



# *The Senior Connection*

December 2022

**VOLUME 12**

**ISSUE 8**

*St. Joseph County Commission on Aging Newsletter*

# **Happy Holidays!**



**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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**Follow us on**  
**Instagram (sjccoa)**  
**and YouTube**



## *From the Executive Director...*

On behalf of the entire COA team, I want to wish each and every one of you a joyous holiday season. We are thrilled to be celebrating the holidays with our members, and we have some fun activities planned this month, including our annual holiday party, which will take place on Thursday, December 15 at Sturges Young Center for the Arts.

As always, we are grateful for the support we receive for our older adults - especially during the holidays. We have had local churches reach out to us and offer to provide a special meal or caroling. St. Joe County employees donated money to provide a few of our members who are in need with some additional food for the holidays. Many businesses donated gifts and financial support for our holiday party.

I also know that our members love to give back as much as they love to receive, and I am happy to see that we once again will have Angel Trees in our centers. This year the COA is sponsoring five children in the county who are in need. I know the deadline to return the gifts is early, but I am confident our members will be up to the challenge. I am proud to be living and working in a community that is as generous and caring as St. Joe County.



We have hired a new program assistant for our Nutrition and In-Home Services departments. Christine Weideman is going to help with our Meals on Wheels program and assist our cook Angie Skeen. I want to give a big shout out to our Nutrition Department for doing such an amazing job with our congregate meals and Meals on Wheels while we were searching to fill this position. Everybody really stepped up to the plate, and their efforts are so appreciated not just by me, but by our members.

Speaking of Meals on Wheels, we have also hired a new Meals on Wheels driver - Lewis Hummel. Our members who receive home-delivered meals consistently let us know how much they appreciate their drivers and their friendly and caring demeanor. We have an amazing team that drive in all sorts of weather to ensure our most frail older adults receive the warm and nutritious meal that they need.



## *Pam*

## **Flu Shots for Members!**



The Center for Health and Wellness in Sturgis will provide flu shots on Thursday, December 8 from 10 a.m. - 1 p.m. at the Oaks Enrichment Center in Sturgis. Please bring your Medicare card with you. These shots are for older adults aged 65 and up.

**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.

**We're Making a Holiday Lantern! 3**



Join us as we teach you how to make this rustic wood lantern. Perfect for your holiday table or to give as a gift! The candle is not provided.

**WHEN:** Tuesday, December 6  
Sturgis

Wednesday, December 7  
Three Rivers

**TIME:** 1 p.m.

**COST:** Donations Welcome!

Reservations are required - please call 279-8083 to sign up.

**Help a Child in Need!**

This year the COA is "adopting" children from a St. Joseph County elementary school who are in need of some gifts to help make their holiday cheery and bright.

We will have trees located in both centers in the lobby area that will have tags on them identifying the child's age, gender and gift ideas. Please take a tag (or two) if you would like to donate.

**All gifts are due back to the COA  
no later than Thursday, December 8.**

We know this is a quick turnaround, but we hope some of you will be able to participate.

If you have any questions, please contact Ruth or Cindy at 279-8083.





*We were treated to fantastic food and music at our October Dinner Night Out in Three Rivers. The Three Rivers German Band was so much fun. Pictured above is Theresa Komrska of White Pigeon and Louise Albin of Marcellus.*



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 healthy holiday options.

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 tips about to eat healthy during the holidays without sacrificing taste.

Please RSVP by calling the COA at 279-8083 no later than Monday, December 19.

**WHEN:** Wednesday, December 21  
**WHERE:** Oaks Enrichment Center, Sturgis  
**TIME:** 9:30 a.m.

## Winter Schedule Update

A few of our activities are taking a break for the winter months. We expect most to re-start in March or April. Check your newsletter for updates.

Here is a list of what is on hold until further notice:

- Cribbage on Wednesdays in Three Rivers
- Bunco on the second Monday each month in Three Rivers
- Monday/Thursday Bridge in Three Rivers
- The pickleball net in Three Rivers has been taken down and will be re-installed in the spring.

### A few other changes to our schedule in December:

- Kathy Bingaman's last day teaching Chair Yoga and Zumba Gold on Tuesdays in Sturgis is Tuesday, December 20.
- Breath, Mindfulness and Meditation (BMM) and Yoga at the Wall are cancelled December 22 & 29.

**Beginning January 10, 2023, Cynthia will start teaching Chair Yoga at 10 a.m. and BMM at 11 a.m. on Tuesdays. There will be no Yoga at the Wall on Thursdays.**

- Tuesday Trivia in Sturgis is cancelled in December.
- Potluck Bingo in Sturgis is cancelled in December.

## 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 out now to let people know that they need to make other arrangements for their 2022 tax returns.

# DECEMBER TRIPS

5

## Frederik Meijer Gardens: Christmas and Holiday Traditions Exhibition

**Thursday, December 8**

Enjoy the 46 displays depicting fact and folklore, past and present, the artistry of adorned Christmas trees, as well as the beloved Railway Garden display incorporating garden design, miniature buildings handmade from natural materials, and model trolleys and trains.

Cost: \$27.00 (includes admission) Breakfast is on your own. A full itinerary will be available December 1.

## “Our Christmas Dinner” at Blue Gate Theatre

**Friday, December 16**

“Our Christmas Dinner” is a new musical that takes a hilarious look at family tradition, holiday expectations, unexpected guests and the REAL meaning of Christmas. A heaping scoop of humor, a slice of family memories and some unexpected surprises all serve up the most wonderful meal of the year!

Cost: \$45.00 (includes show ticket) Meal after the show is on your own at the Blue Gate Restaurant. A full itinerary will be available December 1.

## Firekeepers Casino

**Tuesday, December 20**

The bus will be departing Three Rivers at 8:00 a.m. and Sturgis at 8:45 a.m. Expected return times are 3:00 p.m. at Sturgis and 3:45 p.m. in Three Rivers.

Cost: \$10

**Trips must be paid in full no later than three (3) business days of the reservation being made. Non-payment will result in the forfeiture of your spot.**



## **GNOME CENTRAL AT THE COA!**

*We had so much fun making gnomes in November. More than 70 members signed up to participate. They were able to make a gnome to take home and one to donate for their COA Holiday Party. The gnomes turned out so cute!*

*Look in the January issue for pictures from the Holiday Party and how we decorated the tables with our members' gnomes.*

*A big thank you to Bella Kessler and Emmilee Cripe from Centreville High School for volunteering to help with the project.*

## **Holiday Closings**

**The COA will be closed on the following dates:**

**Friday, December 23**

**Monday, December 26**

**Friday, December 30**

**Monday, January 2, 2023**

### **Winter Weather and COA Closing Policy**

We will announce any COA closing due to weather on local media outlets. Those outlets are listed on Page 3 of this newsletter. We also will announce any closings on the COA Facebook page and our website, which is [www.sjccoa.com](http://www.sjccoa.com)

In addition, because of our new electronic sign-in system, we will have the ability to send members who have used our electronic check-in system a text, email or automated phone call letting you know we are closed.



**Movie:** *Spirited*  
**When:** Monday, December 12  
**RSVP:** Friday, December 9  
**Where:** Rivers Enrichment Center, 1200 W. Broadway  
**Cost:** \$5.00 per person for dinner (movie ticket and concession snacks are on your own)  
**Time:** 5:30 p.m.

We'll eat a light dinner at the COA before we head over to Three Rivers 6 for the movie. Movie time is subject to change. Cindy will call you to confirm details.

# 2022 Food Distribution Sites

## St. Joseph County

7

### 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:**

January 24, 2023

**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:**

January 25, 2023

**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.

## 8 **Fitness Rooms at COA Available for our Members!**

### Fitness Equipment at the Rivers

Pro Form Low Impact Elliptical  
Nordic Track Treadmill  
Gold's Gym Cycle Trainer  
Pro Form Treadmill  
Nu Step  
Powerline P2X Home Gym

### Fitness Equipment at the Oaks

Schwinn Airdyne  
3 in 1 Trio Trainer Body Rider  
Gold's Gym Cycle Trainer  
Pro Form Treadmill  
Health Walker  
Horizon Fitness Treadmill  
Nu Step  
Ab Trainer

**Feel free to stop by and use the equipment during our hours of operation (M-F, 8am-4pm)**

## **COA P.A.C. Meeting** ***All Members Welcome!***

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 December P.A.C. meeting dates are listed below. 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)

*Special holiday refreshments will be provided  
at both meetings.*

## **Billiards Club at the Oaks**

One of our members is interested in starting a billiards club at the Oaks Enrichment Center in Sturgis. The group would meet on Tuesdays and Thursdays from 6 p.m. to 8 p.m.

If you like to play pool, consider joining in on the fun! We plan to start the group on Tuesday, January 3, 2023. If you are interested or have any questions, please contact Cindy Batten, Life Enrichment Coordinator at 279-8083.

## **Volunteers Needed!**

We need help delivering COA newsletters to businesses in the Sturgis, Colon and Burr Oak communities. This is a great way to help spread the word about the COA and all the wonderful activities and services it provides older adults in our county. If you are willing to help out for a few hours each month, please call Life Enrichment Coordinator Cindy Batten at 279-8083.

## SERVICES

### Blood Pressure Checks

#### Oaks Enrichment

#### Center - Sturgis

First and third  
Monday @ 11:30  
December 5 & 19



#### Rivers Enrichment Center - Three Rivers

First and third Friday at 10:00 am  
December 2 & 16



### St. Joseph County Veterans' Affairs

A representative from the St. Joseph County Veterans' Affairs 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.

#### **December 20 - Three Rivers**

The St. Joseph County Veterans' Affairs assists 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**  
**(269) 224-5040**

**When: Thursday, December 15**

**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.*



### Foot Doctor

**Dr. Jack's 2023 schedule is available at the reception desk. He will be at the Oaks Enrichment Center in Sturgis on Tuesday, January 3, 2023.**

## SUPPORT

9

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, December 6 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.**



*Thank you Bob Andrews, owner of Hillcrest Bar & Grill in Sturgis, for hanging our holiday wreath at the Oaks Enrichment Center!*

### 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**

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!

*Sturgis:* Thursdays at 10am (CLSSRM)

**Instructor:** Cynthia Hoss, LMT, ERYT, AYS

**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 *Long Bright River* by Liz Moore. The book will be discussed on Wednesday, December 14 at Noon. Lunch will be provided. Please call Ruth Mancina at 279-8083 or email her at [rmancina@sjcoa.com](mailto: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 not meeting in December. The group will re-start in January 2023.

**Zumba Gold Update**

Kathy Bingaman's last class in Sturgis is Tuesday, December 20.

Lynn Zeiler will continue teaching Zumba Gold in Three Rivers on Mondays and Thursdays at 2 p.m. She also will offer it virtually beginning in January 2023.

If you would like to participate at home or at the Sturgis Center, please let us know. If you are doing it at home, just email Lynn at [coazumbagold@gmail.com](mailto:coazumbagold@gmail.com) and she will send you the link.

If you want to do it at the Sturgis Center on Mondays and Thursdays at 2 p.m., please let Cindy know and she will connect with Lynn's class in Three Rivers. It will take place in the classroom.

**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)

**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 at 1pm

Tuesdays @ 2:30pm (NEW TIME)

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

DECEMBER Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	2 9:30am - Line Dancing 10am - Blood Pressure Check 10am - Arthritis Exercise - Taking it Easy 10:30am - Jude Comfort Dog 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
5 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	6 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 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 - Euchre 1pm - Lantern Craft	8 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold MEIJER GARDENS TRIP	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
12 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold 5pm - Dinner and a Movie	13 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand and Foot	14 9:30 am - Weights & Mats 10am - Arthritis Exercise 11am - S.A.I.L. 12pm - Book Club 1pm - In Stitches Club 1pm - Euchre	15  COA HOLIDAY PARTY AT STURGES-YOUNG CENTER FOR THE ARTS COA IS OPEN BUT NO ACTIVITES OR CONGREGATE LUNCH OFFERED	16 9:30am - Line Dancing 10am - Blood Pressure Check 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo BLUE GATE TRIP
19 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	20 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11:30am - Veterans Affairs 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand & Foot CASINO TRIP	21 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - In Stitches 1pm - Euchre	22 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	23  COA CLOSED FOR CHRISTMAS 
26  COA CLOSED FOR CHRISTMAS 	27 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand & Foot	28 9:30am - Weights & Mats 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - In Stitches 1pm - Euchre	29 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	30  COA CLOSED FOR NEW YEAR'S EVE  CLOSED MONDAY, JANUARY 2 FOR NEW YEAR'S DAY

December <b>Activities</b> CALENDAR <b>Sturgis</b>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 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	<b>2</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
<b>5</b> 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise <b>11:30am - Blood Pressure Ck</b> 12:30pm - Bingo	<b>6</b> 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre <b>1pm - Lantern Craft</b> 6pm - Silver Strength	<b>7</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	<b>8</b> 9am - BMM 10am - Yoga at the Wall <b>10am - Flu Shots</b> 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge <b>MEIJER GARDENS TRIP</b>	<b>9</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
<b>12</b> 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo <b>5pm - Dinner and a Movie in Three Rivers</b>	<b>13</b> 10am - Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	<b>14</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	<b>15</b> <b>COA HOLIDAY PARTY AT STURGES-YOUNG CENTER FOR THE ARTS</b> <b>COA IS OPEN BUT NO ACTIVITES OR CONGREGATE LUNCH OFFERED</b>	<b>16</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming <b>BLUE GATE TRIP</b>
<b>19</b> 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise <b>11:30am - Blood Pressure Ck</b> 12:30pm - Bingo	<b>20</b> 10am Zumba Gold 10am - Boards & Bagels 11am - Chair Yoga 1pm - Euchre <b>1pm - NO TRIVIA</b> 6pm - Silver Strength <b>CASINO TRIP</b>	<b>21</b> <b>9:30am - Katie's Korner</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise <b>CENTER CLOSED FOR STAFF MEETING</b> <b>NO POTLUCK BINGO</b>	<b>22</b> <b>9am - NO BMM</b> <b>10am - NO Yoga at the Wall</b> 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	<b>23</b> <b>COA CLOSED FOR CHRISTMAS</b> 
<b>26</b> <b>COA CLOSED FOR CHRISTMAS</b> 	<b>27</b> 10am - Boards & Bagels 1pm - Euchre <b>1pm - P.A.C. Meeting</b> 6pm - Silver Strength	<b>28</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	<b>29</b> <b>9am - NO BMM</b> <b>10am - NO Yoga at the Wall</b> 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	<b>30</b> <b>COA CLOSED FOR NEW YEAR'S EVE</b> <b>CLOSED MONDAY, JANUARY 2 FOR NEW YEAR'S DAY</b>

# Meals on Wheels & Congregate Menu

## DECEMBER 2022

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Thursday, December 1	Beef Stew & Biscuits, Glazed Sugar Snap Peas, Cherry Crisp
Friday, December 2	Orange Glazed Chicken, Brown Rice, Oriental Vegetable Blend, Asparagus, Dinner Roll, Grapes
Monday, December 5	Chicken Patty Sandwich, Au Gratin Potatoes, Green Bean Casserole, Mango
Tuesday, December 6	Sloppy Joe Casserole, Asparagus, Zucchini and Summer Squash, Peaches, Dinner Roll
Wednesday, December 7	Pork Chop Supreme, Sweet Potatoes, European Blend Vegetables, Applesauce, Muffin
Thursday, December 8	Beef Stroganoff, Buttered Noodles, Mixed Vegetables, Stewed Tomatoes, Mixed Fruit, Cornbread
Friday, December 9	Ham, Scalloped Potatoes, Midori Blend Vegetables, Peas & Pearl Onions, Biscuit, Apple Slices
Monday, December 12	Cheese Ravioli with Marinara Sauce, Green Beans, Asparagus, Mixed Fruit, Wheat Bread
Tuesday, December 13	Salsa Chicken, Spanish Rice, Pinto Beans, Mixed Vegetables, Wheat Bread, Tropical Fruit
Wednesday, December 14	Roasted Pork Tenderloin, Sweet Potatoes, Creamed Spinach, Capri Blend Vegetables, Biscuit, Peaches
Thursday, December 15	Turkey & Noodles, Zucchini & Summer Squash, Oriental Blend Veggies, Pineapple <b>(HDM ONLY - NO CONGREGATE)</b>
Friday, December 16	Pepper Steak, Brown Rice, Dilled Carrots, Sugar Snap Peas, Wheat Bread, Pears
Monday, December 19	Swedish Meatballs, Parslied Noodles, Garden Seasoned Broccoli, Wax Beans, Mixed Fruit, Dinner Roll
Tuesday, December 20	Goulash, Creamed Spinach, Garlic Herb Broccoli, Corn Bread, Peaches
Wednesday, December 21	Chicken Parmesan, Garlic Mashed Potatoes, Green Beans & Mushrooms <b>(HDM ONLY - NO CONGREGATE)</b>
Thursday, December 22	Garlic Herb Cod, Almond Rice Pilaf, Peas & Pearl Onions, Key West Blend Veggies, Pears, Wheat Bread
Friday, December 23	CLOSED FOR HOLIDAY
Monday, December 26	CLOSED FOR HOLIDAY
Tuesday, December 27	Apple Pork Chop, Roasted Rosemary Potatoes, Collard Greens, Cauliflower, Corn Bread, Applesauce
Wednesday, December 28	Pizza Casserole, Italian Blend Vegetables, Brussel Sprouts, Wheat Bread, Pineapple
Thursday, December 29	Dijon Chicken Breast, Long Grain & Wild Rice, Sweet Potatoes, Sugar Snap Peas, Dinner Roll, Mandarin Oranges
Friday, December 30	CLOSED FOR HOLIDAY
Monday, January 2, 2023	CLOSED FOR HOLIDAY

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

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

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

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

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

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

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



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