



# *The Senior Connection*

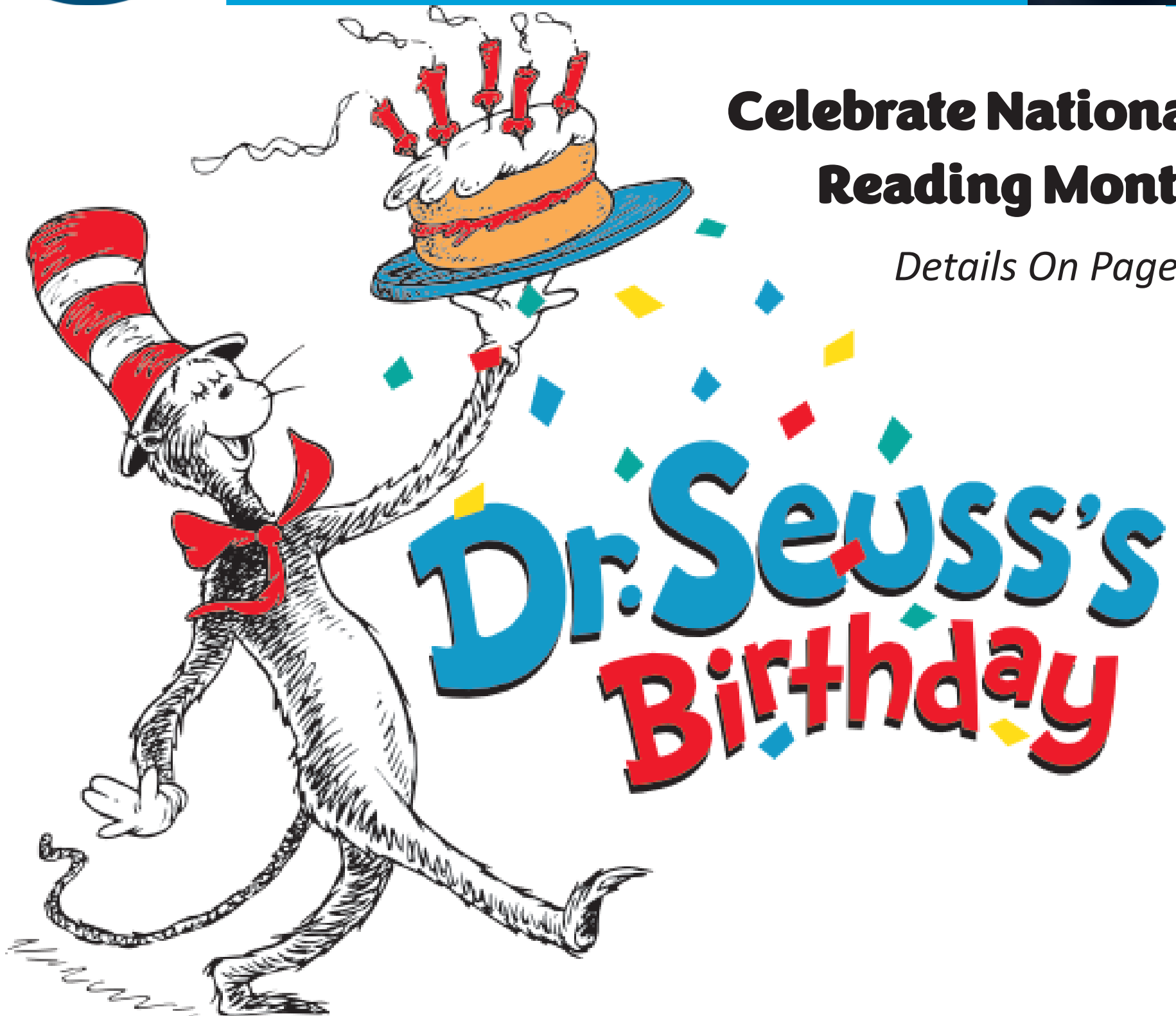
*St. Joseph County Commission on Aging Newsletter*

March 2023



**Celebrate National Reading Month**

*Details On Page 4*



**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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**Instagram (sjccoa)**  
**and YouTube**



## *From the Executive Director...*

Our Life Enrichment Team is celebrating National Reading Month in March. I was thrilled to hear that we would be promoting reading not only with a fun breakfast in honor of Dr. Seuss, but also by asking members to volunteer to read at area elementary schools.

We love working with our schools and bringing the two generations together is always special. We know from past activities that both the older adults and the students find the experience quite meaningful.

I want to thank the students at Immaculate Conception Catholic School in Three Rivers for making Valentine's Day cards for some of our Home Delivered Meals (HDM) clients last month. Our older adults absolutely love getting these notes of kindness.

This month, our 50th celebration continues as students from Immaculate Conception are making bags of 50 Skittles for all our members who receive Home Delivered Meals. March is National Meals on Wheels month, so these little treat bags will be given out close to St. Patrick's Day so our HDM clients can "taste the rainbow".

You will see a lot more information in the April newsletter, but I just wanted our members to mark their calendars for the Senior Resources Fair, which will take place on Wednesday, May 10 from 11 a.m. to 2 p.m. at the Oaks Enrichment Center in Sturgis. This will be a fantastic event for older adults looking to learn more about what is available to help them live healthy, independent lives. If you own a business or lead an organization that would like to reach hundreds of seniors, then consider participating in the fair, or better yet, sponsoring a portion of it - we have sponsorship levels to meet every budget. Please call our Residential Services Manager, Nicki Notestine at 279-8083 for more information.



I would like to welcome Rick Shaffer to the COA Advisory Board. Rick is our County Commissioner representative on the COA Board. He is no stranger to the COA, having served on our Board in the past.

Finally, because it is National Meals on Wheels month, I want to give a huge shout out to our Meals on Wheels drivers.

We have an amazing team delivering meals to our most frail older adults, and we consistently hear how kind and caring they are. I am so proud to have them as representatives of the COA. Speaking of our Meals on Wheels drivers, we are happy to have Tony Hochstetler on board as a substitute Meals on Wheels driver. Welcome Tony!



**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<sup>UP</sup> 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 we are focusing on grandparents as caregivers. If you are raising your grandchildren, or you know someone who is raising their grandchildren, please encourage them to attend. Or if you just want to know more about things to watch out for when it comes to your grandchildren and their computers or mobile devices.

Our guest speaker is Jereme Miller from the Michigan State Police. The topic is *Technology and Teens*.

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, March 8 in Three Rivers @ Noon**  
**Wednesday, March 15 in Sturgis @ Noon**

## **Muffins and MEDICARE**

If you have Medicare, or are approaching Medicare eligibility, join us for Muffins and Medicare to learn the most important things you need to know.

Presented by Jeff Armstrong, Licensed Independent Agent, Tri-State Health and Wellness, Inc. Light refreshments will be served. Please RSVP by calling the COA at 279-8083. This event is for educational purposes, no plan-specific benefits or details will be shared.



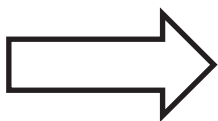
**WHEN:      Tuesday, March 14 at 10 a.m. at the Oaks EC in Sturgis**  
**Wednesday, March 22 at 1 p.m. at the Rivers EC in Three Rivers**



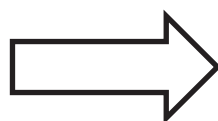
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## MARCH IS NATIONAL READING MONTH!

*We're celebrating reading this month at the COA and we have lots of fun ways that you can do that!*



We are looking for some members to volunteer to read to children at elementary schools in Three Rivers and Sturgis. We have a flyer posted at both centers with dates and times of the reading opportunities.



On Tuesday, March 7 we will have a special breakfast of green eggs and ham in honor of Dr. Seuss' birthday, which is on March 2. If you would like to eat breakfast at either center, please sign up no later than Friday, March 3. Make sure to tell us what center you plan to eat at. Breakfast will be served at 9 a.m.



Finally, did you know that we have a book club at both our centers? If you like to read, consider joining one of our book clubs. In Three Rivers we meet at Noon on the fourth Wednesday of the month and in Sturgis the group meets on the third Thursday of month at 3 p.m.



The Life Enrichment team will be providing prizes and free Bingo on Thursday, March 16 in Sturgis and Friday, March 17 in Three Rivers and Kline's Resort. Wear green, and let's hope everyone has the luck of the Irish and wins lots o' prizes!

## PACT Act Awareness Event

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](http://www.va.gov/pact)

**WHEN:** Wednesday, March 1 from Noon - 2pm  
Rivers Enrichment Center, Three Rivers

(This was announced in last month's newsletter since it is taking place on March 1.)

## Our March Craft is Beadiful!

*Sign up to make this adorable wood bead Easter Bunny wreath!*

**WHEN:** Oaks Enrichment Center, Sturgis  
Tuesday, March 14 at 1:00 p.m.  
Rivers Enrichment Center, Three Rivers  
Thursday, March 16 at 1:00 p.m.

**COST:** Donations Welcome!

**RSVP:** Please sign up by calling 279-8083.



*Members are able to call on the first day of each month to sign up for all activities, including trips. You can call or stop by the center to sign up. If you call, please come in to pay within three business days. Trips fill up quickly, so please call on the first day of the month or as close to it as possible. Itineraries are available at the reception desk on the first day of each month.*

## Meijer Gardens - Butterflies are Blooming - Tuesday, March 21

The annual Fred & Dorothy Fichter Butterflies Are Blooming exhibition at Meijer Gardens is the largest temporary tropical butterfly exhibition in the nation. Tropical butterflies from around the world fly freely in the Lena Meijer Tropical Conservatory every March and April. We'll be leaving Sturgis at 8:00 a.m. and from Three Rivers at 8:45 a.m. Lunch is at Smokey Bones and the cost is on your own. We should get back to Three Rivers around 3:30 p.m. and Sturgis at 4:15 p.m.

Cost: \$22.00 per person (lunch is on your own)

## Firekeepers Casino - Tuesday, March 28

We will be departing at 8 a.m. from Three Rivers and at 8:45 a.m. from our Sturgis center. Expected return times are 3 p.m. in Sturgis and 3:45 p.m. in Three Rivers. There will be hourly drawings at the Casino beginning at 10 a.m.

Cost: \$10 per person

## February Fun at the COA!

Jigsaw puzzle contest, Valentine's Day wreaths,  
Dinner Night Out and more!



*Turn to Page 4 to  
See our March craft  
- perfect for the  
Easter holiday!*



Dinner Night Out was on February 14. Photos are on Page 7. A big thank you to Bill Balk & Mark Trowbridge for entertaining us! It was a ton of fun!





## 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 different flours.

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, March 13.

**WHEN:** Wednesday, March 15  
**WHERE:** Oaks Enrichment Center, Sturgis  
**TIME:** 9:30 a.m.

## It's Egg McMuffin Day

Thursday, March 2 is National Egg McMuffin Day! Stop by either center and receive a coupon to McDonald's so that you can go get a FREE Egg McMuffin. YUM!

**A HUGE THANK YOU** to the McDonald's in Sturgis and Three Rivers for donating the coupons.

One gift card per person and you must stop by the center to get one. We will distribute them until they are gone. We have 30 coupons for each center.



## 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!



## MOVIES AT THE THREE RIVERS 6

Each month we pick a movie to see as a group at the Three Rivers 6.

We will provide transportation from the Sturgis Center to the movie theater this month. If you would like a ride on the bus, please let us know when you sign up.

**Movie:** *Champions*  
**When:** Monday, March 13  
**RSVP:** Call 279-8083 by Friday, March 10  
**Where:** Three Rivers 6, 120 Enterprise Drive  
**Time:** Cindy will call you with the movie time

We will not be doing dinner prior to the movie in March or April. We plan to start back with dinners before the movie in May when it will stay lighter later.

## 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.

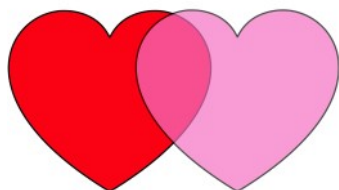
**WHEN:** Tuesday, March 21  
**TIME:** 1 p.m. - 2 p.m



# Dinner Night Out: A Night of Romance and Music

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*Our members had a great time on Valentine's Day at our Dinner Night Out at the Oaks Enrichment Center in Sturgis. They enjoyed a catered meal from Tasteful Kreations and enjoyed karaoke and music provided by Bill Balk and Mark Trowbridge. Our next Dinner Night Out is scheduled for May.*



## COA P.A.C. Meeting

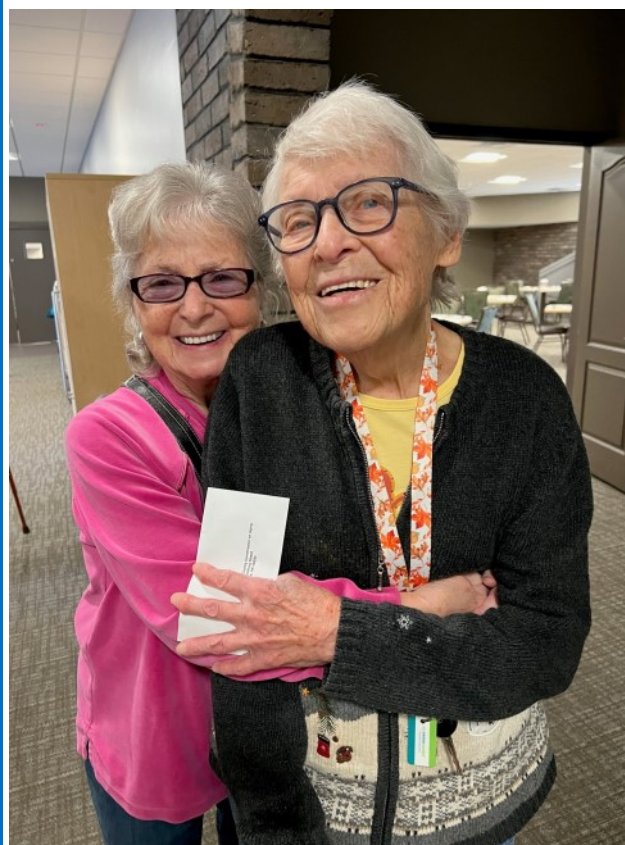
According to standards set by the Area Agency on Aging, the mission of the Project Advisory Council is to allow COA members a forum where they can meet and discuss COA programs and services. The next P.A.C. meeting dates are listed below. If you have any questions about P.A.C., please contact Marketing Manager Ruth Mancina at 279-8083.

### Three Rivers P.A.C.

Friday, March 10 @ 10:30am in the Atrium

### Sturgis P.A.C.

Tuesday, March 28 @ 1:00pm in the Classroom



When You Join the COA, you not only have a place to go to exercise, eat a healthy lunch, or play a game of cards, you also have a place where you can meet people and make new friends! Two of our regulars at the COA, Alice Gilbert and Rosie Reed, share a hug and a smile!

If you know someone 60 or older or married to someone 60 or older, who is not a member, please encourage them to join the COA!

# 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.





## 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.



## Hearing Screenings

If you are in need of a hearing screening, Beltone Hearing will be at the COA in **Three Rivers on Monday, March 13, 2023 from 9am - 11am.** Please call 279-8083 to make an appointment.

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

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



## Legal Services of South Central Michigan

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

**Where:** Oaks Enrichment Center  
Sturgis

**When:** Tuesday, March 14

**Time:** 10:00 a.m. - 11:30 a.m.

*Legal Services of South Central Michigan is funded in part by the Calhoun County Senior Millage, CareWell Services Southwest, and AAA-Region 3C through the Michigan Aging and Adult Services Agency under the Older Americans Act of 1965.*



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, March 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).

## 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.**

## **Blood Pressure Checks**

Rivers Enrichment Center - Three Rivers

First and Third Friday of Each Month @ 10am



**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 & Nancy Merkle

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**

**NEW EXERCISE CLASS COMING TO STURGIS IN APRIL!**

Beginning in March, we no longer are offering the Breath, Mindfulness and Meditation class. Beginning Tuesday, April 4, instructor Cynthia Hoss will offer a class called “Core Strength and Pelvic Floor Health”. Class begins with a warming walk around the park and continues inside with toning, strengthening, and balancing core muscle groups. Proper strengthening and stabilizing of the pelvic floor increases core awareness in everything you do. It helps to create a strong foundation for movement in the body and helps with incontinence and pelvic pain. **Class is from 9am-10am and begins Tuesday, April 4.**

**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

**Movement & Ballroom Dancing**

This is for anyone who thinks exercise and movement are no longer possible due to age or physical limitations. If you use a walker, or are in a wheelchair you can also participate. Jerry will show you that dancing is for everyone!

*Three Rivers:* Wednesdays at 1:30pm

**Instructor:** Jerry Wright

**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



## EXERCISE

### 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 & Nancy Merkle

### 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.

## FUN & GAMES/SOCIAL

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### Book Club

The Three Rivers Book Club is reading *The Midnight Library* by Matt Haig. The book will be discussed on **Wednesday, March 22 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 reading *Reading Behind Bars* by Jill Grunewald. **The group meets on the third Thursday of the month (March 16) 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, March 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 & Thursdays 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



# March 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 - Zumba Gold	3 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy <b>10am - Blood Pressure Ck</b> 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 - Zumba Gold	7 <b>9am - Green Eggs &amp; Ham Breakfast at the COA</b> 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>	8 9:30am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. <b>12pm - Serving Up Knowledge</b> 1pm - In Stitches Club 1pm - Pinochle 1:30pm - Movement & Ballroom Dancing	9 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	10 9:30am - Line Dancing <b>10:30am - P.A.C. Meeting</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
13 9am - Beltone Hearing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold <b>Movie at Three Rivers 6</b>	14 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand and Foot	15 9:30 am - Flexible You 10am - Arthritis Exercise 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Pinochle 1:30pm - Ballroom Dancing <b>1:30pm - COA Advisory Board Meeting in Sturgis</b>	16 9:30am - Cardio Drumming 10:30am - Arthritis Exercise <b>1pm - Bunny Wreath Craft</b> 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	17 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy <b>10am - Blood Pressure Ck</b> 11am - S.A.I.L. Exercise <b>12:30pm - FREE Bingo at Klines</b> <b>1pm - FREE Bingo</b> <b>Happy St. Patrick's Day!</b>
20 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	21 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand & Foot <b>MEIJER GARDENS TRIP</b>	22 9:30am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise <b>12pm - Book Club</b> 1pm - In Stitches 1pm - Pinochle <b>1pm - Muffins and Medicare</b> 1:30pm - 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 <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 <b>CASINO TRIP</b>	29 9:30am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Pinochle 1:30pm - Movement & Ballroom Dancing	30 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	31 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo

March Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please note that the Breath, Mindfulness and Breathing class has been cancelled on Tuesdays beginning this month. In April Cynthia Hoss will offer a new class on Tuesdays at 9 am called Core Strength and Pelvic Floor Health		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 9am - Green Eggs and Ham Breakfast at the COA 9:30am - Foot Doctor 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 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 12:30pm - Bingo Movie at Three Rivers 6	14 10am - Muffins & Medicare 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Bead Bunny Craft 6pm - Silver Strength	15 9:30am - Katie’s Korner 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 12pm - Serving up Knowledge 1pm - NO Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 1:30pm - COA Advisory Board Meeting 4pm - Potluck Bingo	16 10am - Line Dancing 12:30pm - FREE Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 6pm - Silver Strength 6pm - Billiards Cub 7pm - Duplicate Bridge	17 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming Happy St. Patrick’s Day!
20 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	21 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Tuesday Trivia 6pm - NO Silver Strength MEIJER GARDENS TRIP	22 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 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 1pm - Euchre 1pm - P.A.C. Meeting 6pm - Silver Strength CASINO TRIP	29 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	30 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 6pm - Billiards Club 7pm - Duplicate Bridge	31 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming



Meals on Wheels & Congregate Menu  
MARCH 2023

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Wednesday, March 1	Garden Citrus Chicken, Brown Rice, Scalloped Tomatoes, Mixed Vegetables
Thursday, March 2	Hearty Beef Stew, Sugar Snap Peas, Dinner Roll, Oranges
Friday, March 3	Lemon Chicken, Cheese Grits, Zucchini & Tomatoes, Wax Beans
Monday, March 6	Swedish Meatballs over Noodles, Asparagus, Key West Blend Vegetables
Tuesday, March 7	Tahitian Chicken, Brown Rice, Collard Greens, Beets
Wednesday, March 8	Goulash, Creamed Spinach, European Blend Vegetables
Thursday, March 9	Mandarin Pork Roast, Sweet Potatoes, Green Beans & Mushrooms
Friday, March 10	Cheesy Turkey Casserole, Broccoli & Cauliflower, Blueberry Crisp
Monday, March 13	Honey Mustard Chicken Thighs, Red Bliss Potatoes, Crumb Topped Brussel Sprouts
Tuesday, March 14	Turkey & Noodles, Zucchini & Summer Squash, Oriental Blend Vegetables
Wednesday, March 15	Cheeseburger, Baked Beans, Mixed Vegetables
Thursday, March 16	Creole Fish, Parslied Potatoes, Asparagus, Midori Blend Vegetables
Friday, March 17	Italian Sausage with Onions & Peppers, Au Gratin Potatoes, Italian Blend Vegetables
Monday, March 20	Beef Ravioli, Green Bean Almondine, Broccoli & Cauliflower
Tuesday, March 21	Western Omelet Bake, Sausage Links, Asparagus, Apple Crisp
Wednesday, March 22	Chicken Broccoli Casserole, Capri Blend Vegetables, Stewed Tomatoes
Thursday, March 23	Pepper Steak, Brown Rice, Dilled Carrots, Broccoli
Friday, March 24	Macaroni & Cheese, Ham Slice, European Blend Vegetables, Wax Beans
Monday, March 27	Oven Baked Fish Sandwich, Mixed Vegetables, Scalloped Potatoes
Tuesday, March 28	Veal Parmesan over Noodles, Midori Blend Vegetables, Beets
Wednesday, March 29	Roasted Pork Tenderloin, Mashed Potatoes, Collard Greens, Green Beans
Thursday, March 30	Bourbon Chicken Thighs, Cheese Grits, Roasted Brussel Sprouts, Asparagus
Friday, March 31	Sloppy Joe Casserole, Peas & Pearl Onions, Zucchini & Summer Squash

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.



**MARK YOUR  
CALENDAR!**

The Adult Services Network is having a  
Senior Resources Fair on Wednesday,  
May 10 at the Oaks Enrichment  
Center in Sturgis.

If you are senior, You won't  
want to miss it!

To participate in the fair as a vendor or  
learn more about sponsorship, Call  
Nicki Notestine at (269) 279-8083 for  
more information!

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