



The Senior Connection

November 2022

VOLUME 11

ISSUE 8



*We're Going to the Van Gogh
Exhibit in Grand Rapids!*

Details on Page 5

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...

It is hard to believe that we are getting close to the holiday season. On Page 3 there is a story about the COA Holiday Party and when tickets are going on sale. This event is always such a special day for our members. I am looking forward to it.

I want to give a huge shout out to our members for being so awesome about our new electronic check-in system. It has been a big change, but we believe it will allow us to better track participation, volunteer efforts and much more. Plus, we are eliminating a lot of paper usage, which is a very good thing!

We received four tablets through a grant from the Area Agency on Aging. These tablets have some great software installed in them that allows you to listen to music, play trivia, play games, and so much more. I personally have explored the tablets and there is some really cool stuff on them that I think many of you will enjoy. The tablets are available at our reception desk at both our centers. If you would like to borrow one, please stop by the desk and check one out. Our Life Enrichment Team is going to hold mini demonstrations on how to use the tablet and access all the fun things that are available for your enjoyment. These tablet demos will be at 9:30 a.m. every Wednesday during the month of November. Cindy will be at the Oaks Enrichment Center in Sturgis in the Lobby. Ruth will be in the Café at the Rivers Enrichment Center in Three Rivers.

Just a reminder that the COA will be closed on Friday, November 11 for Veterans Day and Thursday, November 24 & 25 for Thanksgiving. On behalf of the entire COA team, I want to wish all of our members a joyous and safe holiday.

Pam



We had a blast making our tomato cage ghosts in October! Pictured above are our members who participated in the project at our Sturgis center. The ghosts are filled with lights and looked awesome at night.

A HUGE THANK YOU TO HOME DEPOT IN THREE RIVERS FOR DONATING SOME OF THE SUPPLIES FOR THIS CRAFT! WE ARE SO GRATEFUL FOR YOUR SUPPORT OF THE COA.

***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 Michiganiaan's Act
- ♦ Donations

The COA complies with Title VI of the Civil Rights Act of 1964.

***Come Chill
with Your
Gnomies!***

Let's make an adorable holiday gnome perfect for decorating for the holidays or gift giving.

We're hoping that participants will be willing to make an extra gnome to help decorate our tables for the Holiday Party.

WHEN: Tuesday, November 8 at 1 p.m. in Sturgis

Monday, November 14 at 1 p.m. in Three Rivers

COST: Donations Welcome



COA Holiday Party

Gnome for the Holidays

WHEN: Thursday, December 15, 2022

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

COST: \$10 per person

Tickets go on sale Monday, November 14 through Friday, December 2, or until we sell out.

The centers will be open on the day of the Holiday Party, but there will be no congregate lunch, including take-out, and no activities at the centers that day.



⁴Decorating Party at the COA - All Members Welcome!

All COA members are invited to help us decorate for the holiday season! We're going to decorate some trees, drink cocoa, eat cookies and make our centers look AWESOME for the holidays.

We'll start right after lunch. Sign up for lunch that day and then stay for the decorating party! Hope to see you there!

WHEN: **Monday, November 28 - Three Rivers (1pm)**
 Tuesday, November 29 - Sturgis (1 pm)



Katie's **KORNER**

Each month Nutrition Director Katie Hughes offers a presentation on nutrition. She alternates her presentations between our Three Rivers and Sturgis locations. This month she is going to talk about squash.

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 Three Rivers Center.

Please RSVP by calling the COA at 279-8083 no later than Monday, November 14.

WHEN: **Wednesday, November 16**

WHERE: **Rivers Enrichment Center, Three Rivers**

TIME: **9:30 a.m.**

AARP Tax Preparation

Will Not Be at the COA in 2023

The volunteers from AARP who prepare tax returns have informed the COA that they will NOT be available in 2023. We are putting this information in this newsletter as well as the December and January issues to let people know that they need to make other arrangements for their 2022 tax returns.

Did You Know?

We have several games played almost every afternoon at both our centers. We have expanded our Euchre and Pinochle offerings. We are happy to accommodate any members who are interested in playing any type of game if there is space available. Please let Cindy or Ruth know.

Our Bunco group in Three Rivers is looking for more players. It is a fun and easy dice game. The group meets on the second Monday of each month at 1 p.m. Please join in on the fun!

NOVEMBER TRIPS:

Van Gogh, Shopping & Showboat

Mendon Kiwanis Showboat & Dinner at Cheers 2

We advertised for this trip last month but at the time this newsletter went to print we still had a few openings.

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.

Van Gogh: The Immersive Experience

WHEN: Wednesday, November 9

COST: \$55.00 per person

Have you ever dreamt of stepping into a painting? Now you can with this spectacular exhibition that is 20,000 sq. ft. of light and sound featuring two-story projections of the artist's most compelling works. After spending a few hours at this incredible exhibit we will have lunch at Bud & Stanley's Pub and Grub. The cost of lunch is on your own. The bus is departing from Sturgis at 8:00 a.m. and from Three Rivers at 8:45 a.m. It is expected to return to Three Rivers at 3:15 p.m. and Sturgis at 4:00 p.m. Times are approximate.

Holiday Shopping & Lunch

WHEN: Wednesday, November 16

COST: \$10.00 per person

We're headed to Portage to do some holiday shopping. The plan is to stop at a few craft stores, such as Hobby Lobby and Michael's, as well as Crossroads Mall and Kohl's. We will stop for lunch at Hibachi Sushi Buffet. The bus will leave from Sturgis at 8:00 a.m. and from Three Rivers at 8:45 a.m. It is expected to return to Three Rivers at 4:30 p.m. and Sturgis at 5:15 p.m. Lunch is on your own. Times are approximate.

DON'T FORGET TO FALL BACK



**Sunday
November 6**

Holiday Closings

The COA will be closed on Friday,
November 11 for Veterans Day.



We are also closed on Thursday,
November 24 and Friday,
November 25 for Thanksgiving.



What: We're going to see...
Ticket to Paradise
When: Monday, November 7
RSVP: By Noon on November 7
Where: Rivers Enrichment Center,
1200 W. Broadway Street
Cost: \$5.00 per person for dinner
Time: 4:00 p.m.

We're eating early and going to a 5 p.m. show - we will call you if the movie time changes! We'll meet at the center for dinner and then head out to the movie theatre afterwards. Movie ticket & concessions are on your own.

The COA is Hiring! Spread the Word

The COA is hiring for a full-time program assistant/assistant cook. This job will include both data entry work and work in our kitchen helping to produce meals, and making sure our Meals on Wheels routes run smoothly. This job also entails working in our kitchen assisting the COA chef, prepping food for seniors' meals, helping to clean and order food. The Program Assistant is responsible for the effective organization and flow of In-Home Services and Nutrition services, supporting managers in these departments to ensure that senior citizens of St. Joseph County receive services that help COA achieve its mission.

This is a full-time job and the hours are 6 a.m. to 2 p.m., Monday - Friday. The COA offers an amazing benefit package. Join a team that is supportive, fun and dedicated. It's a great environment to work in and there are no weekend shifts!

Stop by either COA Enrichment Center for an application or you can print one from the COA website at www.siccoa.com or apply directly on-line on the county website at www.stjosephcountymi.org

**What did the turkey say to
the computer?**

Google, google



***Jude the Comfort Dog
will be at the Rivers
Enrichment Center on
Friday, November 4 at
10:30 a.m.***

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, November 15

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

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



2022 Food Distribution Sites

7

St. Joseph County

Pantries		
United Community Assistance Program	320 N Main St, Three Rivers	Mondays and Wednesdays, 10am-1pm
Three Rivers Food Site, Inc.	18 Railroad Dr, Three Rivers	Tuesdays and Thursdays, 9am-12pm
Mendon Food Cupboard	114 W Main St, Mendon	Thursdays, 10am-12pm
Constantine Community Food Pantry	185 W 5th St, Constantine	Thursdays, 9am-11am
Colon Food Pantry	132 N Blackstone Ave, Colon	Tuesdays, 8am-11:15am
Centreville Food Pantry	305 East Main St, Centreville	Fridays, 10am-12pm
Holy Angels Helping Hands Food Pantry	402 S Nottawa St, Sturgis	2nd and 4th Tuesday of every month, 11am-12pm
ECN/White Pigeon	105 N Kalamazoo St, White Pigeon	Wednesdays, 9am-11am; 3rd Monday of every month, 5:30pm-7pm
Outside Sunday	215 East Broadway St, Three Rivers	3rd Saturday of every month, 9am-1pm
Catholic Charities	Bread of Life Program	Call to make an appointment (269) 910-3578
Fresh Food Distributions		
Doyle Community Center	310 N Franks Ave, Sturgis	4th Thursday of every month, 4pm-6pm
Centreville Seventh Day Adventist	23683 M-86, Centreville	2nd Tuesday of every month, 4pm-6pm
Colon Community Schools	Colon High School, 400 Dallas St	3rd Thursday of every month, 4:30pm-6:30pm
Burr Oak Community Schools	Bur Oak High School, 326 E Eagle St	1st Monday of every month, 3:30pm-5:30pm
White Pigeon High School	410 Prairie Ave, White Pigeon	4th Tuesday of every month, 4pm-6pm
Mendon Community Schools	148 Kirby Rd, Mendon	3rd Thursday of every month, 3pm-5pm
The Huss Project	1008 8th St., Three Rivers	3rd Saturday of every month, 10am-12pm
Gateway Village Apartments	409 Gateway Court, Sturgis	3rd Thursday of every month, 11am-1pm
Constantine High School	1 Falcon Drive, Constantine	4th Thursday of every month, 3:45pm
First Presbyterian Church of Sturgis	1320 S. Lakeview Ave., Sturgis	2nd Thursday of every month, 4pm-6pm

St. Joseph County Commodity Supplemental Food Program

Next Distribution and Locations

WHEN:

November 22, 2022

TIMES AND LOCATIONS:

8:00am - Rivers Enrichment Center, 1200 W. Broadway Street, Three Rivers
10:30am - Hoover State Farm Insurance, 1055 S. Washington St. 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

For more information, please contact the Southwest Michigan Food Bank at 269-964-3663.

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 ILC at (517) 278-2538.

Coverage begins January 1, 2023.



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, December 9 at 10:30 a.m. (Atrium)

Sturgis P.A.C.

Tuesday, December 27 @ 1:00 p.m. (Classroom)

Refreshments will be provided at both meetings.

Fun at the Fair!

Members enjoyed a wonderful lunch from Yoder's at the St. Joseph County Grange Fair this year on Senior Day. Afterwards, Life Enrichment Coordinator, Cindy Batten, demonstrated how to make one of the many fun crafts we create at the centers. The COA Advisory Board had its monthly meeting as well. The COA also gave away 100 fair tickets to its members, an annual tradition they greatly enjoy.



Pictured at left are COA members Ron & Cheryl Creager making decorative pumpkins at the county fair.

Blood Pressure Checks

Oaks Enrichment Center - Sturgis

First and third Monday of each month at
11:30 a.m. - November 7 & 21

NEW!

Rivers Enrichment Center - Three Rivers

First and third Friday of each month at
Noon - November 4 & 18

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.

November 15 - 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.

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 TELEPHONE

When: Friday, November 18

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.



Foot Doctor

Dr. Jack will not be visiting either center in December. His 2023 schedule is available and he will be at the Oaks Enrichment Center in Sturgis on Tuesday, January 3, 2023.



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, November 1 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

Three Rivers:

Tuesdays & Thursdays at 10:30am (CR)

Instructor: Cathy Taylor

Take part in low-impact exercise for those with arthritis or related conditions. Class designed to help with mobility. Our instructor is certified through the Arthritis Exercise Foundation. This class is part of our Evidence Based Disease Prevention Program.

Arthritis Foundation Exercise - Taking it Easy!

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: 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)

Both instructors are certified through the Arthritis Exercise Foundation. These classes are part of the Evidence Based Disease Prevention Program.

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)

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: Tuesday & Thursday 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

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

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.

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 *This Tender Land* by William Kent Kruger. The book will be discussed on Wednesday, November 9 at Noon. Lunch will be provided. Please call Ruth Mancina at 279-8083 or email her at rmancina@sjcoa.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 Silent Patient* by Alex Michaelides. The book will be discussed on Thursday, November 17 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

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 at 1pm

Cribbage

Three Rivers: Wednesdays at 1pm

Euchre

Three Rivers: Wednesdays & Thursdays at 1pm
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 & Tuesdays 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

NOVEMBER Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 1pm - Pinochle 2:30pm - Hand and Foot 6pm - Alzheimer's Assoc. Caregiver Support Group	2 9:30 am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Cribbage 1pm - Euchre	3 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold MENDON SHOWBOAT TRIP	4 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 10:30am - Jude Comfort Dog 11am - S.A.I.L. Exercise 12pm - Blood Pressure Ck. 12:30pm - Bingo at Klines 1pm - Bingo
7 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold 4pm - Dinner and a Movie	8 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 1pm - Pinochle 2:30pm - Hand and Foot	9 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 1pm - Euchre VAN GOGH EXHIBIT TRIP	10 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	11 THE COA IS CLOSED FOR VETERANS DAY 
14 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Gnome Craft 1pm - Bridge 1pm - Bunco 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	15 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 1pm - Pincohle 2:30pm - Hand and Foot	16 9:30 am - Weights & Mats 9:30am - Katie's Corner 10am - Arthritis Exercise 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Cribbage 1pm - Euchre 1:30pm - COA Advisory Board Meeting SHOPPING TRIP	17 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Bridge 1pm - Euchre 2pm - Zumba Gold	18 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12pm - Blood Pressure Ck. 12:30pm - Bingo at Klines 1pm - Bingo
21 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	22 9:00am - Foot Doctor 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 1pm - Pinochle 2:30pm - Hand & Foot	23 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Euchre 1pm - Cribbage	24 	25 The COA is closed on Thursday, November 24 and Friday, November 25 for Thanksgiving. Gobble, Gobble!
28 10am - Arthritis Exercise 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle 1pm - Tree Trimming Party 2pm - Zumba Gold	29 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 1pm - Pinochle 2:30pm - Hand & Foot	30 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Euchre 1pm - Cribbage		

November Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30am - Foot Doctor 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	2 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	3 9am - Breath, Mindfulness & Meditation (BMM) 10am-Yoga at the Wall 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge MENDON SHOWBOAT TRIP	4 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
7 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 11:30am - Blood Pressure Ck 12:30pm - Bingo 4pm - Dinner and a Movie in Three Rivers	8 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 1pm - Gnome Craft 6pm - Silver Strength	9 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre VAN GOGH EXHIBIT TRIP	10 9am - BMM 10am - Yoga at the Wall 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	11 THE COA IS CLOSED FOR VETERANS DAY 
14 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	15 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 11:30am - Veterans Affairs 1pm - Tuesday Trivia 6pm - NO Silver Strength	16 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 SHOPPING TRIP	17 9am - BMM 10am - Yoga at the Wall 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 6pm - Silver Strength 7pm - Duplicate Bridge	18 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
21 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 11:30am - Blood Pressure Ck 12:30pm - Bingo	22 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	23 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	<div> The COA is closed on Thursday, Nov. 24 & Friday, Nov. 25 for Thanksgiving.  </div>	
28 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	29 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 1pm - Tree Trimming Party 6pm - Silver Strength	30 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

NOVEMBER 2022

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Tuesday, November 1	Cheesy Turkey Casserole, Peas & Pearl Onions, Peach Crisp
Wednesday, November 2	Swiss Steak, Mashed Potatoes, Green Beans, Midori Blend Vegetables
Thursday, November 3	Lemon Baked Fish, Garden Blend Rice, Lima Beans, European Blend Vegetables
Friday, November 4	Roasted Pork Tenderloin, Roasted Root Vegetables, Spinach
Monday, November 7	Sweet & Sour Meatballs, Rice, Peas & Carrots, Wax Beans
Tuesday, November 8	Glazed Baked Ham, Cheesy Grits, European Blend Vegetables, Stewed Tomatoes
Wednesday, November 9	Sloppy Joes, Baked Beans, Au gratin Potatoes
Thursday, November 10	Bruschetta Chicken, Parsley Noodles, Mixed Vegetables, Sugar Snap Peas
Friday, November 11	Closed for Holiday
Monday, November 14	Cabbage Rolls, Brown Rice, Mixed Vegetables, Asparagus
Tuesday, November 15	Salmon Patty, Parmesan Noodles, Roasted Root Vegetables, Sugar Snap Peas
Wednesday, November 16	Beef with Broccoli, Rice, Stewed Tomatoes, Blueberry Crisp
Thursday, November 17	Vegetable Lasagna, Green Bean Almondine, Hot Cinnamon Applesauce
Friday, November 18	Chicken Salad Sandwich, Potato Salad, Broccoli Salad
Monday, November 21	Italian Sausage with Peppers & Onions, Italian Blend Vegetables, Roasted Sweet Potatoes
Tuesday, November 22	Country Fried Steak, Mashed Potatoes, Capri Blend Vegetables
Wednesday, November 23	Chicken & Noodles, Herb Glazed Carrots, Succotash Vegetable Blend
Thursday, November 24	Closed for Holiday
Friday, November 25	Closed for Holiday
Monday, November 28	Oven Baked Fish, Parslied Potatoes, Green Beans
Tuesday, November 29	Honey Mustard Pork Tenderloin, Cheesy Grits, Zucchini & Summer Squash, Scalloped Tomatoes
Wednesday, November 30	Turkey & Butternut Squash Bake, Red Bliss Potatoes, Roasted Brussel Sprouts

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.



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!

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 # _____