



# *The Senior Connection*

*St. Joseph County Commission on Aging Newsletter*

August 2023



**WE'RE TRANSPORTING YOU TO THE  
CARIBBEAN FOR DINNER NIGHT OUT!**



**St. Joseph County**  
**Commission on Aging**

**Rivers Enrichment Center**  
**& Residence**

1200 W. Broadway Street  
Three Rivers, MI 49093  
269-279-8083  
1-800-641-9899  
8am - 4pm (M-F)

**Oaks Enrichment Center**

306 N. Franks Avenue  
Sturgis, MI 49091  
269-279-8083  
1-800-641-9899  
8am - 4pm (M-F)

www.sjccoa.com  
FAX: (269) 273-7058



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**and YouTube**



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

A big thank you to all of our members and other guests to the Rivers Enrichment Center during the month of July while we replaced our entire parking lot. Your patience was very much appreciated! A big thank you to the COA's Maintenance Worker, Gary Oberlander, for overseeing this project and ensuring it all went smoothly. You also may have noticed that our landscaping around the Rivers Enrichment Center is getting a much-needed facelift. A big thank you to our Custodian, Melton Powell, for all his hard work on this endeavor.



We are still looking for individuals who would like a wonderful part-time job which offers a flexible schedule, competitive pay and great benefits. If you are a college student, a stay-at-home mom, or just wanting to work part-time, then consider becoming an In-Home Aide for the COA. You would be helping some of the most vulnerable citizens of our community stay safe and healthy in their own home. If you know of anyone who might be interested in working for the COA as an Aide, please encourage them to contact our Residential Services Manager, Nicole Notestine, for more information or apply on-line at the county's website: [www.stjoecountymi.org](http://www.stjoecountymi.org)

Our members sure have been having a lot of summertime fun...making a beehive craft, learning about Monarch butterflies, and taking a trip to a lavender farm have all been big hits. I want to thank our Life Enrichment Coordinator, Cindy Batten, for offering our members such a fabulous array of activities. A big thank you to Colon resident, Jan Eichel, for donating caterpillars to help us raise our very own Monarch butterflies at our enrichment centers. Jan also volunteered to speak at our centers, and our members loved learning all about Monarchs and how they develop.

I hear we are celebrating National Rum Day at Dinner Night Out on August 16. Caribbean food and a steel drummer? Count me in!

People always talk about the lazy days of summer, but it doesn't seem like that here at the COA - we are always buzzing with activity.

Finally, I want to thank our sponsors for the COA Summer Picnic: **Humana, Ayres-Oak Senior Insurance Services, Birch Meadows Senior Care, Tri-State Health & Wellness, and Thurston Woods Village.** Your support is greatly appreciated and allows us to provide more than 200 seniors with a fun day of great music, great food and great friends.

***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.

## **We're Celebrating National Rum Day at Dinner Night Out!**

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OK, so we might not have actual rum, but we will have everything you need to make you feel like you are in Jamaica! We're planning a fantastic evening with a tropical-themed menu, a non-alcoholic rum punch and our favorite steel drummer, Kent Arnsbarger, will be back.

This will be a fun evening you won't want to miss!

**WHEN: Wednesday, August 16**  
**TIME: 5:00 p.m.**  
**WHERE: Oaks Enrichment Center, Sturgis**  
**COST: \$15.00 per person**  
**RSVP: We will begin taking reservations on Tuesday, August 1 through Tuesday, August 8 or until we sell out.**

Our menu that night includes: Tossed Salad, Jerk Pork, Sweet Potatoes with Pineapple, Coconut Rice and Peas, Mango and Cucumber Slaw and a Tropical Dessert.

### ***Just a little history about rum...***

Rum's early history runs parallel with that of the Americas and some would say few liquors have had a bigger impact on the new world. While some form of rum has been distilled since the third century, it wasn't until 17th century colonizers began growing sugarcane in the Caribbean that rum's popularity exploded. Molasses is a byproduct of sugar production and rather than let this excess go to waste they distilled it into booze (good call).

Initially called "kill devil" for its high alcohol content and less than savory taste, the process of fermenting and distilling molasses became steadily more sophisticated and the spirit significantly more enjoyable. The etymology of the word "rum" is still open for debate but among the most agreed upon theories is that it is derived from the terms rumbuillion or rumbustion - both meaning an upheaval - but eventually shortened to rum.

Rum production quickly spread throughout the Caribbean and beyond, to islands such as Bermuda, Nevis, and Jamaica, becoming one of the most popular spirits and even being used as currency. Rum became so popular in colonial America that it eventually contributed to 80% of the exports from New England and a tax on sugar in the 1760s led directly to the American Revolution.

However, not all of rum's history is so rosy. Like many of the labor-intensive industries of the early American economies, the sugarcane and thus the rum trade was based on slave labor and the spirit's popularity contributed to the slave trade that existed in America until the Emancipation Proclamation of 1863.





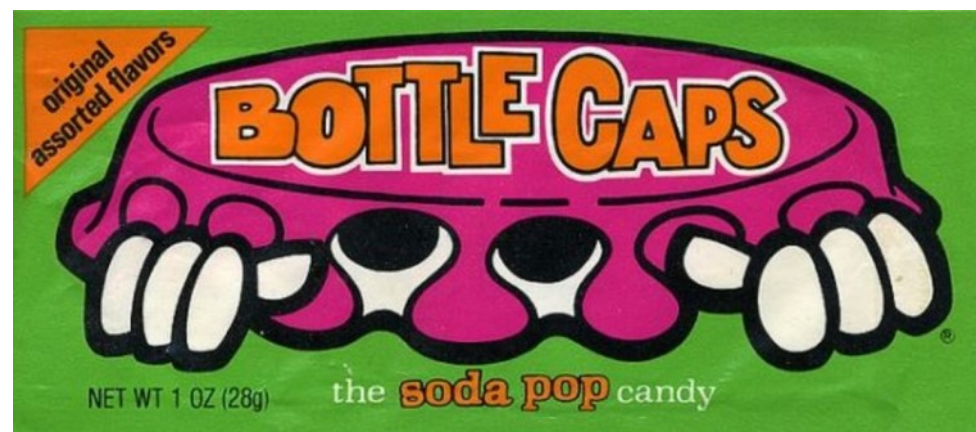
# SERVING<sup>UP</sup> knowledge

*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 August we are pleased to welcome Chris Johnson, a social worker from Beacon Health. Mr. Johnson will speak about Resources in Our Community for Caregivers. Find out about all the services, programs and other tools that are available in our county aimed specifically to help caregivers.

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, August 9 in Three Rivers @ Noon  
Wednesday, August 16 in Sturgis @ Noon



## CAN YOU GUESS HOW MANY?

**Do you remember some of the candies that were popular in the early 1970s? Back then kids were eating Bottle Caps, Zotz and Pop Rocks. Laffy Taffy and Necco wafers also were popular.**

**Since the COA is celebrating its 50th birthday this year, we thought we would celebrate too by giving away a jar filled with candy that was popular in the early 1970s.**

**The jar will be on display at each center beginning August 1 and whoever can guess the closest to how many pieces are in the jar will win it. We will accept guesses through Wednesday, August 16.**



In August, we are going to see an exciting movie called *Gran Turismo*.

At the time this newsletter went to print we did not have a movie time. If you are interested in going, please call the COA at 279-8083 and put your name on the list. Cindy will call you to let you know the start time. After the movie we usually end up going out to eat at a local fast-casual restaurant.

**WHEN:** Tuesday, August 29

**WHERE:** Three Rivers 6

**TIME:** TBA

*Gran Turismo* is based on the true story of Jann Mardenborough. The film is the ultimate wish fulfillment tale of a teenage Gran Turismo player whose gaming skills led to him to becoming an actual professional race car driver.

# AUGUST 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.*

## Monday, August 7: St. Joseph North Pier Lighthouse & Heritage Museum

It's National Lighthouse Day! Let's go visit one of Michigan's most beautiful lighthouses. With more than 115 lighthouses along the Great Lakes, Michigan boasts the most lighthouses of any U.S. state.

We're going to St. Joseph to receive a tour of the North Pier Inner & Outer Lighthouses and the Heritage Museum. Established in 1965, the Heritage Museum and Cultural Center preserves and promotes the rich history of St. Joseph, Benton Harbor and the surrounding region. The St. Joseph North Pier Inner and Outer Lights are beacons in Michigan at the entrance to the St. Joseph River on Lake Michigan. The station was built in 1832, the current lights were built in 1906 and 1907; they were decommissioned in 2005. We will be visiting Clementines Too for lunch and then head to the downtown area for a little shopping before returning home.

We will depart from Sturgis at 7:45am and from Three Rivers at 8:30am. We plan to arrive back in Three Rivers at 5:15pm and Sturgis at 6:00pm. Return times are approximate. Please note that the lighthouse tour is subject to the weather. If it is windy and the waves are crashing the pier or if it is raining, the tour will be cancelled but we can still tour the museum.



**\$35 per person - includes admission to museum and lighthouses (Lunch is on your own.)**

## Friday, August 18: Ruthmere and Havilah Beardsley House, Bird in the Hand Restaurant, and the Dutch Kernel Popcorn Shop

We will have a guided tour of the Ruthmere Campus which comprises two historic properties that engage visitors with a unique experience of history, art, and architecture. This year marks the 50th anniversary of the Ruthmere being a museum, so like the COA, it's a special year for them. Built in the year 1910, the eye-catching mansion is full of artistic furniture, arts of the bygone era and various family portraits. We will visit Bird in the Hand, a modern fast-casual, counter-service restaurant in the River District of Downtown Elkhart, for lunch and then stop off at The Dutch Kernel, a locally owned sweet shop offering over 45 flavors of gourmet popcorn. We'll watch the operations of the kernels' magical transformation from kernel to popped perfection!! We will leave Three Rivers at 8:00am and Sturgis at 8:45am. We plan to be back to Sturgis around 3:45pm and Three Rivers by 4:30pm.

**\$21 per person – Includes admission for house tours (Lunch is 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 at right. 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, August 18.

**WHEN:** Monday, August 21 and Monday, August 28  
**WHERE:** Oaks Enrichment Center, Sturgis  
**TIME:** 10 a.m. to 12:30 p.m.  
**COST:** \$15.00 per class - payable to Pat Asbury  
**RSVP:** Call 279-8083



## Paint & Punch Party at the Oaks Enrichment Center

Join local artist Pat Asbury on Tuesday, August 22 at the Oaks 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:** Tuesday, August 22  
**TIME:** 10 a.m. - 3 p.m.  
**RSVP:** Call 279-8083 to sign up  
**COST:** \$25 per person, payable to Pat Asbury



## August 4 is National Chocolate Chip Cookie Day!

Jeff Armstrong from Tri-State Health & Wellness will be visiting both our centers that day and will

be giving away chocolate chip cookies to our members. Yay!

**WHEN:** Friday, August 4

**WHERE:** Oaks Enrichment Center, Sturgis at 11 a.m.

Rivers Enrichment Center, Three Rivers at 1 p.m.

## VOLUNTEERS NEEDED!

**We are looking for volunteers to deliver newsletters to businesses in both Mendon and Colon once a month. If you are interested, please contact Cindy Batten at 279-8083, or stop by and talk to her at the Oaks Enrichment Center in Sturgis.**

**Thank You!**



## 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 **cottage cheese**. Lately this powerhouse of nutrition has gotten a lot of attention on social media. Katie will show you different ways to cook with cottage cheese as well as different foods with which it pairs well.

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, August 14.

**WHEN:** Wednesday, August 16  
**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, August 15  
**TIME:** 1 p.m. - 2 p.m.  
**WHERE:** Oaks Enrichment Center, Sturgis

## COA Chore Worker Offers Help to Those In Need 7

If you need assistance with yard work or lawn mowing - city lots only please - then call the COA and see if our Chore Worker can help you.

Tony Hochstetler works for the COA as a Substitute Meals on Wheels Driver and is also pitching in to help out with chore work for older adults in our community.

In addition to yard work, Tony can do some minor handyman tasks around the house - nothing electrical or plumbing related. To learn more or request help, call the COA at 279-8083 and ask for Residential Services Manager, Nicole Notestine.

### In-Home Aides Needed!

Speaking of Residential Services, we continue to search for caring individuals who would like a wonderful part-time job that allows you flexibility with your schedule, competitive pay and great benefits.

In-Home Aides are needed at the COA and the job has some really nice benefits. Call Nicole Notestine to learn all the details. If you know of someone who is looking for part-time work, then please let them know about this job opportunity at the COA.

Are you  
turning 65?  
Call your  
local licensed  
Humana  
sales agent.



**MARCIE RITTER**  
**219-814-2660**  
**(TTY: 711)**


Monday – Friday  
 8 a.m. – 5 p.m.  
 mritter2@humana.com

**Humana.**

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***Caring... It's a Matter of the Heart***


- Froh Community Home & Rehabilitation
- Willowbrook Memory Care
- The Villa, Assisted Living
- Froh Manor HUD 
- The Gables Apartments & Village Homes, Independent Living
- Thurston Cares Adult Day Center/ Senior Services

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We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to information on all your options.

 **BIRCH MEADOWS**  
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We are a full-care senior living home serving 20 residents.  
Please call Emma today for your tour  
**269-816-5255**  
710 N Douglas Ave, Three Rivers, MI 49093  
Isaiah 32:18

 **Ayres-Oak Senior**  
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call or email us today!*

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**1-800-343-2152**  
Fax: (269) 651-3264  
email: ayres@ayresoak.com



*We were worried that the rain might ruin our day, but Mother Nature was kind to us and our members had a great time picking lavender at the Lavender Hill Farm of Niles. A big thank you to owner Martha Wilczynski for opening her business that day just for our COA members. Afterwards the group went out to lunch and then shopped for a bit at the Antique Mall in Niles. What a great day!*





## 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.

### 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.

## NEW EXERCISE CLASS AT KLINES RESORT!

The COA is sponsoring a Zumba Gold class at Klines Resort, 22260 Klines Resort Road, Three Rivers, for the months of August and September.

The class will be from 10:30 a.m. to 11:30 a.m. and taught by L'Tanya VanHamersveld, who is certified to teach Zumba Gold.

Exercise classes are held on the lower level of the resort's club house. You do not need to live at Klines Resort to participate - you just need to be a COA member.



## Hearing Screenings

If you are in need of a hearing screening, Beltone Hearing will be at the **COA in Three Rivers on Monday, September 11, 2023 from 9am - 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, August 11, 2023  
**Time:** 9:00 a.m. - 12:30 p.m.

Call 269-224-5040 to speak with an attorney. You can leave a message on the voicemail if the attorney is busy

### AT THE CENTER

**When:** Tuesday, August 15, 2023  
**Time:** 10 a.m. - 11 a.m.  
**Where:** Oaks EC, Sturgis

*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 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, August 1, 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:** August 21 (10 a.m. - 12 p.m.)  
Rivers Enrichment Center

## Foot Doctor

**Tuesday, August 1**

**9:00am - Noon**

**Rivers Enrichment Center - Three Rivers**  
**Please call 279-8083 to make an appointment.**

### 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

### EXERCISE CLASS NEWS!

**We are cancelling our Core Strength Class at the Oaks Enrichment Center on Tuesday mornings due to low attendance.**

**We are adding another class to our Forever Fit class on Tuesdays in Three Rivers. The class will now also be offered on Thursdays and please note that the class is also now starting at 8:15 a.m.**

**Finally, we are pleased to announce that the COA is offering Zumba Gold at Kline's Resort on Tuesdays & Thursdays from 10:30 a.m. to 11:30 a.m. Look for more details on Page 9.**

### 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:* Tues. & Thurs. at 8:15am (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 - 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

*Kline's Resort:* Tuesdays & Thursdays @10:30am

**Instructor:** L'Tanya VanHamersveld

**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)

**Book Club**

The Three Rivers Book Club is reading Fifty Words for Rain by Asha Lemmie. The group meets on the fourth Wednesday of each month. (August 23) Please call Ruth Mancina at 279-8083 or email her at [rmancina@sjccoa.com](mailto:rmancina@sjccoa.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 The Old Woman With the Knife by Gu Byeong-Mo. **The group meets on the third Thursday of the month (August 17) 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 EC on Friday, August 4 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.\*

**\*IN AUGUST THE GROUP IS MEETING ON MONDAY, AUGUST 14. NEXT POTLUCK BINGO WILL BE MARCH 2024.**

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: Mon. & Wed. at 1:00pm  
Tuesdays at 2:30pm

**PICKLEBALL**

Our pickleball court is open for anyone to use anytime. COA members can check out paddles and balls at the front desk.

We are meeting at 11 a.m. on Tuesdays if you are looking for someone to play with - all levels welcome!

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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



August Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Zumba Gold @ Klines Resort</b>  <b>Tuesdays and Thursdays 10:30 a.m.</b>  <b>Lower Level - Clubhouse</b>  <b>You do not need to live at Klines to participate!</b>	<b>1</b> 8:15am - Forever Fit <b>9am - Foot Doctor</b> 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle <b>6pm - Alzheimer's Assoc. Caregiver Support Group</b>	<b>2</b> 9:30 am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. <b>12pm - July Book Club</b> 1pm - In Stitches Club 1pm - Pinochle 1:30pm - Ballroom Dancing	<b>3</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	<b>4</b> 9:30am - Line Dancing 10am - Arthritis Exercise <b>10:30am - Jude Comfort Dog</b> 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo <b>1pm - Chocolate Chip Cookie Day</b>
<b>7</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Bridge 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold <b>ST JOSEPH LIGHTHOUSE TRIP</b>	<b>8</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	<b>9</b> 9:30 am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. <b>12pm - Serving Up Knowledge</b> 1pm - In Stitches Club 1pm - Pinochle 1:30pm - Ballroom Dancing	<b>10</b> 8:15am - Forever Fit <b>9:30am - NO CardioDrumming</b> <b>10:30am - NO Arthritis Exer.</b> 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	<b>11</b> 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
<b>14</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	<b>15</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	<b>16</b> <b>9:30am - Katie's Corner</b> 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 <b>1:30pm - COA Advisory Board Meeting</b>	<b>17</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	<b>18</b> 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo <b>RUTHMERE CAMPUS TRIP</b>
<b>21</b> <b>10am - 12pm - Tech Time</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	<b>22</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	<b>23</b> 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise <b>12pm - August Book Club</b> 1pm - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing	<b>24</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	<b>25</b> 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
<b>28</b> 9:30am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 1pm - Zumba Gold	<b>29</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle <b>Dinner and a Movie</b>	<b>30</b> 9:30am - Say Yes! to Weights 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exericse 1pm - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing	<b>31</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 1pm - Zumba Gold	<b>DINNER NIGHT OUT</b>  <b>AUGUST 16</b>  <b>OAKS ENRICHMENT CENTER</b>  <b>5PM</b>

August Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POTLUCK BINGO IS ON MONDAY, AUGUST 14 THIS MONTH.  AFTER THIS MONTH, THE GROUP IS TAKING A BREAK UNTIL MARCH 2024. THE PLAN IS TO HAVE IT SIX MONTHS ON/SIX MONTHS OFF.	1 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	2 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	3 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 7pm - Duplicate Bridge	4 10am - Arthritis Exercise - Taking It Easy! 11am - Chocolate Chip Cookie Day 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
7 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo ST JOSEPH LIGHTHOUSE TRIP (National Lighthouse Day)	8 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	9 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	10 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	11 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
14 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 4pm - Potluck Bingo	15 10am - Legal Aid 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Tuesday Trivia 6pm - Silver Strength	16 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 12pm - Serving up Knowledge 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 5pm - Dinner Night Out	17 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 6pm - Silver Strength 7pm - Duplicate Bridge	18 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming RUTHMERE CAMPUS TRIP
21 10am - Arthritis Exercise - Taking it Easy! 10am - Painting with Pat 11am - S.A.I.L. Exercise 12:30pm - Bingo	22 10am - Paint & Punch 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	23 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	24 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 7pm - Duplicate Bridge	25 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
28 10am - Arthritis Exercise - Taking it Easy! 10am - Painting with Pat 11am - S.A.I.L. Exercise 12:30pm - Bingo	29 10am - Boards & Bagels 10am - NO Chair Yoga 1pm - Euchre 6pm - NO Silver Strength Dinner and a Movie at Three Rivers 6	30 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	31 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 7pm - Duplicate Bridge	



Meals on Wheels & Congregate Menu

AUGUST 2023

DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Tuesday, August 1	BBQ Chicken Thighs, Baked Beans, Collard Greens
Wednesday, August 2	Cabbage Rolls, Brown Rice, Mixed Vegetables, Hot Cinnamon Applesauce
Thursday, August 3	Vegetable Lasagna, Sugar Snap Peas, Midori Blend Vegetables
Friday, August 4	Italian Sausage with Peppers & Onions, Italian Blend Vegetables, Roasted Sweet Potatoes
Monday, August 7	Chicken Patty Sandwich, Scalloped Potatoes, Green Bean Casserole
Tuesday, August 8	Jeweled Pork Loin, Red Bliss Potatoes, Capri Blend Vegetables
Wednesday, August 9	Goulash, Asparagus, Spinach
Thursday, August 10	Herb Crusted Cod, Baked Potato, Peas & Mushrooms
Friday, August 11	Teriyaki Chicken, Brown Rice, Sugar Snap Peas, Diced Beets
Monday, August 14	Beef Ravioli, Green Bean Almondine, Broccoli & Cauliflower
Tuesday, August 15	Western Omelet Bake, Sausage Links, Asparagus, Apple Crisp
Wednesday, August 16	Salmon Patty, Parmesan Rice, Scalloped Tomatoes, Green Beans & Mushrooms
Thursday, August 17	Chicken Salad Sandwich, Fresh Veggies & Dip, Broccoli Salad
Friday, August 18	Pasta Salad with Tuna, Sweet & Sour Coleslaw, Carrot Raisin Salad
Monday, August 21	Swedish Meatballs, Brown Rice, Garden Seasoned Broccoli, Stewed Tomatoes & Okra
Tuesday, August 22	Dijon Chicken, Mashed Potatoes, Mixed Vegetables, Crumb Topped Brussel Sprouts
Wednesday, August 23	Macaroni & Cheese, Ham Slice, Dilled Carrots, Wax Beans
Thursday, August 24	Meatloaf, Red Bliss Potatoes, Broccoli
Friday, August 25	Pizza Casserole, Italian Blend Vegetables, Asparagus
Monday, August 28	Cheeseburger, Roasted Potatoes, Succotash
Tuesday, August 29	Lemon Baked Fish, Roasted Potato Medley, Key West Blend Vegetables
Wednesday, August 30	Tahitian Chicken, Brown Rice, Broccoli & Cauliflower, Peas & Carrots
Thursday, August 31	Apple Pork Chop, Baked Sweet Potatoes, Green Beans

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.



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