



# *The Senior Connection*

*St. Joseph County Commission on Aging Newsletter*

May 2023



*We're Going to the  
Grand Rapids Lantern Festival!*

**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



**Like us on Facebook!**  
**Follow us on**  
**Instagram (sjccoa)**  
**and YouTube**



***From the Executive Director...***

May is jam packed with so many fun things to do here at the COA! We're having a downsizing expert come in to give our members tips on how to get rid of all that stuff! This sounds like a program all of us could use. Check out the details on the next page.

May also is Older Americans Month and we have a very special event planned for the older adults living in our county called the Senior Resource Fair. The Adult Services Network of St. Joseph County is hosting this event at the Oaks Enrichment Center in Sturgis. It will take place on Wednesday, May 10 from 11 a.m. to 2 p.m. Some of the highlights include a free lunch, along with a chance to win a new lift chair, gift cards to Meijer and much more. I would like to thank GT Independence and the Sturgis Area Community Foundation for sponsoring the lunch and Tri-State Health and Wellness for donating the lift chair. Other sponsors include: Beltone Hearing, Burr Oak Tool, Centrica Care Navigators, For the Love of Charlie, Homejoy, Humana, Meijer, Skaggs Assisted Living and Memory Care, Sparrow Assisted Living, and Thurston Woods Village.

Our Enrichment Center in Three Rivers will be offering normal activities and lunch, but in Sturgis all activities are cancelled and the lunch that day will be through the Senior Resource Fair. There are going to be many organizations and businesses there that have products or services for older adults. Stop by and learn what is available to help you stay independent and healthy.

*Pam*



**COA T-SHIRTS CELEBRATING OUR 50TH  
ANNIVERSARY NOW AVAILABLE!**

Beginning Monday, May 1, you can order your very own COA T-shirt commemorating our 50th anniversary as an organization! For a suggested contribution of \$15 or more, you will receive a T-shirt that you can wear to help spread awareness about the COA and celebrate this incredible milestone. The shirts are a 50/50 cotton polyester blend. They are available in sizes small to 5X and they are unisex. We hope to have some samples in our centers by May 1.

If you would like to help support the COA as it celebrates this major milestone, then please consider making a donation. Contributions will help support 50th anniversary celebrations we are offering throughout the year. To order your shirt stop by the front desk at either center.



**ORDERS AND DONATIONS MUST BE IN NO LATER THAN WEDNESDAY, MAY 31.**

## ***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<sup>UP</sup>** *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. May is Stroke Awareness Month. With that in mind, we are pleased to welcome April Davenport, LMSW, CDP, a medical social worker from Bronson Neuroscience Center & Neurobehavioral Health. If you know of someone who has suffered a stroke, or of someone who is caring for a loved one who has had a stroke, please let them know about this informative program where April will

discuss strokes and issues caregivers face.

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, May 17 in Three Rivers @ Noon**  
                          **Wednesday, May 24 in Sturgis @ Noon**

## **The Art of Downsizing** ***Remove stress by decluttering***

Do you find yourself a cluttered mess and don't know where to begin? It can be the most stressful and confusing time of your life. What to keep, give away, throw away, sell...the list goes on and on. This two-week class gives you the tools and ideas on how to start and see results. The workshop is led by Darlene Reitz, the Clutter Buster.

The first week will give you ideas and a plan on how and where to start. The second week will be checking on your progress of the practical applications you learned from the first week.

This is not a test - there is no pass or fail in the process.

By sharing the problems and struggles you have and listening to others in the class share their struggles, you will soon learn that you are not alone. Each little step you take keeps you going to get to the end of your clutter.

**\*\*If signing up, you must be able to attend both sessions.**

### **Oaks Enrichment Center**

Tuesday, May 9 and May 23 from 1:00 p.m. - 2:30 p.m.

### **Rivers Enrichment Center**

Monday, May 15 and Wednesday, May 31 from 10:00 a.m. - 11:30 a.m.

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# FRIDAY, MAY 5<sup>TH</sup> IS CINCO DE MAYO WE'RE HAVING A PESO TOSS!



Join us immediately following lunch (around 12:30 p.m.) on Friday, May 5 to celebrate Cinco de Mayo by playing a game of Peso Toss.

We will line up five sombreros in a vertical line with increasing point values the farther back they go (like 10, 20, 30, 40, 50).

Players will be given five Mexican pesos. One at a time, players will stand behind a line and toss their pesos into the sombreros to see who scores the most points!

And yes, the coin must land *inside* the rim of the hat to count. A prize will be awarded to the winner at each center.

gt

You deserve support that's  
frustration free



Ready to discover self-determination?  
Ready for support that matches your life?

## Get in Touch

Customer Support Specialists  
1.877.659.4500  
customerservice@gttd.org  
gttd.org/mi



You don't have to walk the  
path to Medicare alone.  
Let me help you  
understand all of your  
options before you choose  
the plan that's right for  
you. I am experienced  
with Medicare Advantage  
plans, Medicare  
Supplements, PDPs, and  
more.

**Come talk to me at St. Joseph County  
Senior Resource Fair on May 10**

**Jeff Armstrong**  
*Medicare Agent*

269-605-9173  
jeff@3statehealth.com  
www.3statehealth.com



*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*

## Thursday, May 11

### Horrocks Farm Market & Goodwill in Battle Creek with dinner at Captain Luey's Calabash Seafood

We will be visiting Horrocks Farm Market at their new location at the Lakeview Square Mall in Battle Creek. Established in 1959, Horrocks is a family-owned specialty grocery and produce store, offering one of the largest cheese and wine selections around. They also offer full-service floral and deli departments, and are one of the largest nurseries around! We will also be stopping by Goodwill to do a little bargain shopping before heading to Captain Luey's Calabash Seafood for a delicious dinner.

**\$10 per person (Dinner on your own)**

We will be departing from Three Rivers at 12:15 p.m. and Sturgis at 1 p.m. We plan to leave the restaurant at 6:30 p.m. and arrive back in Sturgis at 7:15 p.m. and Three Rivers at 8 p.m.

## Friday, May 19

### The Grand Rapids Lantern Festival at John Ball Zoo and dinner at Peppino's Sports Grille

We will be having dinner at Peppino's Sports Grille in Grand Rapids before visiting the John Ball Zoo for The Grand Rapids Lantern Festival. Featuring more than 55 colorful, illuminated displays, Grand Rapids' John Ball Zoo is about to play host to a first-of-its-kind Asian lantern festival in Michigan. The lanterns, ranging from tropical fish to a tunnel of frogs on lily pads to a large butterfly tree, are placed on a mile-long path through John Ball Zoo. The lantern festival will feature amazing handcrafted Asian lantern displays that will illuminate the zoo and tell the intersecting story of wild-life and Asian culture."

**\$34 per person (includes admission to the zoo, dinner on your own)**

We will be leaving Sturgis at 3:45 p.m. and from Three Rivers at 4:30 p.m. We will eat dinner first and then head over to the zoo around 7:45 p.m. We will arrive back in Three Rivers around 10:30 p.m. and in Sturgis around 11 p.m.

## Tuesday, May 30

### FireKeepers Casino, Battle Creek

Come along with us to FireKeepers Casino for "Senior Tuesdays". Red Hot Rewards Club Members receive \$5 in Red Hot Credits. There will also be hourly prize drawings.

**\$10 per person**

We will be leaving Three Rivers at 8:00 a.m. and from Sturgis at 8:45 a.m. We plan to leave FireKeepers around 2:00 p.m. and arrive back to Sturgis at 3:00 p.m. and to Three Rivers at 3:45 p.m.





## 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 SALSA.**

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, May 15.

**WHEN:** Wednesday, May 17  
**WHERE:** Oaks Enrichment Center, Sturgis  
**TIME:** 9:30 a.m.



**Come join the fun! Third Tuesday of each month at our center in Sturgis - all are welcome!**

**WHEN:** Tuesday, May 16  
**TIME:** 1 p.m. - 2 p.m.  
**WHERE:** Oaks Enrichment Center, Sturgis



## Dinner Night Out

*We're going to have a magical evening celebrating spring!*

**WHEN:** Wednesday, May 24  
**WHERE:** Rivers Enrichment Center, Three Rivers  
**TIME:** 5 p.m.  
**COST:** \$15.00 per person  
**RSVP:** Tickets must be purchased no later than Monday, May 15, or until we sell out.

Join us for a delicious dinner of Chicken Breast Stuffed with Spinach and Feta, Fresh Asparagus, Wild Rice, Spring Mix Salad, Rolls and a fabulous springtime dessert. Our entertainment for the evening is "Amazing Mike" - Mike Conklin, who will treat guests to his fantastic magic show.



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

**Movie:** *Book Club: The Next Chapter*  
**Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into cross-country adventure.**

**When:** Monday, May 22  
**RSVP:** 279-8083  
**Time:** Cindy will call you with the movie & dinner time. We also will post flyers at our centers and on Facebook.

**The bus will not be running from Sturgis to the movie theater this month.**

## Pickleball Lessons Offered Tuesdays

Wanting to play pickleball but not sure how the game is played? Stop by the COA on Tuesdays at 11 a.m. where a volunteer will teach you the rules of the game.

The court is located in the rear southeast corner of our Three Rivers Enrichment Center. 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. We also ask that you check-in at the kiosk located near the front desk.

Please call Tuesday morning to ensure our instructor will be there. No lessons will be offered if it is raining.

In addition to pickleball the court also features shuffleboard and that equipment can be checked out at the front desk.



## Let's Make This Sweet Tea Cup Garden!

We will have various items for you to use to make your own unique creations!!

WHEN: Monday, May 15 at the Oaks Enrichment Center @ 1:30 p.m.

Tuesday, May 16 at the Rivers Enrichment Center @ 10:00 a.m.

COST: Free! Donations Welcome!



## National Lucky Penny Day!



To continue our celebration of our 50th anniversary, we will be placing 50 pennies in random spots throughout our centers on Tuesday, May 23, which is National Lucky Penny Day. If you find a penny, go to the reception desk to enter your name in a drawing for a special surprise.

The drawing will take place at the end of the day and the lucky winner from each center will be notified. And remember: "Find a penny, pick it up. All day long, you'll have good luck!"



## Lansing *Update*

Join us on Friday, May 5 from 1 p.m. - 2 p.m. at the Oaks Enrichment Center in Sturgis 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.

**Don't Forget!**  
**The COA is closed**  
**Monday, May 29**



# SENIOR RESOURCE FAIR

*An event for older adults to learn about the many resources and support available to help them stay healthy and independent.*

**Wednesday, May 10**

**11 a.m. – 2p.m.**

**Oaks Enrichment Center**

**306 N. Franks Avenue, Sturgis**

**Free Admission ♦ Free Lunch ♦ Door Prizes**

**Grand Prize Drawing – Lift Chair**

**This event is hosted by the St. Joseph County Adult Service Network and graciously funded by:**



**STURGIS AREA**  
COMMUNITY FOUNDATION



**Tri-State**  
HEALTH AND WELLNESS



**gt independence**  
Your life. Your choice.

**Humana**

THE SPARROW HOUSE  
A SENIOR LIVING RESIDENCE



**HOMEJOY**



THURSTON WOODS  
VILLAGE  
Caring...It's a matter of the heart



for the love of  
**charlie™**



**meijer**



**centrica™**  
CARE NAVIGATORS

**Beltone™**

**Burr OAK Tool**

*If you need help with transportation to this event, call the SJCTA at (269) 273-7808 at least 48 hours in advance for a free ride within St. Joseph County. Questions about the Resource Fair? Call the COA at (269) 279-8083.*



## 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.

**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, Belton 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.

### OVER THE TELEPHONE

**When:** Friday, May 19, 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, May 2, 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.**

## St. Joseph County Commodity Supplemental Food Program Distribution Schedule:

**Call Southwest  
Michigan Food Bank  
for times & locations**

**May 22, 23 & 24**

**July 24, 25 & 26**

**September 25, 26 & 27**

**November 20, 21 & 22**

**269-964-3663**

**smfoodbank.org**

### 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! Mondays (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. 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

### 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](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.

**Book Club**

The Three Rivers Book Club is reading *Olive Kitteridge* by Elizabeth Strout. The book will be discussed on **Wednesday, May 24 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 *Twenty* by Debra Landwehr Engle. **The group meets on the third Thursday of the month (May 18) 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, May 5 at 10:30 a.m.**

**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

**Mah Jongg**

Three Rivers: Tuesdays at 12:45pm

**Pinochle**

Three Rivers: Mondays at 1:00pm

Tuesdays at 2:30pm

Wednesdays at 1:00pm

**The Billiards Club in Sturgis is taking the summer off. The group will start meeting again in the fall.**

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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

May Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	2 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Lessons 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 6pm - Alzheimer’s Assoc. Caregiver Support Group	3 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	4 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	5 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 10:30am - Jude the Comfort Dog 11am - S.A.I.L. Exercise 12:30 - Peso Toss 12:30pm - Bingo at Klines 1pm - Bingo
8 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	9 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Lessons 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	10 9:30 am - Flexible You 10am - Arthritis Exercise 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Pinochle 1:30pm - Ballroom Dancing SENIOR RESOURCE FAIR IN STURGIS (11am - 2pm)	11 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold HORROCKS FARM MARKET TRIP	12 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
15 10am - Art of Downsizing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	16 9:30am - Cardio Drumming 10am - Teacup Garden Craft 10:30am - Arthritis Exercise 11am - Pickleball Lessons 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	17 9:30am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12pm - Serving Up Knowledge 1pm - In Stitches 1pm - Pinochle 1:30pm - COA Advisory Board Meeting in Sturgis 1:30pm - Ballroom Dancing	18 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	19 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo LANTERN FESTIVAL TRIP
22 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold Dinner & Movie	23 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Lessons 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle LUCKY PENNY DAY	24 9:30am - Flexible You 10am - Arthritis Exercise - 11am - S.A.I.L. Exercise 12pm - Book Club 1pm - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing 5pm - DINNER NIGHT OUT	25 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	26 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
29  COA CLOSED FOR MEMORIAL DAY	30 9am - Foot Doctor 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Lessons 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle CASINO TRIP	31 9:30am - Flexible You 10am - Art of Downsizing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing		

May Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	<b>2</b> 9am - Core Strength 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	<b>3</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	<b>4</b> 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	<b>5</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise <b>12:30pm - Peso Toss</b> 1pm - Cardio Drumming <b>1pm - Rep. Steve Carra Visit</b>
<b>8</b> 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	<b>9</b> 9am - Core Strength <b>9:30am - Foot Doctor</b> 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre <b>1pm - Art of Downsizing</b> 6pm - Silver Strength	<b>10</b>  <b>SENIOR RESOURCE FAIR</b> <b>11am - 2pm</b> <b>Free Lunch!</b> <b>All regularly scheduled activities cancelled</b>	<b>11</b> 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge <b>HORROCKS FARM MARKET TRIP</b>	<b>12</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
<b>15</b> 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo <b>1:30pm - Teacup Garden Craft</b>	<b>16</b> 9am - Core Strength 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre <b>1pm - Tuesday Trivia</b> <b>6pm - NO Silver Strength</b>	<b>17</b> <b>9:30am - Katie's Corner</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre <b>1:30pm - COA Advisory Board Meeting</b> <b>4pm - Potluck Bingo</b>	<b>18</b> 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre <b>3pm - Book Club</b> 6pm - Silver Strength 7pm - Duplicate Bridge	<b>19</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming <b>LANTERN FESTIVAL TRIP</b>
<b>22</b> 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo <b>DINNER AND A MOVIE IN THREE RIVERS</b>	<b>23</b> 9am - Core Strength 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre <b>1pm - Art of Downsizing</b> 6pm - Silver Strength <b>LUCKY PENNY DAY</b>	<b>24</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise <b>12pm - Serving up Knowledge</b> 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre <b>5pm - DINNER NIGHT OUT</b>	<b>25</b> 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	<b>26</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise <b>1pm - NO Cardio Drumming</b>
<b>29</b>  <b>COA CLOSED FOR MEMORIAL DAY</b>	<b>30</b> 9am - Core Strength 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre <b>6pm - NO Silver Strength</b> <b>CASINO TRIP</b>	<b>31</b> 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre		

Meals on Wheels & Congregate Menu  
MAY 2023

15

DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Monday, May 1	Bourbon Chicken Thighs, Cheesy Grits, Spinach, Broccoli & Cauliflower
Tuesday, May 2	Jeweled Pork Loin, Long Grain & Wild Rice, Dilled Carrots, Capri Blend Vegetables
Wednesday, May 3	Turkey & Stuffing Casserole, Green Beans, Scalloped Tomatoes
Thursday, May 4	Cracker Crumb Cod, Broccoli Rice Au Gratin, Asparagus
Friday, May 5	Beef Fajitas, Spanish Rice, Seasoned Black Beans, Key West Blend Vegetables
Monday, May 8	Tahitian Chicken, Rice, Oriental Blend Vegetables, Normandy Blend Vegetables
Tuesday, May 9	Pizza Casserole, Green Beans, Zucchini & Tomatoes
Wednesday, May 10	Tuna Noodle Casserole, Peas & Pearl Onions, Midori Blend Vegetables
Thursday, May 11	Cranberry Glazed Pork, Parmesan Rice, Key West Blend Vegetable, Asparagus
Friday, May 12	Meatloaf, Mashed Potatoes, Roasted Brussel Sprouts , Mixed Vegetables
Monday, May 15	Ham & Potato Au Gratin, Asparagus, Cauliflower
Tuesday, May 16	Bruschetta Chicken, Parsley Noodles, Mixed Vegetables, Sugar Snap Peas
Wednesday, May 17	Country Fried Steak, Mashed Potatoes & Gravy, Capri Blend Vegetables, Roasted Brussel Sprouts
Thursday, May 18	Beef Pot Roast, Red Bliss Potatoes, Diced Beets, Italian Blend Vegetables
Friday, May 19	Cracker Crumb Chicken, Sweet Potatoes, Broccoli & Cheese
Monday, May 22	Swedish Meatballs, Egg Noodles, Peas & Pearl Onions, Stewed Tomatoes
Tuesday, May 23	Herb Crusted Cod, Baked Potato, Glazed Baby Carrots
Wednesday, May 24	Mandarin Pork Roast, Roasted Red Potatoes, Green Beans & Mushrooms
Thursday, May 25	Honey Mustard Chicken Thighs, Cheesy Grits, Collard Greens, Midori Blend Vegetables
Friday, May 26	Bangers & Mash with Onion Gravy, Asparagus, Parslied Cauliflower
Monday, May 29	Closed for Holiday
Tuesday, May 30	Turkey Pot Roast, Mashed Potatoes, Wax Beans, Dilled Carrots
Wednesday, May 31	Chicken Broccoli Casserole, Mixed Vegetables, Zucchini & Tomatoes

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 FREE Senior Resource Fair on  
Wednesday, May 10 at the  
Oaks Enrichment Center,  
306 N. Franks Avenue, Sturgis.

11 a.m. - 2 p.m.

Free lunch! Great Prizes!

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

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