



The Senior Connection

St. Joseph County Commission on Aging Newsletter

September 2023



Dogs & Donuts is Back!

Join or Renew Your
Membership at the COA

Details on Page 4



St. Joseph County
Commission on Aging

Rivers Enrichment Center
& Residence

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

Oaks Enrichment Center

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

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



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Instagram (sjccoa)
and YouTube



From the Executive Director...

This summer just flew by, didn't it? It's hard to believe that fall is just around the corner, but that's OK with me since it's one of my favorite times of the year...the turning of the leaves, everything pumpkin, and of course the St. Joseph County Grange Fair.

We will once again be handing out tickets to the fair, and the COA will be offering an afternoon of FREE Bingo in the Community Tent on Senior Day, which is Wednesday, September 20. All the details can be found on Page 3.

A BIG THANK YOU to Absolute Homecare for participating in the Free Bingo event with us.

Another special event taking place this month is the official celebration of our 50th anniversary! We are having an Open House on Thursday, September 21 - the same date that the COA had its first organizational meeting 50 years ago. Every COA member is invited to stop by and enjoy some cookies and punch, mingle with other COA members and reminisce about the COA through the years. We will have some historical photos on display. Please read below for more information on the Open House.

And finally, it is National Senior Center Month. It's possible I am a little biased, but I think the Senior Centers in St. Joseph County are among the best in the state of Michigan if not the country! We want to share all the reasons why our senior centers are so special to our members. Look in the lobby of each center beginning Monday, September 11. There will be a huge board on display where our members can help us name 50 reasons why it's great coming to the senior center. I am looking forward to reading your comments. If we can get the boards completed by September 21, then we can put those on display at our Open Houses!

Pam



FLAG TRIVIA CONTEST

In our July issue we had a flag trivia contest. Six people got all the answers right despite the trick question! They were:

Nette Johnson
Mary Jane Russell
Deb Gelvin
Nancy Robbins
Bev Rockrohr
Merrie Schlabach

We put all the names in a hat and Nette Johnson won the prize, which was a patriotic wreath. Good job everyone!

COA 50th Anniversary Open House

WHEN: Thursday, September 21

TIME: 10am - Noon at the Oaks
Enrichment Center

1pm - 3pm at the Rivers
Enrichment Center

Stop by and enjoy some light refreshments
as we celebrate the 50-year history
of the COA! All are welcome!

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.



Join Us at the Fair!

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The COA is offering FREE Bingo at the St. Joseph County Fair on Wednesday, September 20 from Noon to 2:30 p.m. in the Community Tent. You are more than welcome to bring in your own lunch or snacks. A BIG THANK YOU to Absolute Home Care & Medical Staffing for sponsoring this event with us.

The COA is giving away 100 free tickets to the fair. Tickets will be distributed on Monday, September 11 beginning at 8 a.m. It is first come, first served, and it is only one ticket per member. You must come into either of our centers to get the ticket. We will allow members to get one for themselves and a spouse, partner or one other person living in the household that is a COA member.

SIGN UP FOR THIS EASY FALL CRAFT!

Learn how to make this cute etched glass vase! Wouldn't this look great with some sunflowers or red berry stems?

WHEN: Monday, Sept. 11 in Sturgis @ 1:30pm
Tuesday, Sept. 12 in Three Rivers @1:30pm

COST: Free but donations are always appreciated!

RSVP: Call 279-8083 or stop by the front desk



These events are only for educational purposes; no plan-specific benefits or details will be shared.

Medicare Made Clear

Join us for an educational event where we answer what you need to know if you have Medicare or are approaching Medicare eligibility.

Presented by:

Jeff Armstrong

Licensed Independent Agent
Tri-State Health and Wellness, LLC

Please RSVP by calling the COA at 269-279-8083

Wednesday, Sept. 27, 2023

1:00 -3:00 pm

Rivers Enrichment Center
1200 W. Broadway Street
Three Rivers, MI 49093

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 September we are pleased to welcome Lynn Zeiler, a fitness instructor at the COA. Lynn will speak about *Exercise: The Magic Bullet*. Find out all the great things exercise can do for your health to help keep you strong mentally, physically and emotionally in your role as a caregiver.



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, September 13 in Three Rivers @ Noon
Wednesday, September 27 in Sturgis @ Noon

PANCAKE BREAKFAST IN STURGIS!

Join us for a pancake breakfast on Tuesday, September 26th at 9:00 a.m. at the Oak Enrichment Center in Sturgis.



Ayres-Oak Senior Insurance Services will have representatives on hand to answer basic Medicare and Open Enrollment questions. This event is for educational purposes only. No plan specific details will be shared.

RSVP by calling 279-8083

 **Ayres-Oak Senior
Insurance Services**



Dogs & Donuts at the COA

It's that time of year again! On October 1 of each year, we ask our members to renew their membership. Come to the COA and enjoy a delicious hot dog from the Weenie King while renewing your membership. And if you are thinking about joining the COA, this is a **GREAT** time to join. Anyone can join that is 60 or older or married to someone who is 60 or older. It's FREE to join!

Please make sure to sign up for lunch either at the kiosk, the front desk or by giving us a call.

WHEN:

Thursday, September 28 in Sturgis at Noon

Friday, September 29 in Three Rivers at Noon

RSVP: (269) 279-8083



SEPTEMBER 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.

Saturday, September 9th – Oaklawn Cemetery Walking Tour

Join us for the annual walking tour of the Oak Lawn Cemetery and explore Sturgis' past and present with the Sturgis Historical Society. Talented actors bring the past to life as they discuss the rich history of Sturgis and its famous inhabitants while you are guided through the cemetery. We have only 10 tickets available and will meet at the cemetery at 3:45 p.m. for our 4:00 p.m. tour. After the tour, we will meet at Da Vinci's Italian Restaurant for dinner on your own. **Cost: \$15.00 per person (cost of the tour ticket). No transportation is provided for this excursion - we are just meeting at the cemetery.**

Tuesday, September 12: Firekeepers Casino

Come along with us to Fire Keepers Casino for "Senior Tuesdays". Red Hot Rewards Club Members receive \$5 in Red Hot Credits. There will also be hourly prize drawings. We will depart from Three Rivers at 8:00 a.m. and from Sturgis at 8:45 a.m. We plan to arrive back in Sturgis around 3:00 p.m. and Three Rivers at 3:45 p.m. **Cost: \$10 per person**

Friday, September 29: Salute to the Stars – Featuring: Elvis, George Strait, and Dolly Parton

The Blue Gate Theater is proud to bring you the Las Vegas-style tribute show Salute to the Stars featuring Doug Church as Elvis, Larry Turner as George Strait, and Wendy T. as Dolly Parton. We will enjoy a delicious buffet dinner at the Blue Gate Restaurant prior to the show. (Trip price includes: transportation, show ticket, dinner buffet + 18% gratuity.) We will leave Three Rivers at 3:30 p.m. and Sturgis at 4:15 p.m. We plan to arrive back to Sturgis by 9:45 p.m. and Three Rivers by 10:15 p.m. **Cost: \$65 per person.**

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.**

Congratulations to our Candy Contest Winners!

Alice Martinez guessed the closest to how many 1970s-inspired candy was in the jar - there were 107 pieces and she guessed 105. In Three Rivers, Theresa Hanson guessed the exact amount, which was 140.



We ended our evening at Dinner Night Out on August 16 with a Conga Line.

It was great to have Steel Drummer Kent Arnsbarger back. He is so talented! To go with our Caribbean theme (it was National Rum Day) we had a delicious dinner from Hip Padders Catering of Jerk Pork, Coconut Rice with Peas, a Mango & Cucumber Slaw and Sweet Potatoes with Pineapple. For dessert everyone enjoyed a tropical flavored cupcake. It sure was a fun night! Our last Dinner Night Out of the year will be Wednesday, October 25 in Three Rivers.

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, September 16.

WHEN: Monday, September 18 and Monday, September 25

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

SPECIAL ANNOUNCEMENT: Pat Asbury is offering "Get it Done" time to all former or present students of her watercolor classes. She will be designating time for anyone who perhaps has not finished their paintings from one of her previous classes and would like to do so with her assistance.

Date: September 18 & 25 from Noon to 2 p.m. NO CHARGE!



Our Monarch butterflies are emerging from their Chrysalides! Look at these great photos taken by COA Finance Manager Britt Buscher of one of our caterpillars becoming a butterfly. How cool is that?

HELP CREATE MORE PAINTINGS FOR OUR GALLERY WALLS!

We had so much fun making small paintings last year to hang in our enrichment centers, that we are going to offer it again this year! Each member's canvas will become a unique interpretation of the flower shown. Our plan is to continue filling each wall at each center with the beautiful canvases made by our members. Pat Asbury will lead the sessions and will walk you through the process step by step. After you're done painting, stay and enjoy a pizza lunch provided by the COA.



It is YOUR Enrichment Center, and this is a very special way to celebrate that. If you did this project last year, you are more than welcome to do it again. If you missed out on doing it last year, now is your chance to participate. We really hope you do!

WHEN: Tuesday, Sept. 26 in Sturgis at 10 a.m.

Wednesday, Sept. 27 in Three Rivers at 10 a.m.

RSVP: Please call 279-8083 no later than Tuesday, September 19



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, September 18.

WHEN: Wednesday, September 20
WHERE: Oaks Enrichment Center, Sturgis
TIME: 9:30 a.m.

September Scheduling Changes:

- ♦ There will be no Tuesday Trivia in Sturgis and no Dinner and a Movie. Look for both of these activities to be back on the schedule in October!
- ♦ The COA will be closed on Monday, September 4 in honor of Labor Day.
- ♦ Silver Strength in Sturgis is cancelled on September 5, 7, 14 & 26
- ♦ There will be no Cardio Drumming in Sturgis on September 15

Come to the Three Rivers German Band Concert in Sturgis

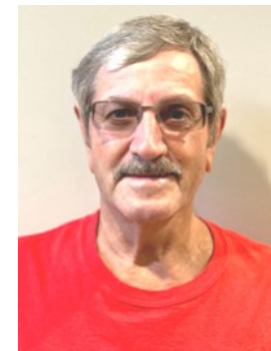


What better way to get in the mood for Oktoberfest than by listening to a fantastic German band? The Three Rivers German Band is offering a free concert this month. Stop by for an evening of

musical entertainment that will surely get your toes tapping and fingers snapping. The COA will be providing coffee and a German dessert.

Please RSVP by Monday, September 25 so we can make sure we have enough dessert for everyone.

WHEN: Wednesday, September 27
TIME: 6 p.m.
WHERE: Oaks Enrichment Center, 306 N. Franks Avenue



Welcome to the COA!

We have hired some new (and some not so new) faces at the COA. Pictured above left is Amy Peebles, will be working for us as a Program Assistant. Many of you may remember Amy from when she worked at the COA as an Executive Assistant. Pictured on the right is Dale Stensland, who is going to work as a Substitute Meals on Wheels Driver. Welcome Amy and Dale!



The Annual Summer Picnic was so much fun this year! Despite the heat and a little rain, our members enjoyed dancing to a live band, eating a delicious lunch, and playing Bingo. Thanks to the generosity of our sponsors we were able to give away lots of door prizes, too! A big thank you to our host, the St. Joseph County Grange Fair. And last but certainly not least - thanks to all of our volunteers! Your help is so appreciated - we could not do what we do without YOU!





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

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.



Local artist Pat Asbury shares her expertise with Ellen Brunner at a Paint and Punch party in Three Rivers on August 2.



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, September 29, 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

Legal Services of South Central Michigan is funded in part by the Calhoun County Senior Millage, CareWell Services Southwest, and AAA-Region 3C through the Michigan Aging and Adult Services Agency under the Older Americans Act of 1965.



alzheimer's association

Alzheimer's Association Caregiver Support Group

The support group meet at the Rivers Enrichment Center, 1200 W. Broadway Street on the first Tuesday of each month.

Three Rivers:

Tuesday, September 5, 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: September 18 (10 a.m. - 12 p.m.)
Rivers Enrichment Center

Foot Doctor

Tuesday, September 12

9:30am - Noon

Oaks Enrichment Center - Sturgis
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

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



Happy 101st Birthday Betty!

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.

EXERCISE

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

FUN & GAMES/SOCIAL

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Book Club

The Three Rivers Book Club is reading The Lost Apothecary by Sarah Penner. The group meets on the fourth Wednesday of each month. (Sept. 27) Please call Ruth Mancina at 279-8083 or email her at 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 In An Instant by Suzanne Redfearn. **The group meets on the third Thursday of the month (September 21) 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, September 1 at 10:30 a.m.

Bingo

Klines Resort: Fridays at 12:30pm

Sturgis: Mondays & Thursdays at 12:30pm

Next Potluck Bingo 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

September **Activities** CALENDAR **Three Rivers**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Gold @ Klines Resort Tuesdays and Thursdays 10:30 a.m. Lower Level - Clubhouse You do not need to live at Klines to participate!	<div>Saturday, September 9th Oaklawn Cemetery Walking Tour</div>			1 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
4 COA CLOSED FOR LABOR DAY HOLIDAY	5 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 6pm - Alzheimer's Assoc. Caregiver Support Group	6 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	7 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	8 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
11 9am - Beltone Hearing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	12 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 1:30pm - Fall Craft 2:30pm - Pinochle CASINO TRIP	13 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12pm - Serving Up Knowledge 1pm - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing	14 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	15 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
18 10am - 12pm - Tech Time 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	19 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	20 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12pm - FREE BINGO AT THE FAIR! 1pm - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing	21 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - 3pm - COA 50th Anniversary Open House 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	22 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
25 9:30am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 1pm - Zumba Gold	26 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	27 9:30am - Say Yes! to Weights 10am - Gallery Wall Painting 10am - Arthritis Exercise 11am - S.A.I.L. Exericse 12pm - August Book Club 1pm - Medicare Made Clear 1pm - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing	28 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 1pm - Zumba Gold	29 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12pm - DOGS & DONUTS 12:30pm - Bingo at Klines 1pm - Bingo BLUE GATE TRIP

September **Activities** CALENDAR **Sturgis**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
<div>Saturday, September 9th Oaklawn Cemetery Walking Tour</div>				
4 COA CLOSED FOR LABOR DAY HOLIDAY	5 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 6pm - NO Silver Strength	6 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	7 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 7pm - Duplicate Bridge	8 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
11 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1:30pm - Fall Craft	12 9:30am - Foot Doctor 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 6pm - Silver Strength CASINO TRIP	13 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	14 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - NO Silver Strength 7pm - Duplicate Bridge	15 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - NO Cardio Drumming
18 10am - Painting with Pat 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	19 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 6pm - Silver Strength	20 9:30am - Katie's Corner 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 12PM - FREE BINGO AT THE FAIR! 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 1:30pm - COA Advisory Board	21 10am - Noon - COA 50th Anniversary Open House 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 6pm - Silver Strength 7pm - Duplicate Bridge	22 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
25 10am - Painting with Pat 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise	26 9am - Pancake Breakfast 10am - Gallery Wall Painting 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - P.A.C. Meeting 6pm - NO Silver Strength	27 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 12pm - Serving up Knowledge 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 6pm - German Band Concert	28 10am - Line Dancing 12pm - Dogs & Donuts 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Silver Strength 7pm - Duplicate Bridge	29 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming BLUE GATE TRIP

Meals on Wheels & Congregate Menu

SEPTEMBER 2023

15

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Friday, September 1	Turkey & Stuffing Casserole, Sweet Potatoes, Green Beans
Monday, September 4	Closed for Holiday
Tuesday, September 5	Oven Crisp Fish Sandwich, Peas & Pearl Onions, Succotash
Wednesday, September 6	Chicken Broccoli Casserole, Capri Blend Vegetables, Stewed Tomatoes
Thursday, September 7	Maple Mustard Pork Tenderloin, Baked Sweet Potato, Mixed Vegetables
Friday, September 8	Beef Fajitas, Spanish Rice, Seasoned Black Beans, Key West Blend Vegetables
Monday, September 11	Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Diced Beets
Tuesday, September 12	Roasted Pork Tenderloin, Scalloped Potatoes, Collard Greens, Wax Beans
Wednesday, September 13	Pepper Steak, Brown Rice, Carrots, Green Beans
Thursday, September 14	Chicken Alfredo, Buttered Noodles, Oriental Blend Vegetables, Asparagus
Friday, September 15	Bangers & Mash with Onion Gravy, Mixed Vegetables, Broccoli
Monday, September 18	Cheese Burger, Baked Beans, Au Gratin Potatoes
Tuesday, September 19	Bourbon Chicken Thighs, Cheese Grits, Diced Beets, Collard Greens
Wednesday, September 20	Beef Stew & Biscuits, Green Beans, Cherry Crisp
Thursday, September 21	Roast Turkey & Gravy, Stuffing, Capri Blend Vegetables, Brussel Sprouts
Friday, September 22	Macaroni & Cheese, Ham Slice, European Blend Vegetables, Sugar Snap Peas
Monday, September 25	BBQ Beef, Broccoli & Cauliflower, Scalloped Potatoes
Tuesday, September 26	Spaghetti & Meatballs, Peas & Mushrooms, Carrots
Wednesday, September 27	Creole Fish, Parslied Potatoes, Asparagus, Key West Blend Vegetables
Thursday, September 28	Beef Stroganoff over Pasta, Green Bean Almondine, Stewed Tomatoes & Okra (HDM and THREE RIVERS ONLY)
Friday, September 29	Chicken Chop Suey, Brown Rice, Oriental Blend Vegetables, Parslied Cauliflower (HDM, STURGIS AND KLINES ONLY)

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.





We love our volunteers! Thanks Easton Graber for all of your help with our landscaping project in Three Rivers. Easton is 9 years old and the son of COA assessor Cassie Graber.

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 # _____