



The Senior Connection

October 2022

VOLUME 10

ISSUE 8

St. Joseph County Commission on Aging Newsletter



Let's Play Pickleball!

St. Joseph County
Commission on Aging

Rivers Enrichment Center
& Residence

1200 W. Broadway Street
Three Rivers, MI 49093

269-279-8083
1-800-641-9899
8am - 4pm (M-F)

Oaks Enrichment Center

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

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



Like us on Facebook!
Follow us on
Instagram (sjccoa)
and YouTube



From the Executive Director...

Thank you so much to all our members for their patience as we transition to a paperless check-in system for activities and lunch. Our staff is completing training as I write this, and we are all eager to help our members learn how to use MySenior Center. Look for us to start rolling it out this month and we will have instructions available throughout the centers. Our staff will be there to help, as well as some members who will serve as “ambassadors” to help others get familiar with the system.

I know a lot of you have signed up for our Dogs & Donuts event that is taking place Monday, October 3 and Tuesday, October 4. This is an opportunity for you to renew your membership, which we ask our members to do every year beginning October 1. You can renew your membership any time you stop by one of the centers. We just ask that you try to get it done as soon as possible in the month of October.

We had a fantastic ribbon cutting ceremony for our new multi-use court located at the Rivers Enrichment Center. This court was the final piece of our Patronicity Campaign that we started in 2019 when we renovated the Rivers Enrichment Center from a hotel to senior apartments and senior center. The Patronicity Campaign allowed us to create park space in the rear of the building - not just for COA members and apartment residents - but for the entire community to use and enjoy. There are picnic tables, grills, gazebos, a walking path, and now the court which allows people to play pickleball and shuffleboard. The campaign also helped us create a beautiful space inside the atrium area of the apartments to give it an indoor park atmosphere. That area is enjoyed not only by the residents and their guests, but by COA members who use the space for exercise, card games, crafts, sewing and other programs. The Patronicity Campaign donors are listed on Page 8 of this newsletter. We are truly grateful for the outpouring of support we received for this project.



Pam



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

Three Rivers

Friday, December 9

@ 10:30 a.m.

Sturgis

Tuesday, Dec. 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.

Fall Fun at the COA!

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We have lots of activities going on this month, including a Halloween Bingo and a spook-tacular craft that you won't believe how easy it is to make.

Guess How Many are in the Jar

Be sure to stop by the centers each week to guess the number of items in the jar which will be displayed in the lobby of both centers. Winners for each week will be announced on October 31. Prizes will be awarded, so be sure to visit each week for more chances to win.

October 10 - Witches Teeth

October 17 - Ghost Poop

October 24 - Baby Pumpkins

Cider & Donut Holes

Be sure to visit the Oaks and Rivers Enrichment Centers on **Friday, October 14 from 10 a.m. to Noon** for cider and donut holes.



Halloween Costume Day, Trick or Treat and Free Bingo

You are invited to wear a Halloween costume to the center on Monday, October 31. COA staff will be handing out treats that day. We look forward to seeing your creative costumes!

FREE BINGO ON HALLOWEEN!

The Life Enrichment team is offering a **FREE Bingo on Monday, October 31**. In Sturgis, Bingo will start at 12:30 p.m. and in Three Rivers it will start at 1 p.m.

Halloween Craft - Tomato Cage Lighted Ghost

Please come join us as we create this delightfully spook-tacular lighted ghost to greet your Fall guests or trick-or-treaters. Please RSVP by Friday, October 7 for Sturgis and Friday, October 14 for Three Rivers.

WHEN: Sturgis - Tuesday, October 11 at 1 p.m.

Three Rivers - Wednesday, October 19 at 1 p.m.

COST: Donations Welcome!



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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 squash at our Sturgis center.

Please RSVP by calling the COA at 279-8083 no later than Monday, October 17.

WHEN: Wednesday, October 19

WHERE: Oaks Enrichment Center, Sturgis

TIME: 9:30 a.m.



Did You Know?

Restaurant Tickets are good through December 31, 2022. After that, restaurants no longer will accept the yellow restaurant coupon.

We will be switching to a new color.

PLEASE FOLLOW THE RULES OF THIS PROGRAM!!!

No refunds, no exchanges!

Eins, Zwei, Drei... Come Celebrate Oktoberfest with Us!

Dinner Night Out

When: Wednesday, October 26
Where: Rivers Enrichment Center, 1200 W. Broadway St.
Time: 5 p.m.
Cost: \$15.00 per person
Menu: A German Feast

Featuring the Three Rivers German Band

Tickets go on sale Monday, October 3 through Monday, October 17 or until we sell out! If you would like to take the COA bus from the Sturgis Center to TR, please let us know when you buy your ticket.



Don't Forget!

It's time to renew your membership beginning Monday, October 3. We're having our Donuts & Dogs event again this year at both centers where while you are enjoying a delicious hot dog from the Weenie King, you can also renew your membership to the COA. We are full for this event - the details and deadline to sign up was in last month's newsletter.

**WHEN: Monday, October 3 - Oaks Enrichment Center
Tuesday, October 4 - Rivers Enrichment Center**

TIME: Noon

OCTOBER TRIPS: FALL FUN FOR EVERYONE!

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Three Rivers Area Chamber of Commerce Fall Color Tour

WHEN: Sunday, October 9

COST: \$10.00 per person

Join us for a scenic, fun-filled drive and enjoy a variety of destinations and activities along the way. The Fall Color Tour is hosted by local businesses and the St. Joseph County Parks. We will be leaving Sturgis at 9:45 a.m. and Three Rivers at 10:30 a.m. We plan to stop at Marion Magnolia Farms, Maple Row Sugarhouse and Corey Lake Orchards. Food trucks will be available at all locations.

Cornwell's Turkeyville Dinner Theatre

WHEN: Wednesday, October 12

COST: \$65.00 per person

We are leaving Three Rivers at 9:30 a.m. and Sturgis at 10:15 a.m. to see a matinee show of *Church Basement Ladies*, a celebration of the church basement kitchen and the women who work there! With good, clean laughs and memorable characters, *Church Basement Ladies* is heavenly fun! The cost includes your ticket to the show and lunch.

Firekeepers Casino, Battle Creek, MI

WHEN: Tuesday, October 18

COST: \$10.00 per person

We are leaving Three Rivers at 10 a.m. and Sturgis at 10:45 a.m. We are expecting to depart from the casino around 4 p.m. Lunch is on your own at the casino.

Robinette's Apple Haus & Winery, Peppermill Café and Jack O'Lantern World

WHEN: Thursday, October 27

COST: \$38.00 per person

We're going to stop at Robinette's for some donuts and cider before we head over to the Peppermill Café for dinner. Then it's off to Jack O'Lantern World, which is described as an amazing trail filled with thousands of jack o'lanterns hand carved by over 50 artisans. Guests can take in a whimsical celebration of art, nature and fall on the 3/4 mile walk through 17 immersive worlds of carved pumpkins. This trip requires the ability to walk a mile and it does take place at night. Price includes admission to Jack O'Lantern World. Dinner is on your own.

Mendon Kiwanis Showboat & Dinner at Cheers 2

WHEN: Thursday, November 3

COST: \$20.00 per person

We hope you will join us for an evening of great food and fun as we visit Cheers 2 for dinner and attend the 65th annual Mendon Kiwanis Showboat for their presentation *Escape to the Beach*. The trip is limited to 25 participants. We will have two buses available that evening and will be departing from both the Oaks and Three Rivers Centers. Price includes entrance to the Showboat. Dinner is on your own.

FULL ITINERARIES ARE AVAILABLE AT THE RECEPTION DESK AT BOTH CENTERS!

Thank You Clark!

September was the final meeting of the Kinship Care Support Group. A big thank you to Clark Fries, a Community Mental Health employee, who served at the support group facilitator. Clark did a great job and the families he worked with appreciate his kindness and warm demeanor.

Going forward, the COA plans to offer a monthly Caregiver Education series that will begin soon - probably in January 2023 at both centers.

The goal is to offer topics that might be of interest to a wide range of caregivers, including grandparents raising grandchildren. If you are a caregiver and would like a presentation or information provided on a particular topic, please reach out COA

Marketing Manager Ruth Mancina at 269-279-8083 or email her at

rmancina@sjccoa.com



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: Thursday, October 20
(RSVP no later than Monday, October 17)

Where: Oaks Enrichment Center, 306 N. Franks Avenue

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

Time: 5:30 p.m. We'll have dinner and then head out the movie theatre afterwards.

Please call beginning the week of October 10 to find out what movie we plan to see. We will also post it on Facebook.

Exploratory Meeting for 2023 Sturgis Fest Electric Parade

There will be a meeting on Wednesday, October 5 at 9 a.m. at the Oaks Enrichment Center for anyone that is interested in exploring the opportunity of entering a lighted float/vehicle in the Sturgis Fest Electric Light Parade in June 2023.

We need your help! Let's help spread the word about the COA!

If you are not able to attend the meeting, but are interested in helping, please let Diana or Cindy know.

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, October 18

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

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



St. Joseph County
Commodity
Supplemental
Food Program

Next Distribution
Date & Locations

WHEN:

November 22, 2022

TIMES AND LOCATIONS

8:00am - Rivers Enrichment Ctr.
1200 W. Broadway Street,
Three Rivers

10:30am - Greg Hoover State
Farm Insurance
1055 S. Washington Street,
Constantine

12:30pm - St. Joseph Church
16603 US-12, White Pigeon

2:30pm - Doyle Center
310 N. Franks Avenue, Sturgis

WHEN:

November 23, 2022

TIMES AND LOCATIONS

8:00am - Our Bar
31011 M-66, Leonidas

10:00am - Colon Library
128 S. Blackstone Avenue, Colon

12:00pm - Railroad Park
119 W. Clinton Street, Burr Oak

2:00pm - Mendon Village Office
260 W. Main Street, Mendon

The St. Joseph County Housing Task Force presents

PROJECT CONNECT



Connect with your County's Resources

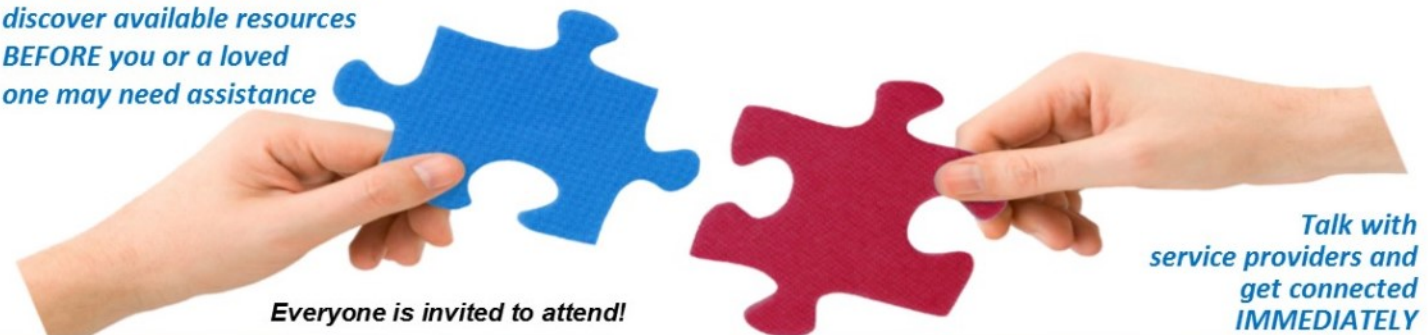
FRIDAY, OCTOBER 7, 2022

10:00 a.m. - 2:00 p.m.

Centreville Fairgrounds - Henningsen Show Arena

*Find services to help NOW or
discover available resources
BEFORE you or a loved
one may need assistance*

Two Events at One Location!



Everyone is invited to attend!

*Talk with
service providers and
get connected
IMMEDIATELY*

Project Connect

Available Information & Services for ALL:

- Utilities & Housing
- Family Services
- Education
- Employment
- Legal Aide
- Senior Services
- Healthcare/Insurance
- Transportation

FREE On-Site:

Take-Home Food Boxes

FREE Medical Health Screenings,
Flu Shots & COVID Immunizations

Lunch hosted by 

FREE TO MOST:

**MMR*, HEPA*, HEPB*, Tetanus*, HPV9*
Shingles* and Pneumonia* Shots**

** Prescreening available for these shots.
Call 269-273-2161 ext 208*

EVERYONE IS INVITED TO ATTEND!

Not affiliated with Sturgis Public Schools

Veterans Stand Down

Available Information & Assistance for Veterans and their Families:

- Healthcare for Homeless Veterans Programs
- Clothing Assistance
- VA Nutrition and Food
- Substance Abuse Services
- M2VA
- Buddy 2 Buddy
- Additional VA Services



*** Veterans MUST bring a photo ID ***

If NOT enrolled in Battle Creek VA Healthcare System, ALSO bring a DD214, VA I.D. OR Military I.D.

*If you need assistance obtaining a copy of your DD214,
please contact the St. Joseph County Veterans
Services, 269-467-5512 no later than September 1st.*

**For questions about Veterans Stand Down,
please call (269) 966-5600 ext. 33563**

St. Joseph County Transportation Authority providing
FREE TRANSPORTATION TO EVENT WITH 48 HOUR NOTICE
Call: 269-273-7808 If Outside the Local Calling Area: 1-800-964-5700

Patronicity Campaign Donors Thank You for Your Support!



Anna Anderson	Connie Sager (Memorial for Bill Hires)	Julie Linn	Roger & Amy Stahl (Memorial for Bill Hires)
Amber Arnold	Dan Tomlinson	Julie Robinson	Ruth Evans (Memorial for Bill Hires)
Andre Rozentals	Debra Bell	Ken & Kathy Rose (Memorial for Bill Hires)	Sharon Budenieks
Anonymous	Decorative Pumpkin Project	Kevin Conner	South Lanes
Arnold Sadler	Dennis Rumsey	Kristopher & Shelly Leach	Susan Sanderson (Memorial for Margaret Shultz)
Betty Kline (Memorial for Bill Hires)	Donna Busch (Memorial for Bill Hires)	Kurt Inman	Sysco Corporation
Bob & Cindy Newell (Memorial for Bill Hires)	Donna Dick	Loretta West	Susan Vosmik
Bryan & Brea Bennett	Donna Huddleston	Lynn Wendzel	Three Rivers Rotary
Bryan & Susan Duff	Elena Meadows	Lynn Zeiler	Three Rivers Area Community Foundation
Buck & Babe Roberts (Memorial for Bill Hires)	Fredericks Construction	Margaret Shultz Memorial	Three Rivers COA Bingo Group
Cathy Taylor	Fibre Converters Foundation	Mary Russell	Three Rivers COA Bridge Group (Memorial for Margaret Shultz)
Century Bank & Trust	George & Catherine Letts	Matthew Cramer	Three Rivers Community Schools
Charlene & Joe Zavala (Memorial for Bill Hires)	James Hissong	Michigan Economic Development Corporation	Three Rivers Lions Club
Charles & Cynthia Brown	James MacTavish	Melton Powell (In Memory of Elton & Betty Powell)	Terri Vetter
Chuck & Sally Boeschenstein	Jean Black	Paddletek Co.	Vikki Kline (Memorial for Bill Hires)
Cindy & Dwight Hetmansperger	Jill Katsaros	Paula Smith	
	Joanne & Thomas Brady (Memorial for Bill Hires)	Peter & Carol Vanderaa	
		Brent & Mary Vanderschaaf	

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

Sturgis P.A.C.

Tuesday, Dec. 27 @ 1 p.m.



Foot Doctor

**Tuesday, November 1 - Sturgis
(9:30am - 12pm)**

**Tuesday, November 22 - Three Rivers
(9:00am - 12pm)**

These are the final dates for 2022. We will post the 2023 schedule as soon as we get it. You must call the COA at 279-8083 to schedule an appointment time.

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

A representative from the St. Joseph County Office of Veterans' Service will be at the 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.

October 18 - Three Rivers

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

Technology Help is Available at the COA - Give us a Call!

If you have any questions related to your computer or a mobile device, such as a smart phone or iPad, perhaps we can help! Whether you need help turning things on, navigating the Internet, sending photos, questions about your email, or questions about Facebook and other social media sites, we can try to assist you. Call 279-8083 to make an appointment.

Legal Services of South Central Michigan

Private Legal Consultations at no charge for the 60+ crowd. Donations are accepted. A licensed attorney will be available to answer your legal questions.

**Where: Oaks Enrichment Center
306 N. Franks Avenue, Sturgis**

When: Tuesday, October 11

Time: 10:00 a.m. - 11:00 a.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.



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.

October 3 & 17

alzheimer's  association

Alzheimer's Association Caregiver Support Group

The support group meet at the Rivers Enrichment Center, 1200 W. Broadway Street on the first Tuesday of each month

Three Rivers: Tuesday, October 4 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 to run a monthly meeting at our Sturgis center. If you are interested in learning more, please call Ruth at the COA. Training is provided and your volunteer time commitment is minimal.

Hearing Screenings

If you are in need of a hearing screening, Beltone Hearing will be at the **COA in Three Rivers on Monday, November 14, 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.



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 Based 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)

BingoFIT

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

CLSSRM - Sturgis

Breath, Mindfulness & Meditation

Learn how to open the pathways to greater health and longevity with breathing techniques and mindfulness exercises to strengthen, calm, clear, focus and relax the body/mind connection. Mindfulness is a type of meditation in which you focus on being intensely aware of what you’re sensing and feeling in that moment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Sturgis: Thursdays at 9am (CLSSRM)

IT’S BACK - NEW DAY!!!

Instructor: Cynthia Hoss, LMT, ERYT, AYS

Cardio Drumming

Cardio Drumming is one of the most fun workouts you’ll ever do. Using the exercise ball as your drum and mixing in fun moves, cardio drumming turns keeping a rhythm into a workout you won’t want to stop.

Sturgis: Wednesdays & Fridays at 1pm (AH)

Instructor: Mary Haylett

Three Rivers: Tu & Thurs 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 (Cafe) 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

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 (CR)

Instructor: Cathy Taylor

Yoga at the Wall - NEW!

Sturgis: Thursdays at 10am (CLSSRM)

Instructor: Cynthia Hoss, LMT, ERYT, AYS

Yoga at the Wall is a fun and challenging practice that uses the wall for external support and resistance to increase strength, balance, flexibility, and mindfulness. It explores practical alignment techniques to stabilize the core, stretch safely, and improve posture. Chairs may be used for additional support and to get up and down from the floor when needed. Class ends with a deep rest and meditation. All levels welcome!

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

Book Club

The Three Rivers Book Club is reading *Boys in the Boat* by Daniel James Brown. The book will be discussed on Wednesday, October 12 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 *The Day the World Came to Town - 9/11 in Gander, Newfoundland* by Jim Defede. The book will be discussed on Thursday, October 20 at 3 p.m. If you would like a copy of the book, please stop by the Sturgis Public Library to get one.

Pickleball Instruction - NEW!

On Tuesdays and Thursdays at 11 a.m. at the Rivers Enrichment Center, COA member Kathy Kelly will offer lessons on how to play pickleball. Kathy will be offering instruction for as long as the weather holds.

COA members are welcome to borrow our pickleball equipment any time during our hours of operation. Equipment is located at the front desk. We will ask you to leave your driver's license with our receptionist while you are using the equipment.

The court can be used by anyone in our community, except during our class on Tuesdays and Thursdays, so if someone is playing, we encourage you to be patient and take turns sharing the court.

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 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

12 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.
- 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

OCTOBER Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle - NEW! 2pm - Zumba Gold	4 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12pm - DONUTS & DOGS 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot 6pm - Alzheimer's Assoc. Caregiver Support Group	5 9:30 am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Cribbage	6 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	7 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 PROJECT CONNECT
10 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	11 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot	12 9:30am - Weights and Mats 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 12pm - Book Club 1pm - In Stitches Club 1pm - Cribbage TURKEYVILLE TRIP	13 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	14 9:30am - Line Dancing 10am - Cider & Donut Holes (until Noon) 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 2:30pm - BingoFIT
17 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle - NEW! 2pm - Zumba Gold	18 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11:30am - Veterans Affairs 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand and Foot CASINO TRIP	19 9:30 am - Weights & Mats 9:30am - Katie's Corner 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Cribbage 1pm - Tomato Cage Craft 1:30pm - COA Advisory Board Meeting in Sturgis	20 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold 5:30pm - Dinner and a Movie in Sturgis	21 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
24 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle - NEW! 2pm - Zumba Gold	25 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Hand & Foot	26 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Cribbage 5pm - Dinner Night Out	27 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold JACK O' LANTERN WORLD TRIP	28 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
31 10am - Arthritis Exercise 11am - S.A.I.L. Exercise 1pm - FREE HALLOWEEN BINGO - Wear a costume and trick or treat! 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle - NEW! 2pm - Zumba Gold	<div><div>HAVE YOU RENEWED YOUR MEMBERSHIP?</div><div>Stop by the reception desk at either center and renew today!</div><div>Know someone who isn't a member? Tell them how easy it is to join the COA! Word of mouth is one of the best ways to spread the news about the COA and all the services and programs it provides.</div></div>			

October Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 11:30am - Blood Pressure Ck 12pm - DONUTS & DOGS 12:30pm - Bingo	4 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	5 9am - Electric Parade 2023 Exploratory Meeting 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	6 9am - Breath, Mindfulness & Breathing - NEW DAY 10am-Yoga at the Wall -NEW 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	7 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
10 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	11 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Tomato Cage Craft 1pm - Euchre 6pm - Silver Strength	12 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - NO Cardio Drumming 1pm - Hand & Foot 1pm - Euchre TURKEYVILLE TRIP	13 9am - BMB 10am - Yoga at the Wall 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	14 10am - Cider & Donut Holes (until Noon) 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - NO Cardio Drumming
17 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 11:30am - Blood Pressure Ck 12:30pm - Bingo	18 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 1pm - Tuesday Trivia 6pm - Silver Strength CASINO TRIP	19 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - NO Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 1:30pm - COA Advisory Board Meeting 4pm - Potluck Bingo	20 9am - BMB 10am - Yoga at the Wall 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 5:30pm - Dinner and a Movie 6pm - Silver Strength 7pm - Duplicate Bridge	21 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - NO Cardio Drumming
24 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	25 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	26 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 5pm - Dinner Night Out	27 9am - BMB 10am - Yoga at the Wall 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge JACK O’LANTERN WORLD TRIP	28 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
31 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - FREE HALLOWEEN BINGO! Wear a costume and trick or treat!	<div>EXERCISE NEWS!</div> <ul style="list-style-type: none">• We are offering Breath, Mindfulness and Breathing again, but on Thursdays followed by a new class called Yoga at the Wall. Details on Page 11.• Cardio Drumming is cancelled on October 12, 14, 19 and 21.• Silver Strength is Back! 6 p.m. on Tuesdays and Thursdays			

Meals on Wheels & Congregate Menu

OCTOBER 2022

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Monday, October 3	Salisbury Steak, Mashed Potatoes, European Blend Vegetables, Carrots HDM & THREE RIVERS ONLY
Tuesday, October 4	Southwest Egg Bake, Asparagus, Sausage Links, Hash Browns, Potatoes HDM & STURGIS ONLY
Wednesday, October 5	Chicken & Dumplings, Green Peas & Mushrooms, Cauliflower, Grapes
Thursday, October 6	Roasted Pork Tenderloin, Garlic Mashed Potatoes, Brussel Sprouts, Stewed Tomatoes
Friday, October 7	Baked Spaghetti, Asparagus, Mixed Vegetables, Mandarin Oranges
Monday, October 10	Honey Mustard Chicken Thighs, Cheesy Mashed Potatoes, Key West Vegetables, Wax Beans
Tuesday, October 11	Meatloaf, Red Bliss Potatoes, Italian Blend Vegetables, Pineapple
Wednesday, October 12	Tuna Noodle Casserole, Garlic Herb Broccoli, Sugar Snap Peas, Tropical Fruit
Thursday, October 13	Beef Roast, Rosemary Roasted Potatoes, Spinach, Apple Slices
Friday, October 14	Baked Ham with Raisin Sauce, Baked Sweet Potato, Capri Vegetable Blend
Monday, October 17	Chicken Patty Sandwich, Parslied Potatoes, Green Beans
Tuesday, October 18	Mandarin Pork Roast, Golden Mashed Potatoes, Zucchini & Tomatoes, Mixed Vegetables
Wednesday, October 19	Shepherd's Pie, Mashed Potatoes, Crumb Topped Brussel Sprouts, Blueberry Crisp
Thursday, October 20	Chicken Alfredo, Buttered Noodles, Caribbean Vegetable Blend, Asparagus
Friday, October 21	Beef Tips over Rice, Green Bean Almondine, Scalloped Tomatoes
Monday, October 24	Bacon Swiss Burger, Baked Beans, Au Gratin Potatoes, Applesauce
Tuesday, October 25	Tahitian Chicken, Rice, Broccoli, Mixed Vegetables, Tropical Fruit
Wednesday, October 26	Macaroni & Cheese, Ham Slice, Stewed Tomatoes & Okra, Asparagus
Thursday, October 27	Garlic Herb Cod, Rice Pilaf, Peas & Pearl Onions, Key West Blend Vegetables
Friday, October 28	Turkey & Stuffing Casserole, Capri Blend Vegetable, Cherry Crisp
Monday, October 31	Scary Pork Chop Supreme, Mummy Mashed Potatoes, Ghouly Green Beans & Mushrooms, Dreadful Dilled Carrots

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.



**It's time to shop for your
Medicare 2023 Prescription Drug
Plan or Make Changes to Current
Medicare Coverage!**

**If you have Medicare, you can choose
a new plan during Open Enrollment:
October 15 - December 7**

To make an appointment with a
counselor please call the COA at
(269) 279-8083 or the Area Agency on
Aging IIRC at (517) 278-2538.

Coverage begins January 1, 2023.

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 # _____