



The Senior Connection

February 2023

St. Joseph County Commission on Aging Newsletter



February is the month of love.

Why not show some love for your heart.

Look inside for 50 ways to keep your heart healthy!

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...

February can be such a dreary month, but take a look through this newsletter, and you will see that we have all sorts of fun things planned to help you combat the wintertime blues.

If you like to play games, we have a full slate of card games, board games, billiards, and more that are offered regularly at both our centers. Or perhaps you are thinking about finding ways to be more physically active. We have multiple exercise classes offered at both our centers, including cardio drumming, chair yoga, Zumba Gold, balance and arthritis classes and a new class on how to incorporate more movement into your life through ballroom dancing. It's a perfect class for anyone wanting to ease into getting more physically fit. We also have a trivia group that meets on the third Tuesday of the month in Sturgis, book clubs at both centers, a monthly offering on nutrition and a new program for caregivers.

There is so much going on at the COA. Come to the centers and try something. You will be so glad you did. It's a great way to meet new people, make friends and do something good for YOU. We offer a hot lunch Monday through Friday at our centers. This year we are serving a special dessert every Wednesday at the centers that represent one of our 50 states. It's just a fun way we are highlighting the fact that the COA is turning 50 this year.

In this newsletter we listed 50 ways you can take good care of your heart. Check it out on Page 7. We're also planning a special summer picnic this year that will take you back to the year the COA began, and in September we will have an Open House at both centers commemorating the anniversary of when we opened our doors for the first time. It's going to be a great year and I look forward to seeing all of you at the COA!

Pam

PACT Act Awareness Event

Were you exposed to burn pits, Agent Orange, and other toxic substances during military service? Then you may be eligible for additional benefits through the PACT Act. The PACT Act is a new law that expands VA health care and benefits for veterans exposed to burn pits and other toxic substances. The law helps us provide generations of veterans and their survivors with the care and benefits they've earned and deserve.

Representatives from the US Department of Veterans Affairs will be at the COA to raise awareness about the PACT Act, perform screenings and enroll anyone who may be eligible for the additional benefits. Please share information about this meeting with any veteran you know! They do not need to be a COA member to participate. Find out more at www.va.gov/pact

WHEN: **Oaks Enrichment Center, Sturgis on Wednesday, February 22 from Noon - 2pm**
 Rivers Enrichment Center, Three Rivers on Wednesday, March 1 from Noon - 2pm



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 Michiganian's Act
- ◆ Donations

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

SERVING^{UP} *Knowledge*

With a Side of Lunch!

Serving up Knowledge is a monthly program that will focus on caregivers and issues they may face. We will be offering this program at both COA Enrichment Centers.

This month our topic is *"Identifying and Managing Caregiver Stress"*. Our guest speaker is Holly Cerny, a caseworker with St. Joseph County Community Mental Health.

Please join us in Three Rivers or Sturgis and have lunch while hearing a presentation on this important subject. You must RSVP by calling 279-8083 at least 24 hours in advance if you are having lunch. If you are not a COA member and would like to eat lunch, the cost is \$7.50.

WHEN: Wednesday, February 8 in Three Rivers
Wednesday, February 15 in Sturgis



My Senior Center Alerts

The COA has an electronic check in system called My Senior Center. Members have been using it since October 2022 to check in for activities, but also to sign up for meals and log their volunteer time. Another great feature of My Senior Center is the ability for staff to send out messages via text, phone or email to our members to let them know if a class has been cancelled or if the COA is closed, for example. Some of you have already received an alert from us through the My Senior Center program.

Please note that the phone number of these alerts is a Massachusetts area code (617) because that is where the company is headquartered. We know that many of you do not answer phone calls from numbers you do not recognize and that is perfectly fine, the system will leave you a voice mail if you do not answer. We just wanted you to know that these phone calls or text messages are safe and will primarily be used for unexpected closings or cancellations.

If you are volunteering for the COA, please do not forget to log your time in My Senior Center. If you need help on how to do this please ask a staff member.

February Craft

We're making these beautiful felt flower wreaths!

These wreaths are easy to make and sure are pretty. Perfect for brightening your home during the drab days of February!

WHEN: Oaks Enrichment Center, Sturgis

Tuesday, February 7 at 1:00 p.m.

Rivers Enrichment Center, Three Rivers

Thursday, February 9 at 1:00 p.m.

COST: Donations Welcome!

RSVP: Please sign up by calling 279-8083.



Dinner Night Out!

We are going to celebrate Valentine's Day with Dinner Night Out at the Oaks Enrichment Center.

On the menu is Chicken Parmesan, Roasted Brussels Sprouts, Roasted Sweet Potatoes, Tossed Salad, Garlic Bread, and Cheesecake with Strawberries.

Our entertainment will be Karaoke & Dancing with Bill Balk

Tickets went on sale January 23 and remain on sale until February 3, or until we sell out.

WHEN: Tuesday, February 14, 2023

WHERE: Oaks Enrichment Center,
306 N. Franks Avenue, Sturgis

COST: \$15.00 per person

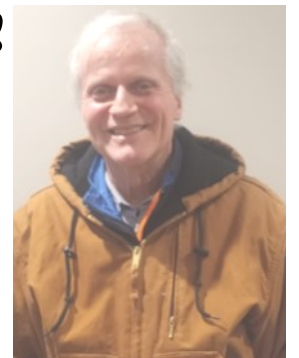
TIME: 5:00pm

Transportation will be provided from the Three Rivers Center to the Oaks Center. Bus departs at 4:30 p.m. Just let us know you would like a ride when you purchase your ticket. Bus seating is limited.

New Faces at the COA!

The COA has hired a new chore worker and three in-home aides. This is great news for members who are in need of help in the home.

We are thrilled to welcome John Verhey to the COA team. John will help members with tasks such as: installing safety equipment like grab bars, light repair around the home, caulking, installation of window shades and curtain rods, helping with small sink or drain plugs, washing windows/walls, seasonal yardwork, removing fire hazards from basement or attic, installing screens and storm doors, replacing light bulbs, etc. If you are in need of these types of tasks, call the COA at 279-8083 and ask to speak to Residential Services Manager Nicole Notestine.



John Verhey

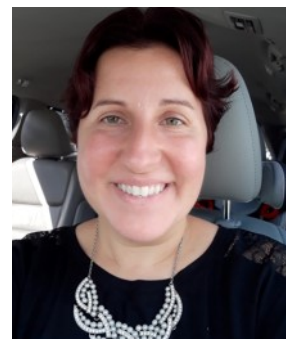


Karen Whitcomb



Tara Winters

We also are thrilled to have Karen, Gloria and Tara join our team of dedicated in-home aides. Welcome to the COA John, Karen, Gloria and Tara!



Gloria Lammon

FEBRUARY TRIPS

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Kalamazoo Wings Pink Ice Game

Saturday, February 11 @ 7 p.m. at Wings Stadium in Kalamazoo (Dinner prior to the game at Denny's)

Cost: \$30 per person



It's time for the perfect Valentine's Day surprise! Join the K-Wings for the annual Pink Ice game! Puck drops at 7:00 p.m. at Wings Event Center, versus the Indy Fuel. Prior to the game we'll honor breast cancer survivors with a ceremonial puck drop, and there'll be a breast cancer specialty jersey auction immediately following the game!

We're going to dinner first at Denny's. Cost of dinner is on your own. We will depart from Sturgis at 3:15 p.m. and from Three Rivers at 4:00 p.m. Approximate return times are 10:15 p.m. in Three Rivers and 10:45 p.m. in Sturgis.



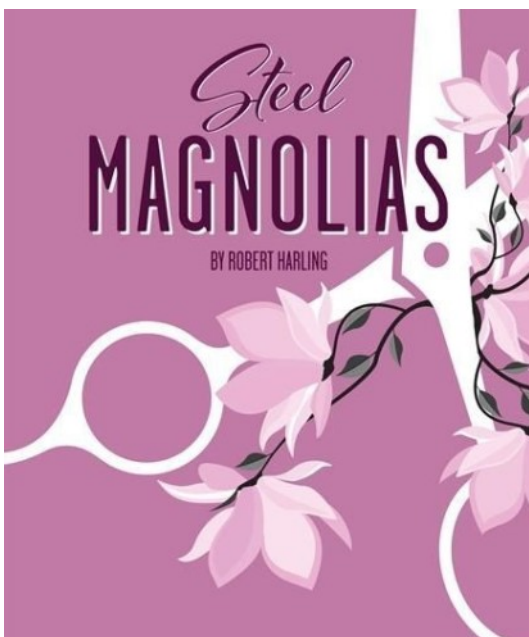
The Peking Acrobats with the Shanghai Circus

Sunday, February 19 @ 3pm at Miller Auditorium (Lunch prior to show at Texas Corral)

Cost: \$55 per person

For the last 32 years, THE PEKING ACROBATS® have redefined audience perceptions of Chinese acrobatics. They perform daring maneuvers atop a precarious pagoda of chairs and display their technical prowess at such arts as trick-cycling, precision tumbling, juggling, somersaulting, and gymnastics. They push the limits of human ability, defying gravity with amazing displays of contortion, flexibility, and control.

We're going to lunch prior to the show at Texas Corral. Cost of lunch is on your own. We are departing Sturgis at 11:15 a.m. and Three Rivers at 12:00 p.m.



Steel Magnolias performed by the Three Rivers Community Players

Sunday, February 26 @ 2pm (Lunch prior to the show at Hank's on the River)

Cost: \$21 per person

Set in the early 1980s, Steel Magnolias is both a comedy and a drama as it recounts the real life story of a woman (based on the author Harling's sister) who is a Type 1 diabetic and risks everything to give birth to her own child. The action takes place in Truvy's beauty salon where all the ladies who are "anybody" come to have their hair done. The "regulars" share the message that women have an inner strength that is evident during good times as well as bad times.

We will be going to lunch prior to the show at Hank's on the River. Cost of lunch is on your own. Depart Sturgis at 11:00 a.m. and from Three Rivers at 11:30 a.m.

TRIP ITINERARIES ARE AVAILABLE AT THE RECEPTION DESK



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 Monday, February 13.

WHEN: Wednesday, February 15
WHERE: Rivers Enrichment Center, Three Rivers
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, February 21
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, February 20 in honor of Presidents' Day.

Billiards Club at the Oaks

WHEN: Thursdays
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!



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 us know when you sign up.

Movie: *80 for Brady*
When: Wednesday, February 15
RSVP: Call 279-8083 by Monday, February 13
Where: Rivers Enrichment Center, 1200 Broadway St.
Cost: Dinner at Culver's - cost is on your own. After dinner we'll head over to the movie theatre - ticket and concession costs are on your own
Time: 5:30 p.m. (time is subject to change depending on the time of the movie)

Call the COA at 279-8083 beginning Monday, February 6 for more details on dinner and movie times.

50 Ways to Keep Your Heart Healthy!

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February is American Heart Month, which means it's a great time to focus on your cardiovascular health. Heart disease is the #1 killer of both men and women. Here are some suggestions for ways you can take good care of your heart!

1. Start the daily with a healthy smoothie
2. Add a tablespoon of chia seeds to your cereal
3. Stock up on oats
4. Limit saturated fats
5. Eat blueberries
6. Consume fatty fish twice weekly
7. Indulge with a small serving of dark chocolate
8. Relax with a cup of green tea
9. Add avocados to your diet
10. Add hemp hearts to baked goods
11. Avoid the salt shaker
12. Use more spices in your cooking
13. Read food labels
14. Have a glass of red wine
15. Eat more vegetables
16. Discover ancient grains
17. Drink more water
18. Incorporate beans into your diet
19. Add a tablespoon of flaxseed to yogurt
20. Go nuts
21. Don't forget the extra virgin olive oil
22. Take a walk
23. Park further away at the grocery store
24. Take the stairs, not the elevator
25. Go dancing
26. Clean the house
27. Go for a bike ride
28. Go for a hike
29. Lift weights
30. Invest in a fitness tracker
31. Try aromatherapy
32. Treat yourself to a massage
33. Knit a scarf
34. Meditate
35. Laugh more
36. Take a yoga class
37. Spend the afternoon gardening
38. Listen to music
39. Take a pilates class
40. Practice mindfulness
41. Find your happy place
42. Know your numbers
43. Shed excess weight
44. Quit smoking or don't start
45. Avoid secondhand smoke
46. Limit alcohol consumption
- 47. Join the COA**
48. Sleep 7-8 hours per night
49. Rescue a dog
50. Brush your teeth twice and floss daily.



COA P.A.C. Meeting

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)

Fitness Rooms at COA Available for Members!

We Are Looking for Equipment Donations!

Do you have an exercise bike or a treadmill you no longer want? Then consider donating it to the COA! More and more of our members are using our Fitness Rooms, and some of our equipment is in need of costly repairs.

We would love to receive a donation for any equipment that is in good condition and not too old - maybe no more than 10 years old. If you have something you would like to donate, please call Marketing Manager Ruth Mancina at 269-279-8083.

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 at either center
 during our hours of operation
 (M-F, 8am-4pm)**

St. Joseph County Commodity Supplemental Food Program

Next Distribution and Locations

WHEN:

March 28, 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:

March 29, 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.

Blood Pressure Checks

Oaks Enrichment

Center - Sturgis

2nd Monday
February 13
11:30am



Rivers Enrichment Center - Three Rivers

NO BLOOD PRESSURE CHECKS IN FEBRUARY



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.

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, February 24

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.



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, February 7, 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, March 7

Oaks Enrichment Center - Sturgis

9:30 a.m. - Noon

Tuesday, March 28

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)

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

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

Instructor: Lynn Zeiler

Flexible You

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

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.

Why did the skeleton break up
with her boyfriend before
Valentine's Day?

Her heart wasn't in it.

FUN & GAMES/SOCIAL

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Book Club

The Three Rivers Book Club is reading *The Light Between Oceans* by M.L. Stedman. The book will be discussed on **Wednesday, February 22 at Noon.** Lunch will be provided. Please call Ruth Mancina at 279-8083 or email her at rmancina@sjccoa.com for information on how you can participate. Books are available at the COA reception desk in Three Rivers.

The Sturgis Book Club is reading *Be Frank with Me* by Julia Claiborne Johnson. The group meets on the third Thursday of the month (February) 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, February 3
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

Three Rivers: Mondays at 1 pm

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 1:00pm

Tuesdays at 2:30pm

Wednesdays at 1:00pm

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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

February Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Pinochle 1:30pm - Movement & Ballroom Dancing	2 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - NO Zumba Gold	3 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 10:30am - Jude Comfort Dog 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
6 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle 2pm - NO Zumba Gold	7 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	8 9:30am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 12pm - Serving Up Knowledge 1pm - In Stitches Club 1pm - Pinochle 1:30pm - Movement & Ballroom Dancing	9 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Felt Wreath Craft 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	10 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
13 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	14 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand and Foot 5pm - DINNER NIGHT OUT IN STURGIS	15 9:30am - Katie's Korner 9:30 am - Flexible You 10am - Arthritis Exercise 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Pinochle 1:30pm - Ballroom Dancing 1:30pm - COA Advisory Board Meeting 5:30 pm - Dinner & Movie	16 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	17 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
20 CLOSED FOR PRESIDENTS' DAY 	21 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand & Foot	22 9:30am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12pm - Book Club 1pm - In Stitches 1pm - Pinochle 1:30pm - Movement & Ballroom Dancing	23 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	24 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
27 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	28 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand & Foot	Our trips this month are on the weekends, so please make sure to check them out on Page 5 of this newsletter! We have some fun things planned. Keep in mind that signing up for any of our activities begins on the <u>first</u> day of each month.		

February Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	2 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 6pm - Billiards Club 7pm - Duplicate Bridge	3 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
6 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	7 10am - Boards & Bagels 1pm - Euchre 1pm - Felt Flower Wreath Craft 6pm - Silver Strength	8 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	9 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 6pm - Billiards Club 7pm - Duplicate Bridge	10 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
13 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 11:30am - Blood Pressure Ck 12:30pm - Bingo	14 10am - Boards & Bagels 10am - Chair Yoga 11am - Breath, Mindfulness and Meditation 1pm - Euchre 5pm - DINNER NIGHT OUT 6pm - NO Silver Strength	15 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L Exercise 12pm - Serving up Knowledge 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 1:30pm - COA Advisory Board Meeting in TR 4pm - Potluck Bingo 5:30pm - Dinner and a Movie	16 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 6pm - NO Silver Strength 6pm - Billiards Cub 7pm - Duplicate Bridge	17 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
20 CLOSED FOR PRESIDENTS' DAY 	21 10am - Boards & Bagels 10am - Chair Yoga 11am - Breath, Mindfulness & Meditation 1pm - Euchre 1pm - Tuesday Trivia 6pm - NO Silver Strength	22 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise Noon - 2pm - PACT Act Awareness Event 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	23 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 6pm - Billiards Club 7pm - Duplicate Bridge	24 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
27 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	28 10am - Boards & Bagels 10am - Chair Yoga 11am - Breath, Mindfulness and Meditation 1pm - Euchre 6pm - Silver Strength	Our trips this month are on the weekends, so please make sure to check them out on Page 5 of this newsletter! We have some fun things planned. Keep in mind that signing up for any of our activities begins on the <u>first</u> day of each month.		

Meals on Wheels & Congregate Menu
FEBRUARY 2023

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Wednesday, February 1	Glazed Baked Ham, Whipped Sweet Potatoes, Oriental Blend Vegetables
Thursday, February 2	Meatloaf, Garlic Mashed Potatoes, Peas & Pearl Onions
Friday, February 3	Honey Balsamic Chicken, Garden Rice Pilaf, Asparagus, Dilled Carrots
Monday, February 6	Chicken Patty Sandwich, Parslied Potatoes, Green Beans
Tuesday, February 7	Salmon Patty with Dill Sauce, Brown Rice, Midori Blend Vegetables, Zucchini & Tomatoes
Wednesday, February 8	Beef Stroganoff over Noodles, Sugar Snap Peas, Stewed Tomatoes
Thursday, February 9	Apple Pork Chop, Baked Sweet Potato, Roasted Root Vegetables
Friday, February 10	Southwest Egg Bake, Sausage Links, Hash Browns, Asparagus
Monday, February 13	BBQ Pulled Pork, Scalloped Potatoes, Zucchini & Summer Squash
Tuesday, February 14	Pot Roast & Gravy, Potatoes, Carrots
Wednesday, February 15	Lemon Chicken, Cheese Grits, Spinach, Coleslaw
Thursday, February 16	Roast Turkey, Mashed Potatoes & Gravy, Key West Vegetables, Cherry Crisp
Friday, February 17	Chili Mac, Green Beans & Mushrooms, Broccoli & Cauliflower
Monday, February 20	Closed for Holiday
Tuesday, February 21	Ham & Potato Au Gratin, Brussel Sprouts, Cauliflower
Wednesday, February 22	Chicken Enchilada Casserole, Seasoned Black Beans, Mixed Vegetables
Thursday, February 23	Citrus Dill Cod, Parmesan Noodles, Capri Blend Vegetables, Peas & Mushrooms
Friday, February 24	Shepherd's Pie, Mashed Potatoes, Crumb Topped Brussel Sprouts
Monday, February 27	BBQ Chicken Thighs, Baked Beans, Collard Greens
Tuesday, February 28	Beef & Broccoli, Rice, Oriental Blend Vegetables

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.



The Commission on Aging
will be closed Monday,
February 20th for
Presidents' 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 # _____