for everyone.

WHEN: Wednesday, September 14

TIME: 6 p.m.

WHERE: Oaks Enrichment Center, 306 N. Franks Avenue

Yee Haw! Summer Picnic Was Quite the Shindig!!!

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More than 100 members attended our annual Summer Picnic on Wednesday, August 10. The weather was perfect, and we had so much fun listening to Amanda Thompson perform and playing Bingo. The food that was prepared by the COA Nutrition staff was fantastic. And of course, Klines Resort was a GORGEOUS place to hang out for the day. **Thank you to the many volunteers** who donated their time to help us decorate, make treat bags, drive members to the picnic, call Bingo and all the other things that helped us put on such a wonderful event. We are so thankful for our volunteers! We also want to thank everyone who donated door prizes.

A big thank you to Arby's in Three Rivers for donating turnovers for our morning treat. Birch Meadows Senior Care in Three Rivers sponsored the entertainment and donated some Bingo prizes, Woody's Western Wear and Cottin's Hardware in Sturgis let us borrow some decorations and Betty Persons donated a beautiful quilt to give away.





Welcome New COA Board Members!

The COA welcomes Lorraine Bolley and Phil Kline to its Advisory Board. Lorraine is a Sturgis resident and active COA member. Lorraine has served on the board for the Doyle Fitness Center, Maple Towers and has been actively involved in leadership roles with her church.

“I have a heart for people at the COA, and I know that I am going to enjoy serving on this board,” she said

Phil owns Klines Resort in Three Rivers, which offers senior living in a lakefront resort setting. Phil is active in his church and serves on the

worship team. He has more than 25 years of experience working with older adults in our community with a background in education and school administration.

“I have seen the COA programs in action and understand their potential to benefit and impact the seniors in our county,” Phil said.

A big thank you to outgoing Board members, Ed Stemen and Steve Boland. Thank you Ed and Steve for your service and your commitment to improving the lives of older adults in St. Joseph County.

The COA Advisory Board meets monthly, typically on the third Wednesday of the month at 1:30 p.m. Meetings alternate between our two centers. A complete schedule is on the COA website at www.sjccoa.com

In September, the board will meet at the St. Joseph County Fair on Wednesday, September 21 in the Community Tent. Lunch will be served at Noon followed by a craft demonstration by the COA Life Enrichment Team. Afterwards, the Board meeting will start. Typically the meetings start at 1:30 p.m. but in September the meeting will start at 1 p.m.



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.



Foot Doctor

Rivers Enrichment Center - Three Rivers

Tuesday, September 20 (9:00am - 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.

September 20 - 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.

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.

September 19

(No check on September 5)

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 #: 269-224-5040
When: Friday, September 30
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.

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, September 6 at 6 p.m.

Sturgis: Thursday, September 15 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 September 15 at 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:

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

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 (CR)

Instructor: Cathy Taylor

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

Monday (CR), Wednesdays & Fridays (Atrium)

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 (CR)

Instructor: Ruth Mancina

ROOM CODE

CR – Community Room - Three Rivers

AH - Assembly Hall - Sturgis

Café - Three Rivers

Atrium - Three Rivers

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 (AH)

Instructor: Mary Haylett

Three Rivers: Tuesdays & Thursdays at 9:30am (CR)

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 (AH)

Instructor: Kathy Bingaman

Three Rivers: Mondays (CR) and Thursdays (CAFÉ) 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 (AH)

Instructor: Richard Leeth

Three Rivers: Fridays at 9:30am (CR)

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 (AH)

Instructor: Melissa Wilson

Three Rivers: M,W,F at 11am (CR)

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. (AH)

Instructor: Priscilla Macias

PLEASE NOTE THIS CLASS WILL BE ON HIATUS FOR THE MONTH OF SEPTEMBER!

Walk & Yoga

Take a walk in the park behind the Oaks Enrichment Center. Participants can choose either a 1- or 2-mile trek option with a yoga stretch to follow at the end.

Sturgis: Mondays at 9 a.m. (Thurston Woods Park)

Instructor: Cynthia Hoss

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 & Thursdays at 2pm (CR)

Instructor: Lynn Zeiler

Sturgis: Tuesdays at 10am (AH)

Instructor: Kathy Bingaman

Weights & Mats

Three Rivers: Wednesdays at 9:30am (CR)

Instructor: Cathy Taylor

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.

Book Club

The Three Rivers Book Club is reading *Salvage the Bones* by Jesmyn Ward. The book will be discussed on Wednesday, September 14 at Noon. 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 *Crossroads* by Jonathan Franzen. The book will be discussed on Thursday, September 15 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.*

***PLEASE NOTE THAT POTLUCK BINGO WILL BE ON SEPTEMBER 28 THIS MONTH!**

Three Rivers: Tuesdays and Fridays at 1pm

Board Games

Sturgis: Tuesdays at 10am

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

Pinochle

Three Rivers: Mondays at 1pm

FUN & GAMES NEWS

Please note that in September the Potluck Bingo in Sturgis is going to take place the *fourth Wednesday* of the month -September 28 - because of the county fair. Potluck Bingo begins at 4 p.m. Please bring a dish to pass.

In Three Rivers, there is interest in playing Pinochle. We are tentatively thinking of starting to meet on Mondays at 1 p.m. If you are interested in playing Pinochle, please stop by at that time. This would begin Monday, September 12.

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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

SEPTEMBER Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1			1 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	2 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
5 CLOSED FOR LABOR DAY	6 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	7 9:30am - Weights and Mats 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Cribbage	8 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	9 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 10:30am - P.A.C. Meeting 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - BingoFIT
12 9am - Beltone Hearing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Bunco 1pm - Chair Yoga 1pm - Pinochle - NEW! 2pm - Zumba Gold	13 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot	14 9:30 am - Weights & Mats 10am - Gallery Painting Project in Atrium 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 12pm - Book Club 1pm - In Stitches Club 1pm - Cribbage 6pm - German Band in Sturgis	15 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold 6pm - Kinship Care Support Group Meeting - UMC in Centreville	16 COA CLOSED FOR STAFF TRAINING
19 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	20 9am - Foot Doctor 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot	21 9:30am - Katie's Corner 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12pm - Lunch at the Fair! COA Advisory Board Meeting at 1pm at the Fair 1pm - In Stitches 1pm - Cribbage	22 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	23 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
26 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold 5pm - Dinner and Movie	27 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot	28 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Cribbage 1pm - Brain Train Klub	29 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	30 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 6pm - Honey Creek in Sturgis

September Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: Silver Strength, which normally meets on Tuesdays and Thursday at 6 p.m., is on hiatus fro the month of September. Our instructor, Priscilla Macias, will be back on Tuesday, October 4.			1 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge	2 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
5 CLOSED FOR LABOR DAY	6 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre	7 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	8 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge	9 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
12 9am - Walk & Yoga - NEW! 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	13 10am - Gallery Painting Project with Pat Asbury 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre	14 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 6pm - Three Rivers German Band & Dessert	15 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 6pm - Kinship Care Support Group Meeting 6pm - Alzheimer’s Assoc. Caregiver Support Group 7pm - Duplicate Bridge	16 COA CLOSED FOR STAFF TRAINING
19 9am - Walk & Yoga 10am - Painting with Pat 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 11:30am - Blood Pressure Ck 12:30pm - Bingo	20 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 11:30am - Veterans Affairs 1pm - Euchre 1pm - Tuesday Trivia	21 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise Noon - Lunch at the Fair! COA Advisory Board Meeting at the Fair at 1pm 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	22 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge	23 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
26 9am - Walk & Yoga 10am - Painting with Pat 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 5pm - Dinner and a Movie in Three Rivers	27 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 1pm - P.A.C. Meeting	28 9:30am - Brain Train Klub 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 4pm - Potluck Bingo	29 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge	30 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 6pm - Honey Creek Concert & Dinner

Meals on Wheels & Congregate Menu

SEPTEMBER 2022

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Thursday, September 1	Ham, Scalloped Potatoes, Stewed Tomatoes, Peas & Pearl Onions, Biscuit, Apple Slices
Friday, September 2	Sloppy Joes, Baked Beans, Au Gratin Potatoes, Mixed Fruit
Monday, September 5	CLOSED FOR HOLIDAY
Tuesday, September 6	Chicken Parmesan, Garlic Mashed Potatoes, Dinner Roll, Pears
Wednesday, September 7	Country Fried Steak, Mashed Potatoes, Capri Blend Vegetables, Brussel Sprouts, Muffin, Banana
Thursday, September 8	Beef Stroganoff, Buttered Noodles, Zucchini & Summer Squash, Stewed Tomatoes, Applesauce, Corn Bread
Friday, September 9	Orange Glazed Chicken, Brown Rice, Oriental Vegetable Blend, Asparagus, Dinner Roll, Grapes
Monday, September 12	Sweet & Sour Meatballs, Rice, Peas & Carrots, Wax Beans, Dinner Roll, Mixed Fruit
Tuesday, September 13	Bruschetta Chicken, Buttered Noodles, Mixed Vegetables, Sugar Snap Peas, Mandarin Oranges, Dinner Roll
Wednesday, September 14	Lemon Baked Fish, Garden Blend Rice, Green Beans Almondine, Asparagus, Muffin, Pineapple
Thursday, September 15	Roasted Pork Tenderloin, Sweet Potatoes, Creamed Spinach, Capri Blend Vegetables, Biscuit, Peaches
Friday, September 16	HOME DELIVERED MEALS ONLY
Monday, September 19	Oven Baked Fish, Parslied Potatoes, Green Beans, Hamburger Bun, Mandarin Oranges
Tuesday, September 20	Salsa Chicken, Spanish Rice, Pinto Beans, Zucchini & Summer Squash, Wheat Bread, Tropical Fruit
Wednesday, September 21	Goulash, Creamed Spinach, Garlic Herb Broccoli, Corn Bread, Peaches
Thursday, September 22	Salmon Patty, Parmesan Noodles, Key West Blend Veggies, Asparagus, Dinner Roll, Pears
Friday, September 23	Italian Sausage, Peppers & Onions, Roasted Sweet Potatoes, Italian Blend Vegetables, Pineapple, Hot Dog Bun
Monday, September 26	Cheese Ravioli with Marinara, Green Beans, Zucchini & Summer Squash, Mixed Fruit, Wheat Bread
Tuesday, September 27	Apple Pork Chop, Roasted Rosemary Potatoes, Collard Greens, Cauliflower, Corn Bread, Applesauce
Wednesday, September 28	Turkey & Butternut Squash Bake, Red Bliss Potatoes, Asparagus, Biscuit, Mandarin Oranges
Thursday, September 29	Dijon Chicken Breast, Long Grain & Wild Rice, Sweet Potatoes, Sugar Snap Peas, Dinner Roll, Banana
Friday, September 30	Pizza Casserole, Italian Blend Vegetables, Brussel Sprouts, Wheat Bread, Apple Slices

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.





BIRCH MEADOWS
Senior Care

Birch Meadows is a third-generation, family run senior care home located in Three Rivers. Birch Meadows strives to make its residents feel like they truly are at home. Call 502-649-1715 to learn more.

**THANK YOU BIRCH MEADOWS FOR
YOUR SUPPORT OF THE COA'S 2022
SUMMER PICNIC!!!**

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 # _____