



The Senior Connection

St. Joseph County Commission on Aging Newsletter

June 2023



Strawberry Season is Here!

Strawberry Shortcake at the COA

Details on Page 6



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...

We need your help spreading the word about some great job openings here at the COA along with some wonderful volunteer opportunities.

We are looking for In-Home Aides! Aides can provide personal care, respite care, and perform light housekeeping duties. They have the ability to make their own schedule and work up to 29 hours per week.

We also offer great benefits, including competitive pay, a retention bonus, travel reimbursement, a retirement savings plan, and tuition reimbursement.

The COA also is looking for a part-time chore worker. This individual would primarily be working outside mowing lawns, washing windows and other tasks that are too big for a senior to handle on their own. If you know of anyone who might be interested in working for the COA, please let them know about these great job opportunities.

We also are looking for a volunteer to help our members with their cell phones at our center in Sturgis. If you are a little tech savvy and have some time to give, please reach out to Life Enrichment Coordinator Cindy Batten. I promise, our requests for phone help are pretty simple.

Speaking of volunteers, we have so many members who help us here at the COA. Whether it's driving our bus, helping out in the kitchen, or helping out with a special event (you know who you are members from Sturgis who helped at the Senior Resource Fair), we could not do the things we do without volunteers.



We also are so fortunate to have students come help us with projects here at the COA, big and small.

In May, members of the Centreville High School football team helped us with our landscaping project at the Rivers Enrichment Center. There is a picture of these hardworking young men on Page 8 of this newsletter.

Another student from Centreville High School spent a few hours preparing quilted placemats that were made by the River Country Quilters for our Meals on Wheels participants. Thank you Kim Talbot and the River Country Quilters for this wonderful gift. Thank you Bella Kessler for volunteering at the COA!

Finally, we have a few openings on the COA Advisory Board. If you are interested in serving on our Board, please contact us and we can provide you with a Citizen

Interest Form, or stop by either center to pick one up.

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.

Changes to COA Restaurant Program Go Into Effect this Month

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As we approach the halfway point of 2023 - we are overwhelmed by the enthusiasm and support our members have shown for all of our programs, *especially the Restaurant Program*. After more than two years of a pandemic that was challenging for so many, it looks like our members are excited to get out and participate in activities - not only at the COA but eating out at local restaurants.

Also exciting is that we met our goal of increasing membership for 2023 in April. A FULL EIGHT MONTHS ahead of our expectations. We are thrilled to see our numbers grow, and we hope this trend continues. Please keep spreading the news about the COA and all that it has to offer. It is our members that are our best advertisers!

At this point we are distributing significantly more restaurant tickets than was budgeted for 2023. We make our budget several months in advance for each coming year and go by numbers from previous years to help us make those decisions. A surge in membership and participation in the Restaurant Program means we need to limit the number of tickets members can receive each month.

With input from the COA management team, the COA Advisory Board recommended at its May meeting that the COA drop the number of tickets members are allowed to receive each month to three, effective June 1.

"This was not an easy decision," said COA Executive Director Pam Riley. "We know how much our members enjoy our Restaurant Program, but taking action now should allow us to sustain the program through the end of the year."

A great alternative for those looking for a nutritious meal at a very reasonable price is the hot meal we serve Monday through Friday at our centers and on Fridays at Klines Resort. Any member is welcome to eat lunch at any of our centers. The suggested donation is \$2.50 for the Noon meal and the menu is listed on Page 15 of this newsletter and on our website.

If you have any questions or concerns about the Restaurant Program, please reach out to Ms. Riley or COA Nutrition Manager Katie Hughes.



Welcome Britt!

We are pleased to announce that Britt Buscher is our new Finance Manager. Prior to joining the COA, Britt worked as a Juvenile Deputy Clerk for St. Joseph County.

Britt said serving on the COA Advisory Board allowed her to learn a lot about the COA and what it does for the community, which was a big impetus for her to apply for the job of Finance Manager.

"I was excited when I saw this position become available because I am passionate about helping older adults," she said. "The dedication and enthusiasm the entire staff have for seniors is something I am thrilled to be a part of."

SERVING^{UP} knowledge

With a Side of Lunch!

Serving up Knowledge is a monthly program offered at both our centers focusing on caregivers and issues they may face. June is Alzheimer's and Brain Awareness Month. With that in mind, we are pleased to welcome the Alzheimer's Association of Southwest Michigan to discuss services and support it offers to families dealing with Alzheimer's. Also speaking is Carol Ruggles, who leads the Alzheimer's Association Caregiver Support Group in St. Joseph County. 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, June 14 in Three Rivers @ Noon**
 Wednesday, June 21 in Sturgis @ Noon

Make this Adorable Flag Wreath: Perfect for Flag Day & Fourth of July!

WHEN:

Tuesday, June 6 at
10 am in Three Rivers

Tuesday, June 13 at
1 pm in Sturgis

RSVP:

279-8083

COST:

Free - Donations
Welcome!



COA to Offer Special Program for Alzheimer's and Brain Awareness Month

The COA is offering a special event for caregivers of someone with dementia. This event, which could also be useful to family members, is called the **Best Friends Approach to Dementia Care**.

The Best Friends™ Approach was developed in the 1990s by Virginia Bell and David Troxel while they were working at the University of Kentucky Alzheimer's Disease Research Center. Virginia and David developed the Best Friends™ Approach based upon their experiences with persons with dementia, family members and adult day center care. Simply put, they suggest that what a person with dementia needs most of all is a friend, a "Best Friend." This can be a family member, friend, or staff member who empathizes with their situation, remains loving and positive, and is dedicated to helping the person feel safe, secure and valued.

The Best Friends Approach starts with seven basic 'building blocks' that can help you learn to "see" persons with dementia differently and begin implementing a Best Friends Approach in your caregiving. To learn more about the program visit www.bestfriendsapproach.com

This program is free and includes a light supper. If you would like to participate, please call the COA by Friday, June 16.

Please share this with anyone you know that is caring for someone with Alzheimer's and might benefit from this program.

WHEN: **Wednesday, June 21 - Rivers enrichment Center, TR**
 Tuesday, June 27 - Oaks Enrichment Center, Sturgis
TIME: **5 p.m. - 7 p.m.**

**A BIG THANK YOU TO CENTRICA CARE NAVIGATORS
FOR OFFERING THIS PROGRAM AT THE COA!**

*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. **Trips must be paid in full no later than three (3) business days of the reservation being made.***

***Non-payment will result in the forfeiture of your spot.** 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 front desk at the beginning of the month.*

Saturday, June 10th – Sweet Breeze Canal Boat Cruise in Fort Wayne, IN

Lunch at Golden Corral Buffet & Grill + Kilwin's Chocolates, Fudge and Ice Cream.

Travel the Fort Wayne Rivers on Sweet Breeze – an authentic 1840 canal boat replica. This is just not a boat ride – it's an experience you won't soon forget. Prior to the boat cruise we will be enjoying lunch at Golden Corral Buffet & Grill. After cruising the rivers of Fort Wayne we will stop at Kilwin's Chocolates, Fudge and Ice Cream for a sweet treat to take home. We'll be departing Three Rivers at 8:45 a.m. and Sturgis at 9:30 a.m. We plan to return to Sturgis by 4:45 p.m. and in Three Rivers by 5:30 p.m.

\$48.00 per person (Dinner on your own)

Wednesday, June 21st – Nunsense II at Tibbits Opera House in Coldwater

Lunch at Trainwreck Grill and Ale + Tasty Twist Ice Cream Shop.

The Little Sisters of Hoboken return...funnier, zanier and more lovable than ever! Having been "bitten by the theater bug," the nuns present a "Thank You Program" dancing and singing for all who supported them in last year's benefit. Amidst their high-spirited performance they deal with rumors of talent scouts in the audience and Franciscans who want to claim Sister Mary Amnesia as one of their own. With zany antics and catchy songs like "Winning Is Just the Beginning," "The Padre Polka" and "What Would Elvis Do?" audiences will be rolling in the aisles!

Prior to the show, we will have lunch at The Trainwreck Grill & Ale House, a renovated historic location that offers a unique and memorable dining experience. It is a locally owned neighborhood restaurant serving elevated dishes where friends and family can expect hand crafted kitchen meals with familiar and original recipes using fresh ingredients and choice fresh meats. After the show, we will stop at Tasty Twist for a quick treat.

We'll be departing Three Rivers at 10:15 a.m. and Sturgis at 11 a.m. We plan to return to Sturgis by 5:15 p.m. and to Three Rivers by 5:45 p.m.

\$53.00 per person (Lunch and ice cream on your own)

Tuesday, June 27th – Shipshewana Flea Market

Lunch at the Das Dutchman Essenhaus

Visit the Shipshewana Flea Market located in Indiana's Amish Country. This is the Midwest's Largest Flea Market - with nearly 700 vendors. Lunch will be at the Das Dutchman Essenhaus with a little time after lunch for shopping the restaurant's gift shops. Be sure to save a little room in your belly for a Ben's Soft Pretzel before we head home. We will leave Three Rivers at 8:15 a.m. and Sturgis at 9:00 a.m. We plan to return to Sturgis at 4:45 p.m. and Three Rivers at 5:30 p.m.

\$10.00 per person (Lunch and Pretzel on your own)

Trip Cancellation Policy

In order to grant a refund, we must be able to fill your space(s) from the waiting list. A \$5 processing fee will be deducted from all refunds. If there is no waiting list, no refund will be granted. NOTE: This policy includes health and illness-related cancellations. Full refunds are given if the trip is cancelled by the COA.

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Painting with Pat

Join local artist Pat Asbury to create your own watercolor version of the picture of water lilies.

WHEN: Monday, June 19 and Monday, June 26

WHERE: Oaks Enrichment Center, Sturgis

TIME: 10 a.m. to Noon

COST: \$15.00 payable to Pat on the first day of class

All supplies are included.



Water Festival 2023: Food, Fun and Friends!

We will celebrate the Three Rivers Water Festival this year with lunch and free Bingo on Friday, June 16. And like last year, we will celebrate at the Three Rivers COA. Due to parking and space limitations at some of the outdoor venues near the Water Festival, we thought it would work out better to eat lunch and play Bingo at the COA. That way, in case the weather is bad, we will be protected and able to keep on having fun. This year the theme is Three Rivers Goes Tropical so make sure to wear your favorite Hawaiian shirt that day!

Lunch will be served at Noon. We will have STRAWBERRY SHORTCAKE for dessert! After lunch we will play Bingo from 1p.m. until 2:30 p.m. Please sign up no later than Friday, June 10. Space is limited.

If enough people express interest, we will have a bus available to transport members from our Sturgis Enrichment Center, so if you sign up for Water Festival lunch and Bingo, and would like to receive a bus ride to Three Rivers, please make sure you let them know when you make your reservation.



WE NEED COA MEMBERS TO PARTICIPATE IN THE WATER FESTIVAL PARADE!

The COA is participating in the parade on Thursday, June 15 at 7 p.m. We do need bus riders, or people who would like to walk alongside our bus and pass out candy.

If you are interested in participating, please sign up at the reception desk in Three Rivers or see Ruth Mancina as soon as possible.

Show your enthusiasm for the COA! The Three Rivers Water Festival is from June 15-17 and we have brochures available near the reception desk.





Katie's KORNER

Each month Nutrition Director Katie Hughes offers a presentation on nutrition. She alternates her presentations between our Three Rivers and Sturgis locations. **This month she is going to talk about 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, June 19.

WHEN: Wednesday, June 21
WHERE: Rivers Enrichment Center, Three Rivers
TIME: 9:30 a.m.



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

WHEN: Tuesday, June 20
TIME: 1 p.m. - 2 p.m.
WHERE: Oaks Enrichment Center, Sturgis

National Ice Cream Soda Day!



There are many claims to the invention of this delicious treat. One such claim was made by a Mr. Robert McCay Green. According to Green, he created the beverage in 1874 in Philadelphia when he ran out of ice for his shaved ice treats. Once he began substituting ice cream, he had a hit on his hands. Green even included in his will that his gravestone read, "Here lies the originator of the ice cream soda."

Philip Mohr of Elizabeth, New Jersey would mix soda water with ice cream to make the drink colder. His practice took place as early as 1862 beating out Mr. Green's claim. Advertisements in an 1862 Newport Daily News celebrating Ice Cream Soda encourage customers to "Try It, Try It, Try It, It." By the looks of it, it was something new at the time.

Whenever the ice cream soda was invented, it was certainly a winning combination. For generations, we have been enjoying these creamy carbonated desserts at pharmacies and soda fountains across the USA.

Here at the COA, we're just happy someone invented it!

Let's celebrate by making Ice Cream Sodas on Tuesday, June 20. You need to sign up for this special treat so we can ensure we have enough for everyone. We will be making them at both centers right after lunch - around 12:15pm.

If you plan on joining us for lunch that day, please be sure to call or sign up on the kiosk by 1 p.m. the day before.

8 The Importance of Bees

Join us during National Pollinators Week as local bee keeper Karen Lance shares her presentation on bees. Karen will discuss the history of bees and the importance of pollination. She also will bring a beehive, tools she uses, and share her personal experiences of raising bees. Light refreshments will be served. Please call 279-8083 to register and let us know which center you will be attending.

WHEN: Monday, June 19

TIME & LOCATION: 11:00 a.m. in Three Rivers
1:30 p.m. in Sturgis



National Hydration Day

Friday, June 23



Stop by the COA for a free bottle of water to help keep yourself hydrated and healthy.

As we enter the summer months, it is vital to stay hydrated. As we get older our sense of thirst diminishes, making it even harder to know when we are becoming dehydrated.

Hydration is vital because it keeps electrolytes balanced, blood volume normal, aids in digestion, transportation of nutrients, and kidney functioning. It also helps with proper brain function. It is recommended that adult men drink about ten cups of water per day and women should drink roughly eight cups per day.

In keeping with our pledge to celebrate the number 50 every month this year, look for a flyer posted at the centers beginning June 1 on 50 ways to beat the heat.



Members of the Centreville High School Football Team donated their time on a recent Saturday to help move rocks for a major landscaping project we are doing at the Rivers Enrichment Center. Thank you Bulldogs!



New Exercise Class on Tuesdays at the COA!

Kathy Bingaman is returning to teach a fantastic class at our Rivers Enrichment Center called *Forever Fit* that will focus on gentle movement and breathing.

A great way to start your day, this class uses both standing and mat yoga poses to improve strength, flexibility, and balance. Wind down at the end of class with a calming, relaxing meditation. Kathy is certified to teach group fitness classes and has been teaching exercise classes for many years.

Forever Fit begins on Tuesdays at 8:30 a.m. Class concludes at 9:15 a.m. Yoga mats will be provided but if you have your own, feel free to bring that with you to class.

The first class will be Tuesday, June 6. Hope to see you there!



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.

Foot Doctor

Tuesday, July 11

Oaks Enrichment Center - Sturgis

9:30 a.m. - Noon

Please 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, June 30, 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.



Hearing Screenings

If you are in need of a hearing screening, Beltone Hearing will be at the **COA in Three Rivers on Monday, July 10, 2023 from 9am - 11am.** Please call 279-8083 to make an appointment.

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, June 6, 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).

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.

In Three Rivers we have a volunteer available to help on the third Monday of each month.
Call 279-8083 to make an appointment.

TECH TIME: June 19th (10 a.m. - 12 p.m.)
Rivers Enrichment Center

St. Joseph County Commodity Supplemental Food Program Distribution Schedule:

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

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. Melissa is certified through the Arthritis Exercise Foundation.

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.

All Arthritis Exercise 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

NEW! Forever Fit

A great way to start your day, this class uses both standing and mat yoga poses to improve strength, flexibility, and balance. Wind down at the end of class with a calming, relaxing meditation." Yoga Mats are provided.

Three Rivers: Tuesdays at 8:30am (CR)

Instructor: Kathy Bingaman

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 the Evidence Based Disease Prevention Program and our 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

Book Club

The Three Rivers Book Club is reading *Olive Kitteridge* by Elizabeth Strout. The book will be discussed on **Wednesday, June 28 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 *I Will Protect You: A True Story of Twins Who Survived Auschwitz* by Eva Mozes Kor and Danica Davidson. **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, June 2 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

NEW!

Harvey House
125 W. Water Street

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

Detroit Coney Island
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

Colon

Dawn’s Café
105 E. State Street
(269) 432-4034

June Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE TRIPS: Saturday, June 10 - Sweet Breeze Canal Boat Cruise Wednesday, June 21 - Nunsense II at Tibbets Opera House Tuesday, June 27 - Shishewana Flea Market				
			1 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	2 9:30am - Line Dancing 9:00am - Blood Pressure Ck 10am - Arthritis Exercise 10:30am - Jude Comfort Dog 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
5 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	6 8:30am - NEW! Forever Fit 9:30am - Cardio Drumming 10am - Flag Wreath Craft 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 6pm - Alzheimer's Assoc. Caregiver Support Group	7 9:30 am - Flexible You 10am - Arthritis Exercise 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Pinochle 1:30pm - Ballroom Dancing	8 9:30am - NO Cardio Drumming 10:30am - NO Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	9 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 10:30am - P.A.C. Meeting 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
12 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	13 8:30am - NEW! Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	14 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 - Ballroom Dancing	15 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold 7pm - Water Festival Parade	16 9:30am - Line Dancing 9:00am - Blood Pressure Ck 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12pm - Water Festival Lunch and Free Bingo @ 1pm 12:30pm - Bingo at Klines
19 10am - Arthritis Exercise - Taking it Easy 10am - 12pm - Tech Time 11am - S.A.I.L. Exercise 11am - Bee Presentation 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	20 8:30am - NEW! Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:15pm - Ice Cream Soda Day (Please RSVP) 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	21 9:30am - Katie's Corner 9:30am - Flexible You 10am - Arthritis Exercise Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Pinochle 1:30pm - NO Ballroom Dancing 1:30pm - COA Board Meeting 5pm - 7pm - Best Friends Approach	22 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	23 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo National Hydration Day
26 9:30am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 1pm - Zumba Gold	27 8:30am - NEW! Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	28 9:30am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12pm - Book Club 1pm - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing	29 9:30am - Cardio Drumming 10am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 1pm - Zumba Gold	30 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo

June Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE TRIPS: Saturday, June 10 - Sweet Breeze Canal Boat Cruise Wednesday, June 21 - Nunsense II at Tibbets Opera House Tuesday, June 27 - Shipshewana Flea Market			1 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	2 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
5 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	6 9am - Core Strength 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	7 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	8 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	9 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
12 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	13 9am - Core Strength 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Flag Wreath Craft 6pm - Silver Strength	14 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	15 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 6pm - Silver Strength 7pm - Duplicate Bridge	16 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 12pm - Water Festival Lunch in Three Rivers and Free Bingo at 1pm 1pm - Cardio Drumming
19 10am - Arthritis Exercise - Taking it Easy! 10am - Painting with Pat 11am - S.A.I.L. Exercise 12:30pm - Bingo 1:30pm - Bee Presentation	20 9am - Core Strength 10am - Boards & Bagels 10am - Chair Yoga 12:15pm - Ice Cream Soda Day (Please RSVP) 1pm - Euchre 1pm - Tuesday Trivia 6pm - Silver Strength	21 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 12pm - Serving up Knowledge 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 4pm - Potluck Bingo	22 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 7pm - Duplicate Bridge	23 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming National Hydration Day
26 10am - Arthritis Exercise - Taking it Easy! 10am - Painting with Pat 11am - S.A.I.L. Exercise 12:30pm - Bingo	27 9am - Core Strength 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - P.A.C. Meeting 5pm - 7pm - Best Friends Approach Dinner 6pm - Silver Strength	28 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	29 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 7pm - Duplicate Bridge	30 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
JUNE 2023

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Thursday, June 1	Lemon Baked Fish, Brown Rice, Peas & Pearl Onions, Cauliflower
Friday, June 2	Fruited Chicken Salad, Creamy Cole Slaw, Three Bean Salad
Monday, June 5	Dijon Chicken Thigh, Mashed Potatoes, Key West Blend Vegetables, Broccoli
Tuesday, June 6	Italian Sausage with Peppers & Onions, Roasted Sweet Potatoes, Peas & Carrots
Wednesday, June 7	Maple Glazed Fish, Florentine Rice Pilaf, Cauliflower, Creamy Peas with Red Peppers
Thursday, June 8	Citrus Glazed Turkey, Red Potatoes, Butternut Squash
Friday, June 9	Hamburger Stroganoff, Scalloped Tomatoes, Wax Beans
Monday, June 12	Bourbon Pork Chops, Whipped Sweet Potatoes, Broccoli
Tuesday, June 13	Salmon Patty, Parmesan Noodles, Cauliflower, Butternut Squash
Wednesday, June 14	Chicken Marsala, Mashed Potatoes, Harvard Beets, Asparagus
Thursday, June 15	Pepper Steak, Brown Rice, Glazed Carrots, Italian Green Beans
Friday, June 16	BBQ Beef Sandwiches, Cole Slaw, Baked Beans, Strawberry Shortcake
Monday, June 19	Oven Baked Fish, Parslied Potatoes, Green Beans & Mushrooms
Tuesday, June 20	Turkey & Butternut Squash Bake, Red Bliss Potatoes, Asparagus
Wednesday, June 21	Homestyle Veal, Mashed Potatoes & Gravy, Whole Baby Carrots, Roasted Brussel Sprouts
Thursday, June 22	Tropical Pork, Black Beans & Rice, Scalloped Tomatoes, Creamy Peas with Red Peppers
Friday, June 23	Goulash, Collard Greens, Broccoli
Monday, June 26	Mushroom Swiss Burger, Sweet Potato Wedges, Honey Glazed Carrots
Tuesday, June 27	Turkey Shepherd's Pie, Mashed Potatoes, Oriental Blend Vegetables
Wednesday, June 28	Tuna Salad, Mixed Greens Salad, Cantaloupe
Thursday, June 29	BBQ Chicken, Baked Potato, Cucumbers & Tomatoes
Friday, June 30	Apple Pork Chop, Roasted Rosemary Potatoes, Collard Greens, Capri Blend Vegetables

Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

Call the COA 24 hours in advance to reserve your lunch at Three Rivers or Sturgis.

You can also make a reservation on our website at www.sjccoa.com

Questions? Call Nutrition Manager Katie Hughes at 279-8083, Ext. 109

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

Oaks Enrichment Center
269-279-8083
306 N. Franks Avenue
Sturgis, MI 49091
Lunch is served at Noon
or can be picked up
between 11:30-12:30

Klines Resort
269-279-8083
22260 Klines Resort Road
Lunch is served at Noon
on Fridays only.
Reservations are required.



**Thank you K&D Body Shop for
your support of the
Commission on Aging!**

**We are grateful for community
partners like you!**

**K&D
BODY SHOP**

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 # _____