



# *The Senior Connection*

January 2023



*St. Joseph County Commission on Aging Newsletter*



**It's National Penguin Day!**  
**Come to the COA to learn about**  
**these incredible creatures.**  
**Details on Page 3**

**St. Joseph County**  
**Commission on Aging**

**Rivers Enrichment Center**  
**& Residence**

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

**Oaks Enrichment Center**

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

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



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**and YouTube**



## *From the Executive Director...*



2023 is going to be a very special year for the Commission on Aging. We are going to be celebrating our 50th anniversary, which is really exciting. You will see a 50th anniversary logo on our newsletter masthead and we hope to incorporate something recognizing this significant milestone into our regular logo as well. Our goal is to celebrate it throughout the entire year, so make sure to read your COA newsletter every month to see what we have planned.

We're kicking things off with something that just about everyone loves - DESSERT! Our Nutrition Department is going to offer a weekly dessert that highlights each one of our 50 states. You're going to see a lot of things centered on the number 50 in 2023 as we celebrate the COA, and its important role in keeping older adults in St. Joseph County independent since opening our doors in 1973.

The desserts will be served on Wednesdays at both our centers during our congregate lunch and it will only be offered for those eating on site. I don't know about you, but I am definitely looking forward to seeing what our kitchen produces for this special celebration.

Another program that is new for 2023 that I know will be of great benefit to many of our members is a monthly lunch and learn geared toward caregivers. We're calling it *Serving Up Knowledge*. Each month we will bring in a guest speaker to both our centers who will address a wide range of topics that might be of interest to caregivers. According to a recent study conducted by AARP and the National Alliance for Caregiving, there are more than 43.5 million adults in the United States who have provided unpaid care to an adult or child within the last year. About 34 million of these Americans provide care to an adult age 50 or older.

In January, we are going to focus on communication when dealing with someone who is difficult. Our guest speaker is Michelle McNamara, a professor of communications at Glen Oaks Community College. Details on when Michelle will be at our centers is on the next page.

On Pages 9 & 10 we have some pictures from our annual Holiday Party, which was so much fun. Thank you to our Life Enrichment and Nutrition departments for planning this fantastic celebration. I also would like to acknowledge all of the individuals and organizations that donated to the party, especially our Three Rivers receptionist Tina Gales, Humana's Marcie Ritter, and Birch Meadows Senior Care. And finally, last but most certainly not least, to the volunteers who helped - we could not do this without you. I know I speak for the entire staff when I say we are grateful for all that you do!

Finally, if you have an interest in learning more about Antarctica and penguins, I will be speaking at both centers later this month in honor of National Penguin Day. I visited Antarctica in 2019 and it truly was an experience of a lifetime. Dates and times are on the next page.

Wishing everyone a safe, healthy and happy New Year!

*Pam*



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

### **Three Rivers**

***Friday, March 10 @  
10:30 a.m.***

### **Sturgis**

***Tuesday, March 28 @ 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.

# **SERVING<sup>UP</sup> knowledge**

***With a Side of Lunch!***

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We are starting a new program in 2023 called Serving up Knowledge that will focus on caregivers and issues they may face. We will be offering this program monthly at both our centers.



*Michelle McNamara*

Our first topic is *Communication: Coping with a Difficult Personality* and our guest speaker is Michelle McNamara, a professor of communications at Glen Oaks Community College.

Please join us in Three Rivers or Sturgis and have lunch while hearing a presentation on this important subject. You must RSVP at least 24 hours in advance by calling 279-8083.

**WHEN:**            **Wednesday, January 11 in Three Rivers**  
                         **Wednesday, January 18 in Sturgis**

**TIME:**            **Noon**

## **Explore Antarctica & Penguins with COA Executive Director Pam Riley!**

Did you know that penguins don't have teeth? Or that there are 18 species of penguin?

These fascinating creatures, that can only be found in the southern hemisphere, will be the subject of a special program given by our Director, Pam Riley.

In honor of National Penguin Day, which is January 20, Pam will give a presentation on her trip to Antarctica where she saw penguins galore!

Come learn about her exciting trip and all sorts of fun facts about Antarctica and penguins.

**WHEN:**            **Wednesday, January 18** at Noon at Rivers Enrichment Center. Lunch is being served  
Please call 279-8083 to RSVP at least 24 hours in advance.

**Friday, January 20** at 9:30 a.m. at the Oaks Enrichment Center. Refreshments are being served. Please call 279-8083 to RSPV at least 24 hours in advance.





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## WORDPLAY AT THE COA!

A volunteer at the Oaks Enrichment Center in Sturgis is going to offer some fun games using words that will strengthen your brain! Did you know your brain is a muscle? Research shows the more you use your brain by doing puzzles and other games, the more it will help in fighting off dementia.

**WHEN:** First and Fourth Tuesday of Each Month  
January 3 and January 24  
1:30 p.m.

All are welcome to participate! Come join in on the fun!



Wow! Our members are so generous! Pictured above to the left is COA member Tom Smith, a member of the St. Joseph County Grange. Together with the Cass County Grange, members from both granges donated food boxes to a senior in each county. The boxes had shelf stable food items with a 12 Days of Christmas theme. Pictured with Tom is COA Executive Director Pam Riley, left, and Nutrition Director, Katie Hughes. Pictured above to the right are all the presents our members donated for Angel Trees from both our centers. The COA adopted children from five families and provided them with gifts to make their holidays a little brighter. Thank you to everyone who participated!

## Billiards Club at the Oaks

**WHEN:** Thursdays - BEGINNING JANUARY 5

**TIME:** 6 p.m. - 8 p.m.

Come join the fun on Thursday nights at the COA in Sturgis. Any level pool player is welcome to participate!



Thursday, January 12<sup>th</sup>

**Kalamazoo Valley Museum & More**

We’re going to Kalamazoo to explore the Kalamazoo Valley Museum. After that we will head to Ten Ten, a Chinese buffet-style restaurant, and then stop at one of the area’s most interesting shopping experiences. The store is called troVe, and it’s an eclectic gathering of found treasures old and new. The shop is a collective of local pickers and makers who each bring their own unique style to the mix.

Depart Sturgis – 8:15am

Depart TR – 9am

Approximate return times are TR 4pm and Sturgis 4:45pm

COST: \$10 per person (cost of lunch is on your own)

Saturday, January 28<sup>th</sup>

**The Book of Mormon at Miller Auditorium**

This outrageous musical comedy follows the adventures of a mismatched pair of missionaries, sent halfway across the world to spread the Good Word. The New York Times calls it “the best musical of this century.” The Washington Post says, “It is the kind of evening that restores your faith in musicals.” And Entertainment Weekly says, “Grade A: the funniest musical of all time.” Jimmy Fallon of The Tonight Show calls it "Genius. Brilliant. Phenomenal." It’s THE BOOK OF MORMON, the nine-time Tony Award® winning Best Musical.

Depart Sturgis – 12:15 p.m.

Depart TR – 1:00 p.m.

Approximate return times are TR 7:00 p.m. and Sturgis 7:45 p.m.

The show is at 2 p.m. After the show we will stop for dinner at Main Street Pub.

COST: \$53.00 per person (cost of dinner is on your own)

*Dinner Night Out!*

We are going to celebrate Valentine’s Day with Dinner Night Out at the Oaks Enrichment Center. A menu and entertainment will be posted at both centers in January and **tickets will go on sale Monday, January 23.** Tickets will remain on sale until Friday, February 3rd, or until we sell out.

- WHEN:** Tuesday, February 14, 2023
- WHERE:** Oaks Enrichment Center, 306 N. Franks Avenue, Sturgis
- COST:** \$15.00 per person
- TIME:** 5pm







## 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 oils and vinegars.

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.

Please RSVP by calling the COA at 279-8083 no later than Friday, January 13.

**WHEN:** Wednesday, January 18  
**WHERE:** Oaks Enrichment Center, Sturgis  
**TIME:** 9:30 a.m.

## Tuesday Trivia

### *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, January 17  
**TIME:** 1 p.m. - 2 p.m.

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



### HOLIDAY CLOSINGS

The COA will be closed on Monday, January 2 for the New Year's Day Holiday and Monday, January 16 for Martin Luther King, Jr. Day.

Are you  
turning 65?  
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local licensed  
Humana  
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We're continuing Dinner and a Movie into 2023, but have decided to just go to the Three Rivers 6 because of the sound quality and larger movie selection.

We will provide transportation from

the Sturgis Center to the Three Rivers Center during the winter months. If you would like a ride on the bus, please let Cindy know.

**Movie:** *A Man Called Otto*  
**When:** Thursday, January 26  
**RSVP:** Call 279-8083 by January 24  
**Where:** Rivers Enrichment Center, 1200 Broadway St.  
**Cost:** \$5.00 per person for dinner (movie ticket and concession snacks are on your own)  
**Time:** 5:30 p.m.

If it works out with the showtime, we will eat a light dinner before we head over to Three Rivers 6 for the movie. Movie time is subject to change. Cindy will call you to confirm details.

# NEW CLASS!

## Movement & Ballroom Dancing

With Jerry Wright from It's Your World Dance Studio

**This fun class is for anyone who thinks exercise and movement are no longer possible due to age or physical limitations.**

**Jerry will show you that dancing is for everyone.**

**This class is for anyone looking to improve their balance. If you use a walker or are in a wheelchair, you can also participate.**

**Come enjoy wonderful music and gentle movement with an experienced dance teacher.**

**WHEN:** Wednesdays (January 4, 11, 18 & 25)

**TIME:** 1:30 p.m.

**WHERE:** Community Room



# Beat the Winter Blues!

## Come to the COA for Fun & Games with Friends

### Puzzle Races – January 31

National Puzzle Day is January 29. We've planned a friendly competition for Tuesday, January 31 at 1pm at both centers. Assemble your team and join us for an afternoon of fun as we race to see which team can complete a 300 piece puzzle the quickest. Teams should consist of 3 to 4 people.

The perks of competing will be a year of bragging rights and a small prize for the winning team.

Please sign up by calling 279-8083 or stopping by the reception desk.



### Fun for Everyone!



**Thursday, January 19 – National Popcorn Day!** Stop by the Oaks or the Rivers Enrichment Centers and enjoy free popcorn from 11am to 12:30pm.

**January 31 – National Hot Chocolate Day!** Visit either Sturgis or Three Rivers to enjoy some hot chocolate and join in on a “Little Friendly Competition” with a race to see which team can complete their jigsaw puzzle first. We will be serving hot chocolate from 10 a.m. to 2 p.m. in both our centers that day.



# COA HOLIDAY PARTY 2022

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What a great day we had at Sturges Young Center for the Arts for the COA's annual holiday party! The food, catered by Tasteful K creations, was absolutely delicious. Our entertainer, Craig Tornquist was as funny as ever. It was so good to have him back. It truly was a magical day, and we could not have done it without the help of our many volunteers and donors. A big thank you to Tina Gales, who works for the COA as a receptionist in Three Rivers. Tina donated dozens of prizes in honor of her husband, Brian Gales, who passed away in 2021 from COVID. Brian played Santa for the Village of Mendon for many years and was a volunteer firefighter. Thank you Tina! There is little doubt that Brian would have loved everything about the day and how special it was for so many of our members. Also thanks to Marcie Ritter from Humana for its generous donation, as well as Birch Meadows Senior Care. To the many other donors who gave money or door prizes, we are so grateful for your support! And finally to the volunteers who helped us with wrapping gifts, preparing 50/50 tickets, or driving members to the party on our bus - THANK YOU!!!





# HOLIDAY PARTY 2022





## 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 next 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, March 10 at 10:30 a.m. (Atrium)

#### Sturgis P.A.C.

Tuesday, March 28 @ 1:00 p.m. (Classroom)

## AARP Tax Preparation

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### 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 have put this information in the last three newsletters to let people know that they need to make other arrangements for their 2022 tax returns.

## Help Wanted

We are looking for a volunteer to deliver the COA newsletter to the Colon area each month. There are just a few locations where we drop off our newsletter, but it's important for older adults in all communities to learn about the COA and what it has to offer. If you can help, please call Cindy Batten at 279-8083. This is time commitment of just a few hours a month.

## 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.

## **Fitness Rooms at COA Available for 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)**



***Our Lantern Craft in December was a HUGE HIT! Our members are so creative - the lanterns turned out beautifully! A BIG thank you to Life Enrichment Coordinator Cindy Batten and her husband, Todd, for donating and cutting all the wood for this project. It was a lot of fun and a great way to get into the holiday spirit!***





## SERVICES

### Blood Pressure Checks

#### Oaks Enrichment

#### Center - Sturgis

January 9

11:30am



#### Rivers Enrichment Center - Three Rivers

January 6

10:00am



### St. Joseph County Veterans Affairs

A representative from the St. Joseph County Veterans' Affairs will be at the COA quarterly. They will alternate between our two centers and be available from 11:30 a.m. to 1:00 p.m.

**January 17 - Sturgis**

**April 18 - Three Rivers**

**July 18 - Sturgis**

**November 21 - 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.

If you need assistance with VA benefits in between or before these visits to our centers, please call 269-467-5557 to speak to a St. Joseph County Veteran Service Officer.

### 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: Friday, January 13**

**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.*



## SUPPORT

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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, January 3, 2023 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.**

### Foot Doctor

**Tuesday, January 3**

**Oaks Enrichment Center - Sturgis**

**9:30 a.m. - Noon**

**Tuesday, January 24**

**Rivers Enrichment Center - Three Rivers**

**9:00 a.m. - Noon**

**Please call 279-8083 to make an appointment.**

**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:* Tuesdays at 11am (CLSSRM)

**BEGINNING JANUARY 17**

**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:* Tues. & 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 10am (AH)

**Instructor:** Cynthia Hoss

**BEGINNING JANUARY 17**

*Three Rivers:* Mondays (CR) and Thursdays (Cafe) at 1pm

**Instructor:** Lynn Zeiler

**Flexible You - NEW!**

This class will focus on stretching, increasing range of motion, flexibility and relaxation. All levels are welcome. This class is on the floor but Cathy has techniques that will accommodate all levels of fitness and flexibility, such as using chairs.

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

**Instructor:** Cathy Taylor

**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



## EXERCISE

### 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

### 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.

*Three Rivers:* Mondays & Thursdays at 2pm (CR)

**Instructor:** Lynn Zeiler

### VIRTUAL ZUMBA GOLD

If you would like to participate in Zumba Gold at home, Lynn is offering it virtually during her class times in Three Rivers. Email Lynn at [coazumbagold@gmail.com](mailto:coazumbagold@gmail.com)

She will email you the link so you can participate at home. We also will offer it virtually at our Sturgis Center for anyone who is interested. If you are, please contact our Life Enrichment Coordinator Cindy Batten at 279-8083 so she can set that up for you.

**Weights and Mats on Wednesday mornings will change to Flexible You beginning Wednesday, January 4. This class is taught by Cathy Taylor and has been offered in the past. Cynthia Hoss will be teaching Chair Yoga on Tuesdays at 10 a.m. followed by a Breath, Mindfulness and Meditation class at 11 a.m. beginning Tuesday, January 17.**

## FUN & GAMES/SOCIAL

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### **Book Club**

The Three Rivers Book Club is reading *Caste* by Isabel Wilkerson. The book will be discussed on **Wednesday, January 25 at Noon.**

**PLEASE NOTE THE NEW DATE!**

Lunch will be provided. Please call Ruth Mancina at 279-8083 or email her at [rmancina@sjccoa.com](mailto: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 *Iron Lake* by William Kent Krueger. The group meets on the third Thursday of the month (January 19) at 3pm. If you would like to participate, please stop by the Sturgis Public Library to request a copy of the book.



**Jude the Comfort Dog will be at the Rivers Enrichment Center on Friday, January 6 at 10:30 a.m.**

### Billiards Club

Sturgis: Thursdays at 6pm-8pm

### 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: 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

Wednesdays @ 1 pm

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# Senior Congregate Restaurant

## Program Guidelines

Coupons for the COA Restaurant Program are available at Three Rivers, Sturgis and Klines Resort meal sites. The recommended donation per ticket is \$4.00.

**Rules:**

- Intake Form must be filled out at time of acquisition, or must present current COA membership card.
- Coupons must be signed when used at restaurant.
- You must be 60 years of age to participate, or married to a registered eligible person.
- Present your coupon to your server at time of ordering.
- You cannot share tickets with others.
- You must order from the special COA menu. No Substitutions.
- No “Carry Out”, Delivery or “To Go” orders; Meals must be consumed at restaurant.
- Restaurants, at their own discretion, have the option to offer clients “doggie bags” for leftovers that are not consumed. The restaurant may not charge the client or COA for this container. The restaurant assumes liability for food safety (through abiding by the regulations of the local health department) until the food leaves the premises, at which time the meal recipient is liable for proper food handling and food safety. (Amended 5/26/2010)
- *Coffee and other beverages are not included in the cost of your meal.* This is extra.
- Tip is on your own, it is not included. Please tip on the actual cost of your meal not the cost of the coupon.
- One person per ticket, meals cannot be shared.

• **Tickets Expire 12/31/23!**

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

JANUARY Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  <b>COA CLOSED FOR NEW YEAR'S DAY HOLIDAY</b>	3 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand and Foot <b>6pm - Alzheimer's Assoc. Caregiver Support Group</b>	4 <b>9:30am - Flexible You</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Pinochle <b>1:30pm - Movement &amp; Ballroom Dancing</b>	5 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	6 9:30am - Line Dancing <b>10am - Blood Pressure Check</b> 10am - Arthritis Exercise - Taking it Easy 10:30am - Jude Comfort Dog 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
9 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	10 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand and Foot	11 <b>9:30am - Flexible You</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. <b>12pm - Serving Up Knowledge</b> 1pm - In Stitches Club 1pm - Pinochle <b>1:30pm - Movement &amp; Ballroom Dancing</b>	12 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold <b>KALAMAZOO VALLEY- MUSEUM TRIP</b>	13 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
16  <b>COA CLOSED FOR MARTIN LUTHER KING, JR. DAY</b>	17 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand and Foot	18 <b>9:30 am - Flexible You</b> 10am - Arthritis Exercise 11am - S.A.I.L. <b>12pm - Exploring Antarctica &amp; Penguins</b> 1pm - In Stitches Club 1pm - Pinochle <b>1:30pm - Movement &amp; Ballroom Dancing</b> <b>1:30pm - COA Advisory Board Meeting in Sturgis</b>	19 9:30am - Cardio Drumming 10:30am - Arthritis Exercise <b>11:30am - Popcorn Day</b> 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	20 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
23 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle <b>2pm - NO Zumba Gold</b>	24 <b>9:00am - Foot Doctor</b> 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand & Foot	25 <b>9:30am - Flexible You</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise <b>12pm - Book Club</b> 1pm - In Stitches 1pm - Pinochle <b>1:30pm - Movement &amp; Ballroom Dancing</b>	26 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre <b>2pm - NO Zumba Gold</b> <b>5:30pm - Dinner and a Movie</b>	27 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
30 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle <b>2pm - NO Zumba Gold</b>	31 9:30am - Cardio Drumming <b>10am - Hot Chocolate Day</b> 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo <b>1pm - Jigsaw Puzzle Contest</b> 2:30pm - Pinochle 2:30pm - Hand & Foot			



January Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>CLOSED FOR NEW YEAR'S DAY HOLIDAY</b>	<b>3</b> <b>9:30am - Foot Doctor</b> 10am - Boards & Bagels 1pm - Euchre <b>1pm - WordPlay with Arnie</b> 6pm - Silver Strength	<b>4</b> <b>10am - NO Arthritis Exercise - Taking It Easy!</b> <b>11am - NO S.A.I.L Exercise</b> 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	<b>5</b> 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength <b>6pm - Billiards Club</b> 7pm - Duplicate Bridge	<b>6</b> <b>10am - NO Arthritis Exercise - Taking It Easy!</b> <b>11am - NO S.A.I.L. Exercise</b> 1pm - Cardio Drumming
<b>9</b> 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise <b>11:30am - Blood Pressure Ck</b> 12:30pm - Bingo	<b>10</b> 10am - Boards & Bagels 1pm - Euchre 6pm - Silver Strength	<b>11</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	<b>12</b> 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength <b>6pm - Billiards Club</b> 7pm - Duplicate Bridge <b>KALAMAZOO VALLEY MUSEUM TRIP</b>	<b>13</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
<b>16</b>  <b>CLOSED FOR MARTIN LUTHER KING, JR. DAY</b>	<b>17</b> 10am - Boards & Bagels 10am - Chair Yoga 11am - Breath, Mindfulness and Meditation 1pm - Euchre <b>1pm - Tuesday Trivia</b> 6pm - Silver Strength	<b>18</b> <b>9:30am - Katie's Korner</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise <b>12pm - Serving up Knowledge</b> 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre <b>1:30pm - COA Advisory Board Meeting</b> <b>4pm - Potluck Bingo</b>	<b>19</b> 10am - Line Dancing <b>11:30am - Popcorn Day</b> 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre <b>3pm - Book Club</b> 6pm - Silver Strength <b>6pm - Billiards Cub</b> 7pm - Duplicate Bridge	<b>20</b> <b>9:30am - Exploring Antarctica and Penguins</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
<b>23</b> 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	<b>24</b> 10am - Boards & Bagels 10am - Chair Yoga 11am - Breath, Mindfulness & Meditation 1pm - Euchre <b>1pm - WordPlay with Arnie</b> 6pm - Silver Strength	<b>25</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	<b>26</b> 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre <b>5:30pm - Dinner and a Movie in Three Rivers</b> 6pm - Silver Strength <b>6pm - Billiards Club</b> 7pm - Duplicate Bridge	<b>27</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
<b>30</b> 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	<b>31</b> 10am - Boards & Bagels 10am - Chair Yoga <b>10am - Hot Chocolate Day</b> 11am - Breath, Mindfulness and Meditation 1pm - Euchre <b>1pm - Jigsaw Puzzle Contest</b> 6pm - Silver Strength			

Meals on Wheels & Congregate Menu  
JANUARY 2023

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Monday, January 2	CLOSED FOR HOLIDAY
Tuesday, January 3	Chicken Cordon Bleu, Au Gratin Potatoes, Midori Blend Vegetables
Wednesday, January 4	Bratwurst, Peppers & Onions, Baked Beans, German Potato Salad
Thursday, January 5	Vegetable Lasagna, Green Beans, Carrots
Friday, January 6	Chicken Salad Croissant, Cole Slaw, Three Bean Salad
Monday, January 9	Oven Baked Fish, Parslied Potatoes, Mixed Vegetables
Tuesday, January 10	Baked Spaghetti, Broccoli, Key West Blend Vegetables
Wednesday, January 11	Cranberry Glazed Pork, Cinnamon Maple Squash, California Blend Vegetables, Asparagus
Thursday, January 12	Beef Pot Roast, Paprika Roasted Potatoes, Roasted Brussel Sprouts, Zucchini & Tomatoes
Friday, January 13	Chicken & Dumplings, Peas & Pearl Onions, Oriental Blend Vegetables
Monday, January 16	CLOSED FOR HOLIDAY
Tuesday, January 17	Salisbury Steak, Mashed Potatoes, Cheesy Cauliflower, Succotash Vegetable Blend
Wednesday, January 18	Oven Fried Garden Chicken, Roasted Sweet Potatoes Wedges, Mixed Vegetables
Thursday, January 19	Herbed Pork Loin, Baked Potato, Oriental Blend Vegetables
Friday, January 20	Turkey & Stuffing Casserole, European Blend Vegetables, Green Bean Almondine
Monday, January 23	Cheeseburger, Baked Beans, Potato Wedges
Tuesday, January 24	Chicken Marsala, Mashed Potatoes, Peas & Pearl Onions, Winter Blend Vegetables
Wednesday, January 25	Mandarin Pork Roast, Whipped Sweet Potatoes, Green Beans & Mushrooms, Zucchini & Tomatoes
Thursday, January 26	Maple Glazed Fish, Parmesan Rice, Asparagus, Cole Slaw, Cherry Crisp
Friday, January 27	Beef Burgundy, Egg Noodles, Lima Beans, European Blend Vegetables
Monday, January 30	Baked Italian Chicken Breast, Italian Blend Vegetables, Cheesy Grits, Yellow Squash & Onions
Tuesday, January 31	Tuna Noodle Mushroom Dill Casserole, Garlic Herb Broccoli, Sugar Snap Peas

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

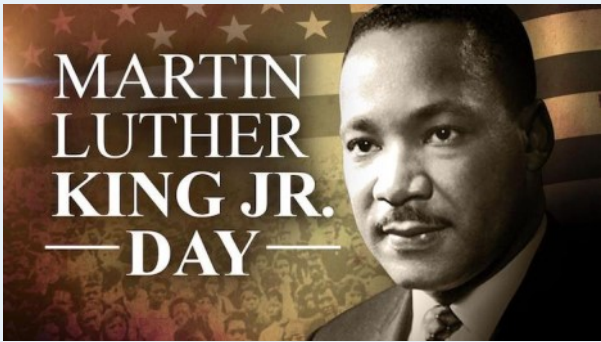
Rivers Enrichment Center  
269-279-8083  
1200 W. Broadway Street  
Three Rivers, MI 49093  
Lunch is served at Noon  
or can be picked up  
between 11:30-12:30

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.



The Commission on Aging will  
be closed on Monday,  
January 2 for the New Year’s  
Day holiday and Monday,  
January 16 for Martin Luther  
King, Jr. Day.



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