



The Senior Connection

St. Joseph County Commission on Aging Newsletter

April 2023



**South Bend,
Pickleball &
Pretzels:
Springtime
Means
Funtime
at the COA**



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...

April is National Volunteer Month, which makes it a perfect time for me to thank our volunteers for all they do to help us provide outstanding service and programs to the older adults in St. Joseph County.



Beginning in October 2022, we started using MySenior Center to electronically check members in for activities and keep track of volunteer hours. Just in the past five months we have had more than 80 volunteers contribute almost 2,000 hours of service for the COA. Wow! That is amazing, and on behalf of the entire staff, I hope every person who has volunteered knows that we could not do it without his or her help. Whether it is driving our bus so our members can go on fun trips, to helping out in our kitchen, to keeping our centers beautifully decorated and clean, we are so grateful.

If you would like to volunteer for the COA, or you are volunteering and not logging in your time on MySenior Center, please reach out to our Life Enrichment Team - Ruth or Cindy - and they will be happy to help.

Beginning this month we are no longer offering our Noon meal **to go**. The ability to offer meals to go was due to the public health emergency, which is ending soon. We encourage you to continue signing up for lunch at the COA and eat at either of our centers. If you think you might qualify for Home Delivered Meals, please let us know and a member of our staff can assist you. Thank you for your understanding. If you have any questions or concerns, please contact Nutrition Manager, Katie Hughes at 279-8083 or by email at khughes@sjccoa.com

I just wanted to provide an update from the city of Three Rivers about some upcoming bridge rehabilitation projects. The 5th Avenue project started in March and should be completed sometime in mid-May. Other bridge projects include W. Hoffman Street between April 8 and May 13 and on Broadway Street between May 14 and June 16. There will be posted detours. In addition to the bridge rehabilitation project on Broadway, the city plans to repave on the portion between S. Constantine and S. Main. They are trying to coordinate the paving project with the bridge project so the roadway is shut down for the smallest amount of time.

As always, our Life Enrichment Team has planned some fun activities this month. I am excited about having our pickleball net back up and I hope to see more of our members borrow our paddles and balls and start to play pickleball. It really is a great outdoor activity. But if I am being completely honest, I am most looking forward to celebrating National Soft Pretzel Day with all of you. It's one of my favorite treats - especially when it's dipped in some ooey, gooey cheese!

Pam

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

Three Rivers

Friday, June 9 @ 10:30 a.m.

Sturgis

Tuesday, June 27 @ 1 p.m.

Severe Weather Closings

To find out if the COA will be closed during severe weather, we suggest you obtain information from the following radio and television stations:

**WLKM AM 1510 or WLKM FM 96
WBET FM/AM 99.3
WIN 98.5**

**WWMT (CBS) Channel 3
WOOD (NBC) Channel 8
WZZM (ABC) Grand Rapids
WSBT (CBS) South Bend
WNDU (NBC) South Bend**

The COA is supported by funds from:

- ◆ Michigan Department of Health and Human Services, Bureau of Aging, Community Living and Supports
- ◆ Branch-St. Joseph Area Agency on Aging (Region IIIC)
- ◆ St. Joseph County Senior Millage
- ◆ Older American's Act
- ◆ Older 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 offered at both our centers that will focus on caregivers and issues they may face.

April is National Parkinson's Disease Awareness month. Every 6 minutes, someone will be diagnosed with Parkinson's Disease (PD) in the U.S. It is a progressive disorder that affects the nervous system and the parts of the body controlled by the nerves. We are pleased to welcome Karen Freshwater, a certified Physician's Assistant from the Bronson Neuroscience Center in Kalamazoo.

If you know of someone who has Parkinson's Disease, or you know of someone who is caring for someone with Parkinson's, please let them know about this informative program.

Please join us in Three Rivers or Sturgis and have lunch during the presentation. 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, April 12 in Three Rivers @ Noon
 Wednesday, April 19 in Sturgis @ Noon**



Don't Miss the Senior Resource Fair Coming in May!

Make plans to attend this special event dedicated to providing older adults in our area with resources to help them live their best life. Vendors include businesses, non-profit organizations, human services agencies, and much more. There will be lots of raffle prizes, a reclining lift chair that will be raffled off to one lucky winner, and a nutritious lunch provided by the Commission on Aging.

If you are a business or organization and would like to reach hundreds of older adults, consider having a table at the Senior Resource Fair. There are even sponsorship levels to meet every budget. For more information about the Senior Resource Fair, or to reserve a table or become a sponsor, please call Nicki Notestine at 269-279-8083.

**WHEN: Wednesday, May 10, 2023
WHERE: Oaks Enrichment Center, 306 N. Franks Avenue, Sturgis
TIME: 11 a.m. - 2 p.m.**

Butterflies & Earth Day!

In honor of Earth Day, which is Saturday, April 22, we will be getting a butterfly habitat for each Enrichment Center so that we can follow the four stages of metamorphosis of butterflies. Once the butterflies emerge from their chrysalis, we will release them outside around our centers. Butterflies and other pollinators pollinate more than 75% of the world's flowering plants. We will begin raising our butterflies in late April or early May. Further details and fun facts about butterflies will be posted at both centers.

Check out our trips on Page 5 - we are going to Meijer Gardens again on April 13 to check out its amazing butterfly exhibit. If you missed it last month, then now is your chance to go.



Fraud & Identity Theft Seminar

You are invited to attend a seminar on common scams that law enforcement is seeing and the steps you can take to prevent you from becoming a victim. The COA is pleased to welcome Jason Auton, a Detective Sergeant in St. Joseph County Sheriff's Office and its Criminal Investigations Division.



Jason also will provide free booklets titled "Identity Theft - A Recovery Plan" that provide excellent information regarding the steps needed to take if one's identity is stolen. No need to RSVP. Just make plans to attend and gain some good knowledge on an important subject!

WHERE: Rivers Enrichment Center, Three Rivers

WHEN: Tuesday, April 18

TIME: 11 a.m.

WHERE: Oaks Enrichment Center, Sturgis

WHEN: Tuesday, April 25

TIME: 1 p.m.



Wednesday, April 26 at 11 a.m.

It's National Pretzel Day! Help us celebrate by stopping by the center to receive a warm, soft pretzel. We will begin handing them out at 11 a.m. and go until they are gone. We have 50 pretzels per center.

Members are able to call on the first business 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 business day of the month or as close to it as possible. Itineraries are available at the reception desk at the beginning of the

Meijer Gardens - Butterflies are Blooming - Thursday, April 13

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)

The Oliver Mansion & Studebaker Museum - Friday, April 21

We're headed to South Bend for a guided tour of the Oliver Mansion and a guided tour of the Studebaker Museum. We'll eat lunch at PEGGS (www.peggssouthbend.com) in between the Oliver Mansion and the Studebaker Museum. The cost of lunch is on your own.

It was over 100 years ago that 19th century industrialist J.D. Oliver, his wife, Anna, and their four children moved into their new home at 808 West Washington Street, which they named Copshaholm. Built in 1895-1896, Copshaholm is a 38-room Romanesque Queen Anne house designed by New York architect Charles Alonzo Rich. The furnishings on all three floors are original, giving visitors a remarkable glimpse of how the mansion appeared during the 72 years the Oliver family lived there. The Studebaker National Museum is devoted to sharing the story of the automotive and industrial history of South Bend and the greater region through the display and interpretation of Studebaker vehicles along with related industrial artifacts. The Collection also includes seven objects designated as "National Treasures" including the carriage Abraham Lincoln rode to Ford's Theatre the night of his assassination, and a carriage used by the Marquis de Lafayette during his farewell tour of the United States in 1824. The Studebaker National Museum is housed in a state-of-the-art, 55,000-square-foot facility that opened in October 2005. Please note that touring the Oliver Mansion does require climbing stairs. 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 4:00 p.m. in Sturgis and 4:45 p.m. in Three Rivers.

Cost: \$21.00 per person (includes transportation and admission to the Oliver Mansion and the Studebaker Museum)



Shopping in Downtown Marshall & Lunch - Thursday, April 27

Enjoy a fun day of shopping and exploring downtown Marshall, with a wide variety of stores featuring gifts, antiques, scrapbooking, clothing, toys and books and a family-owned bakery. You can also visit the American Museum of Magic. There is an entrance fee of \$7. The plan is to shop or visit the magic museum for a couple hours in the morning and then stop for lunch at the Broadway Grille. Then we'll do some more shopping until 3 p.m. We plan to leave Three Rivers at 8:30 a.m. and from Sturgis at 9:15 a.m. We should arrive back in Sturgis at 4 p.m. and in Three Rivers at 4:45 p.m.

Cost: \$11.00 per person (lunch is on your own)



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, April 17.

WHEN: Wednesday, April 19
WHERE: Rivers Enrichment Center, Three Rivers
TIME: 9:30 a.m.

Are you on Facebook? Please "follow" the COA. You can find us by typing in St. Joseph County Commission on Aging. We post quite a bit on our Facebook page and it helps a lot if you "like" our posts and "follow" us.

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, April 18
TIME: 1 p.m. - 2 p.m

All are welcome. Come join the fun!



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: *On a Wing and a Prayer*
When: Tuesday, April 18
RSVP: Call 279-8083 to let us know you'll be there
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 April. We plan to start back with dinners before the movie in May when it will stay lighter later.

On a Wing and a Prayer is the extraordinary true story of faith and survival. It follows passenger Doug White's (Dennis Quaid) harrowing journey to safely land a plane and save his entire family from insurmountable danger, after their pilot dies unexpectedly mid-flight.



We had so much fun celebrating Dr. Seuss's birthday and National Reading Month with a Green Eggs and Ham Breakfast at both our centers. Pictured above is Sandy Horn at the Oaks Enrichment Center in Sturgis.

Pickleball is BACK!

We will be putting the Pickleball net back up at the Rivers Enrichment Center sometime the first week of April, if the weather allows. Our court is located in the rear southeast corner. We do have paddles and balls that you can borrow if you are a COA member. Stop by the front desk to check them out.

If you would like to learn how to play pickleball, we will begin offering instruction on Tuesday, April 11 from 11 a.m. to Noon. This is also a great time to come and find others to play with. *Please call to ensure our instructor will be there.* If you are interested in starting another weekly meeting time, please see Ruth at the Three Rivers center.

Volunteer Opportunity

The Oaks Enrichment Center in Sturgis is looking for volunteers that enjoy gardening, such as planting flowers, weeding, watering outdoor summer flowers, etc. If you are interested in helping out, please talk to Cindy at the Sturgis center.

COA FITNESS ROOMS

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

Each center has a variety of equipment, including treadmills, health walkers, Nu Steps, and more.



Memorials & Donations 2023

As of March 17, 2023 we want to thank the following for their generous donations to the St. Joseph County Commission on Aging:

ANONYMOUS

LORRAINE IDRIS BALL

DEB BELL

STEVE HORN

ELLEN HULL

RON JONES

PATSY KUHLMAN

GARNET LOCKWOOD

BRIAN & BETTY PURSER

**ST. PETER'S EVANGELICAL
LUTHERAN CHURCH**

NANCY & TERRY STEARS

**Don't Forget!
The COA is closed
on Friday, April 7.**



50 Ways to Volunteer

Each month we're integrating the number **50** somehow, someway to highlight the **COA's 50th anniversary**. In January, we started our celebration of our **50** state desserts and will feature one each Wednesday at our centers at lunchtime. In February, we wrote about **50** ways to take good care of your heart. In March we gave **50** Skittles to Home Delivered Meals participants so they could "taste the rainbow". This month we are celebrating National Volunteer Month. Below are **50** ways you can volunteer. Stay tuned as the COA celebrates its **50th** all year long.

1. Volunteer at the COA!
2. Stock shelves at a local food pantry
3. Sing hymns at a retirement center
4. Work in a vacation Bible school
5. Clean up litter at a city park
6. Run errands for a shut-in
7. Mow the lawn of a single mom
8. Serve meals at a local soup kitchen
9. Paint houses with Habitat for Humanity
10. Shovel snow for a sick neighbor
11. Collect cans for a food drive
12. Sew lap blankets for cancer patients
13. Deliver care packages for the homeless
14. Tutor underprivileged students
15. Knit soft caps for premature babies
16. Man water tables at a 5K race
17. Donate time at your local library

18. Play games with nursing home residents
19. Babysit for a harried mother
20. Attend your precinct convention
21. Run a book sale to raise funds for your library
22. Donate diapers to a maternity home
23. Work as a docent at a local museum
24. Get trained as a wildlife rehabilitator
25. Help campaign for an elected official
26. Sit with hospice patients who have no family
27. Invite international students for a holiday meal
28. Have a garage sale & donate proceeds to charity
29. Stuff shoeboxes for Operation Christmas Child
30. Join a grassroots group
31. Man phone banks for a charity drive
32. Write a letter to the editor
33. Mentor a young person
34. Provide respite care for foster parents

35. Take a meal to new mom
36. Support a child through Compassion Int'l.
37. Sing with a church or community choir
38. Candy stripe at the local hospital
39. Host missionaries on furlough
40. Rake lawns for a sick neighbor
41. Grow vegetables and share the produce
42. Ring the bell for Salvation Army
43. Play an instrument in a civic orchestra
44. Run for school board or city council
45. Read to a neighbor whose sight is failing
46. Pass our Gospel tracts with Halloween candy
47. Teach Sunday School
48. Pray for others
49. Vote
50. Send a soldier a note of encouragement



Lansing *Update*

Join us on Friday, April 14 from 1 p.m. - 2 p.m. at our Three Rivers Center for a visit with State Representative Steve Carra. Rep. Carra will be providing an update on legislation or other news happening in our state capitol, in particular on issues important to older adults. Light refreshments will be served. We are scheduling a visit for him at our Sturgis center in May. Stay tuned!



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, May 8, 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.

IN-PERSON

Where: Rivers Enrichment Center,
Three Rivers

When: Tuesday, April 25

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

OVER THE TELEPHONE

When: Thursday, April 6, 2023

Time: 9:00 a.m. - 12:30 p.m.

Call 269-224-5040 to speak with an attorney.

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, April 4, 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, May 9

Oaks Enrichment Center - Sturgis

9:30 a.m. - Noon

Tuesday, May 30

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

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

NEW! Core Strength

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.

Sturgis: Tuesdays at 9am (AH)

Instructor: Cynthia Hoss

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

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

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.

Book Club

The Three Rivers Book Club is reading *Call the Midwife* by Jennifer Worth. The book will be discussed on **Wednesday, April 26 at Noon.** Lunch will be provided. Please call Ruth Mancina at 279-8083 or email her at rmancina@sjcoa.com for information on how you can participate. Books are available at the COA reception desk in Three Rivers.

The Sturgis Book Club is reading *The Second Mrs. Astor* by Shana Abe. **The group meets on the third Thursday of the month (April 20) 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, April 14 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 2023

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

April Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	4 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	5 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	6 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	7 COA CLOSED 
10 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	11 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand and Foot	12 9:30 am - Flexible You 10am - Arthritis Exercise 11am - S.A.I.L. 1pm - In Stitches Club 12pm - Serving Up Knowledge 1pm - Pinochle 1:30pm - Ballroom Dancing	13 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold MEIJER GARDENS TRIP	14 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 1pm - Rep. Steve Carra Visit
17 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	18 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Fraud & Identity Theft Seminar 11am - Pickleball 11:30am - Veterans Affairs 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand & Foot Movie at Three Rivers 6 - Time to Be Determined	19 9:30am - Katie's Corner 9:30am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Pinochle 1:30pm - COA Advisory Board Meeting 1:30pm - NO Ballroom Dancing	20 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	21 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 10am - Blood Pressure Ck 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo OLIVER MANSION AND STUDEBAKER MUSEUM TRIP
24 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	25 9:30am - Cardio Drumming 10am - Legal Services 10:30am - Arthritis Exercise 11am - Pickleball 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 2:30pm - Hand & Foot	26 9:30am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 11am - National Pretzel Day! 12pm - Book Club 1pm - In Stitches 1pm - Pinochle 1:30pm - Movement & Ballroom Dancing	27 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold MARSHALL TRIP	28 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo

April Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> <div>10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo</div>	<div>4</div> <div>9am - Core Strength- NEW! 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 6pm - Silver Strength</div>	<div>5</div> <div>10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre</div>	<div>6</div> <div>10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 6pm - Billiards Club 7pm - Duplicate Bridge</div>	<div>7</div> <div>COA CLOSED</div> <div></div>
<div>10</div> <div>10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo</div>	<div>11</div> <div>9am - Core Strength - NEW! 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 6pm - NO Silver Strength</div>	<div>12</div> <div>10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - NO Cardio Drumming 1pm - Hand & Foot 1pm - Euchre</div>	<div>13</div> <div>10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 6pm - Billiards Cub 7pm - Duplicate Bridge MEIJER GARDENS TRIP</div>	<div>14</div> <div>10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</div>
<div>17</div> <div>10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo</div>	<div>18</div> <div>9am - Core Strength - NEW! 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Tuesday Trivia 6pm - Silver Strength Movies at Three Rivers 6 - Time to Be Determined</div>	<div>19</div> <div>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</div>	<div>20</div> <div>10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 6pm - Silver Strength 6pm - Billiards Club 7pm - Duplicate Bridge</div>	<div>21</div> <div>10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming OLIVER MANSION AND STUDEBAKER MUSEUM TRIP</div>
<div>24</div> <div>10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo</div>	<div>25</div> <div>9am - Core Strength - NEW! 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Fraud & Identity Theft Seminar 6pm - Silver Strength</div>	<div>26</div> <div>10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 11am - National Pretzel Day! 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre</div>	<div>27</div> <div>10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 6pm - Billiards Club 7pm - Duplicate Bridge MARSHALL TRIP</div>	<div>28</div> <div>10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</div>

Meals on Wheels & Congregate Menu

15

APRIL 2023

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Monday, April 3	Salisbury Steak, Mashed Potatoes, Carrots, European Blend Vegetables
Tuesday, April 4	Roasted Pork Tenderloin, Garlic Mashed Potatoes, Brussel Sprouts, Stewed Tomatoes
Wednesday, April 5	Southwest Egg Bake, Broccoli, Sausage Links, Hash Brown Potatoes
Thursday, April 6	Lemon Pepper Turkey, Wild Rice Pilaf & Orzo, Prince Charles Vegetables, Sugar Snap Peas
Friday, April 7	Closed for Holiday
Monday, April 10	Turkey Tetrazzini with Pasta, Stewed Tomatoes, Broccoli
Tuesday, April 11	Stuffed Cabbage Rolls, Rice, Peas & Pearl Onions, Key West Blend Vegetables
Wednesday, April 12	Beef Stew, Wax Beans, Zucchini & Summer Squash
Thursday, April 13	Vegetable Lasagna, Asparagus, Oriental Blend Vegetables
Friday, April 14	Chicken with Cavatappi Pasta, Green Beans, Cauliflower
Monday, April 17	Chicken Parmesan with Pasta, Asparagus, Midori Blend Vegetables
Tuesday, April 18	Bacon, Egg, Cheese Scramble, Broccoli, Stewed Tomatoes
Wednesday, April 19	Sub Sandwiches, Potato Salad, Three Bean Salad—CENTER ONLY/ MEALS ON WHEELS CLOSED
Thursday, April 20	Bourbon Pork Chop, Sweet Potatoes, Mixed Vegetables
Friday, April 21	Beef Tips over Rice, Green Bean Almondine, Stewed Tomatoes
Monday, April 24	Bacon Swiss Burger, Baked Beans, Au Gratin Potatoes
Tuesday, April 25	Salsa Chicken, Spanish Rice, Seasoned Black Beans, Corn
Wednesday, April 26	Baked Ham w/ Raisin Sauce, Baked Sweet Potato, Oriental Vegetable Blend
Thursday, April 27	Salmon Patty, Parmesan Noodles, California Blend Vegetables, Green Peas & Mushrooms
Friday, April 28	Turkey Stuffing Casserole, Capri Blend Vegetables, Cherry Crisp

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.



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 a 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.

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 # _____