



The Senior Connection

St. Joseph County Commission on Aging Newsletter

July 2023



Far Out...

**It's the COA
Summer Picnic!
Wednesday, July 26**

Details on Page 3

**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...

The paving project of the parking lot at our Three Rivers center began in late June and is continuing into July. Please look for signs posted throughout the building as we will do our best to keep you updated on the project and parking. We appreciate your patience. I know the end result will be a beautiful and smooth parking lot for our members to drive and walk on.

One of my favorite events is taking place this month: our Annual Summer Picnic. This will be my third one and it's always a fun time. This year though it's going to be even more special because we are celebrating our 50th anniversary. We are taking you back to 1973 so bell bottoms, macrame vests, and tie-dye are all acceptable attire. Maybe some of you even have a pair of white go-go boots in the back of your closet. And, if you ordered a COA Anniversary T-Shirt, please wear that to the picnic!

In honor of it being our 50th, there will be no charge to attend the picnic. We will have to limit it to 200, so please sign up as soon as possible. While there is no charge to attend, please feel free to donate to help offset some of the costs. This could be in the form of a monetary donation, or perhaps a door prize or Bingo prize to be given away at the event. Please reach out to our Life Enrichment Team - Cindy or Ruth - they will be happy to accept any and all donations!

Thank to our members who participated in the Water Festival Parade in Three Rivers on June 15. I especially want to thank Joe and Zell Dumont for driving the COA bus. Everyone looked fabulous and I heard we definitely need more candy for next year!

Pam





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

Three Rivers

Friday, Sept. 8 @ 10:30 a.m.

Sturgis

Tuesday, Sept. 26 @ 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.

It's Our Annual Summer Picnic!

It's time to get your groove on because we are time traveling back to 1973, which was a VERY special year. The COA was started in 1973 and we are celebrating all year long! Because it's our 50th anniversary, we are not charging for the picnic this year. We are limiting it to 200 guests, so please RSVP as soon as you can!

The deadline to RSVP is Friday, July 14 or until we reach 200 guests. We will start taking reservations Monday, July 3.

WHEN:	Wednesday, July 26
WHERE:	St. Joseph County Grange Fair, Building 49
TIME:	10 a.m. - 2 p.m.
COST:	FREE!!!

Donations are welcome! Door prizes, Bingo prizes, monetary gifts, gift cards - any donation is appreciated.

There is ample parking near the building. Please use the Franklin Street entrance. Restrooms are located next to the building.

Catch you on the flip side!



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. In July we are pleased to welcome Three Rivers attorney Robert Dutka. Mr. Dutka will speak about Legal Issues and Grandparents Raising Grandchildren. He will touch upon such issues as obtaining custody or guardianship, enrolling grandchildren in school, accessing medical care, custody disputes and more.

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, July 12 in Three Rivers @ Noon**
 Wednesday, July 19 in Sturgis @ Noon



Join Cindy on Tuesday, July 18th for Dinner and a Movie. We'll see Indiana Jones and the Dial of Destiny at 3:30 p.m. and then afterwards we will go to Culver's for dinner. Plan on meeting at the Three Rivers 6 at around 3:15 p.m. Cost for the movie tickets, concessions and dinner afterwards is on your own.

BZZZZZZ....

This Craft is Bee-utiful



WHEN: **Monday, July 10 - Oaks Center, Sturgis @ 1:30pm**
 Monday, July 17 - Rivers Center, Three Rivers @ 10:00 a.m.

COST: **Donations Welcome**

RSVP: **You must pre-register for this event by calling the COA at 279-8083 or sign up at the reception desk**



The COA will be closed Tuesday, July 4.

JULY TRIPS

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*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.*

Wednesday, July 12 – Lavender Hill Farm, Niles

Lunch at Prime Table Restaurant in Niles and a stop at Four Flags Antiques

Be treated to a private tour at Lavender Hill Farm of Niles. They are a family-owned business that started in 2001. They have 4000 lavender plants of 10 different varieties which bloom in sequence from late June through late July. Their gift shop is brimming with handmade lavender products. Most products are created right on the farm. \$5.00 u-pick lavender bouquets will be available. We will eat lunch at Prime Table Restaurant before heading home and we will make a stop at Four Flags Antiques. We leave Sturgis at 8:15 a.m. and Three Rivers at 9:00 a.m. We should arrive back in Three Rivers around 4:00 p.m. and in Sturgis around 4:30 p.m. Return times are approximate.

\$10.00 per person (Dinner on your own)



Thursday, July 20 - Four Winds Casino - South Bend, Indiana

We'll be traveling to South Bend, Indiana for breakfast at the American Pancake House & Restaurant and then a little slot action at Four Winds Casino on "Senior Day". Senior Day perks include 25% off at some of the casino restaurants, plus earn 100 points, then visit a kiosk between 8 a.m. - 10 p.m. Eastern to receive \$10 in Instant Credit/Free Slot Play. We'll be departing Sturgis at 7:30 a.m. and Three Rivers at 8:15 a.m. We plan to return to Three Rivers by 4:45 p.m. and to Sturgis by 5:15 p.m. Return times are approximate.

\$12.00 per person (Lunch 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. 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 Commission on Aging.

Painting with Pat

Join local artist Pat Asbury to create your own watercolor version of the picture of “Looking for Trouble”. All supplies are included. If you would like to stay and eat lunch at the Sturgis center that day, make sure to sign up no later 1 p.m. on Friday, July 14

WHEN: Monday, July 17 and Monday, July 24
WHERE: Oaks Enrichment Center, Sturgis
TIME: 10 a.m. to Noon
COST: \$15.00 per class - payable to Pat Asbury
RSVP: Call 279-8083



Paint & Punch Party at the Rivers Enrichment Center

Join local artist Pat Asbury on Wednesday, August 2 at the Rivers Enrichment Center for a fun day painting. The project is pictured below. A COA lunch and punch will be provided as well as all supplies.

WHEN: August 2
TIME: 10 a.m. - 3 p.m.
RSVP: Call 279-8083 to sign up
COST: \$25 per person



Our members loved their flag wreaths! They turned out so cute. Check out the adorable beehive we're making in July on Page 4. We only have 15 spots at each center so sign up early!





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, July 17.

WHEN: Wednesday, July 19
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, July 18
TIME: 1 p.m. - 2 p.m.
WHERE: Oaks Enrichment Center, Sturgis

Coming Soon to Your⁷ Center: Butterfly Habitat

A few newsletters back, we mentioned we were getting butterfly habitats. They are coming in July! It will be exciting to watch all the stages they go through and then we will release the butterflies at our centers and hopefully see them around when we are outside.

If you are interested in helping with this project, such as supplying milkweed for feeding them, or helping to keep their habitats clean, be sure to attend the presentation by Jan Eichel on Tuesday, July 11 on the "The Secret Life of Butterflies".



The Secret Life of Butterflies

Monarch butterflies are one of the most recognizable signs of summer in Michigan. It's a rewarding hobby to bring some inside to watch their amazing transformation from caterpillar to first flight! Learn what it takes to help this endangered species thrive in your neighborhood or garden with guest speaker Jan Eichel.

WHEN: Tuesday, July 11th
WHERE: Three Rivers @ 10:00 a.m.
Sturgis @ 1:00 p.m.
RSVP: Call 279-8083 to sign up

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United States Trivia Contest

How well do you know your Fourth of July and U.S. flag history? The Fourth of July is when we celebrate the birth of American independence. The COA will be closed that day but below are some fun trivia questions for you to ponder. Turn this page in to the reception desk at either center when you have finished answering the 10 questions. Whoever has the most answers correct will receive a great prize that will include an American flag, which we all know has 50 stars on it. All entries must be turned in no later than July 31. Each month we have something in the newsletter with the number 50 to help us celebrate the COA’s anniversary all year long. If there is a tie with the most correct answers we will put those entries into a hat and do a drawing.

1. Once the American flag touches the ground it should be burned or disposed of.

TRUE FALSE

2. How many American flags have touched the moon?

FIVE THREE EIGHT ONE

3. Vermont was one of the original 13 stars on the flag

TRUE FALSE

4. Can you name one location where an American flag is displayed continuously despite the weather conditions?

5. What state was the first to declare the Fourth of July an official state holiday?

Pennsylvania Massachusetts New York

6. Thomas Jefferson and John Adams both died on July 4 in the same year.

TRUE FALSE

7. Americans spend more than ONE BILLION on fireworks annually.

TRUE FALSE

8. There is another country that celebrates its independence on July 4. Can you guess which one?

MALAYSIA PHILLIPPINES MALTA ZAMBIA

9. The oldest signer of the Declaration of Independence was Benjamin Franklin. How old was he?

68 70 74 65

10. The original flag featured 13 stars and stripes for the 13 colonies. Today’s version of the flag came to be following the addition of a 50th star in 1960 to represent which state?



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

Tuesday, August 1

9:00am - Noon

Rivers Enrichment Center - Three Rivers

Please call 279-8083 to make an appointment.



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.

St. Joseph County Commodity Supplemental Food Program Distribution Schedule:

July 24, 25 & 26

September 25, 26 & 27

November 20, 21 & 22

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

269-964-3663

smfoodbank.org



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. **IN JULY THE MEETING WILL TAKE PLACE ON JULY 11 DUE TO THE FOURTH OF JULY HOLIDAY!**

Three Rivers:

Tuesday, July 11, 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 at the COA

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: July 17 (10 a.m. - 12 p.m.)
Rivers Enrichment Center**

What do you call a spoiled hot dog?

A brat

Happy National

Hot Dog Day! (July 19)



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

Say Yes! to Weights

Three Rivers: Wednesdays at 9:30am (CR)

Instructor: Cathy Taylor

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

Pickleball Instruction - Three Rivers
Tuesdays at 11 a.m.

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 *Lizzie's War* by Tim Farrington. Because of the summer picnic, the date of the July book club is TBD and will be finalized at the June meeting. Please call Ruth Mancina at 279-8083 or email her at rmancina@sjcco.com for details on how you can participate. Books are available at the COA reception desk in Three Rivers.

The Sturgis Book Club is reading *My Name Is Lucy Barton* by Elizabeth Strout. **The group meets on the third Thursday of the month (July 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, July 7 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

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

July 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 COA CLOSED Happy Fourth of July! 	5 9:30 am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. 1pm - In Stitches Club 1pm - Pinochle 1:30pm - Ballroom Dancing	6 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	7 9:30am - Line Dancing 10am - Arthritis Exercise 10:30am - Jude Comfort Dog 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
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 8:30am - Forever Fit 9:30am - Cardio Drumming 10am - Secret Life of Butterflies Presentation 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 6pm - Alzheimer's Assoc. Caregiver Support Group	12 9:30 am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. 12pm - Serving Up Knowledge 1pm - In Stitches Club 1pm - Pinochle 1:30pm - Ballroom Dancing LAVENDER FARM TRIP	13 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	14 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
17 10am - Arthritis Exercise - Taking it Easy 10am - Beehive Craft 10am - 12pm - Tech Time 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	18 8:30am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 3:30pm - Movie at Three Rivers 6	19 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing	20 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold CASINO TRIP	21 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
24 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	25 8:30am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	26 SUMMER PICNIC @ SJC FAIRGROUNDS CENTERS ARE OPEN BUT CONGREGATE LUNCH AND ALL ACTIVITIES ARE CANCELLED	27 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	28 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
31 9:30am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 1pm - Zumba Gold		<ul style="list-style-type: none">• Foot Doctor will be in Three Rivers on August 1.• Paint & Punch is August 2 in Three Rivers - Sign up this month• At the time the newsletter went to press the date for Book Club had not been set. We will announce by July 1.		

July Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	4 COA CLOSED Happy Fourth of July! 	5 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	6 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 7pm - Duplicate Bridge	7 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
10 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1:30pm - Beehive Craft	11 9am - Core Strength 9:30am - Foot Doctor 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Secret Life of Butterflies 6pm - Silver Strength	12 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre LAVENDER FARM TRIP	13 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 7pm - Duplicate Bridge	14 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
17 10am - Arthritis Exercise - Taking it Easy! 10am - Painting with Pat 11am - S.A.I.L. Exercise 12:30pm - Bingo	18 9am - Core Strength 10am - Boards & Bagels 10am - Chair Yoga 11:30am - Veterans Affairs 1pm - Euchre 1pm - Tuesday Trivia 3:30 - Meet at Three Rivers 6 for Movie and Dinner 6pm - Silver Strength	19 9:30am - Katie's Korner 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 4pm - Potluck Bingo	20 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 6pm - NO Silver Strength 7pm - Duplicate Bridge CASINO TRIP	21 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
24 10am - Arthritis Exercise - Taking it Easy! 10am - Painting with Pat 11am - S.A.I.L. Exercise 12:30pm - Bingo	25 THE STURGIS CENTER IS CLOSED UNTIL 10AM EXCEPT FOR CORE STRENGTH AT 9AM 9am - Core Strength 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	26 SUMMER PICNIC @ SJC FAIRGROUNDS CENTERS ARE OPEN BUT CONGREGATE LUNCH AND ALL ACTIVITIES ARE CANCELLED	27 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	28 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
31 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo				

Meals on Wheels & Congregate Menu

JULY 2023

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Monday, July 3	Chicken Tenders, Tater Tots, Malibu Vegetable Blend
Tuesday, July 4	Closed for Holiday
Wednesday, July 5	Sweet & Sour Meatballs, Brown Rice, Prince Charles Vegetable Blend, Wax Beans
Thursday, July 6	Herbed Pork Loin, Roasted Sweet Potatoes, Brussel Sprouts, Stewed Tomatoes
Friday, July 7	Beef Mostaccioli, Asparagus, Mixed Vegetables
Monday, July 10	Ranch Chicken Thighs, Au Gratin Potatoes, Cauliflower & Peas, Wax Beans
Tuesday, July 11	Korean BBQ Beef with Vegetables, Brown Rice, Oriental Blend Vegetables
Wednesday, July 12	Southwest Egg Bake, Asparagus, Sausage Links, Hash Browns Potatoes
Thursday, July 13	Chicken Alfredo & Pasta, Caribbean Vegetable Blend, Mixed Vegetables
Friday, July 14	Philly Cheese Steak Bowl, Brown Rice, Green Bean Almondine, Zucchini & Summer Squash
Monday, July 17	Salisbury Steak, Mashed Potatoes, European Blend Vegetables, Carrots
Tuesday, July 18	Mandarin Pork Roast, Whipped Sweet Potatoes, Zucchini & Tomatoes, Mixed Vegetables
Wednesday, July 19	Chicken Cornbread Bake, Capri Blend Vegetables, Roasted Brussel Sprouts
Thursday, July 20	Beef Roast, Red Bliss Potatoes, Collard Greens
Friday, July 21	Chicken & Broccoli Casserole, Creamy Peas with Red Peppers, Cherry Crisp
Monday, July 24	Beef Pepper Patty, Mashed Potatoes & Gravy, Peas & Pearl Onions, Wax Beans
Tuesday, July 25	Cottage Cheese, Cantaloupe, Mixed Greens
Wednesday, July 26	Sloppy Joes, Potato Salad, Baked Beans
Thursday, July 27	Chicken Salad, Mixed Greens
Friday, July 28	Mexican Lasagna, Spanish Rice, Parslied Cauliflower
Monday, July 31	Pork Chop Supreme, Scalloped Potatoes, Green Beans & Mushrooms, Dilled Carrots

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 lunch reservations on the MySenior Center kiosk at either center.
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

Oaks Enrichment Center
269-279-8083
306 N. Franks Avenue
Sturgis, MI 49091
Lunch is served at Noon

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



Amazing Mike put on a great show at Dinner Night Out on May 24. Look for details about our next DNO in the August newsletter.



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 # _____