



The Senior Connection

St. Joseph County Commission on Aging Newsletter

October 2023



*We're celebrating Oktoberfest at
Dinner Night Out!
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



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Follow us on
Instagram (sjccoa)
and YouTube



From the Executive Director...



We had a lot of fun last month celebrating our 50th anniversary. The Open Houses were the perfect time to go down memory lane and see all the amazing things the COA has accomplished over the years. Thank you to everyone who attended. I am proud to be part of an organization that improves the lives of older adults.

We had a great time at the St. Joseph County Grange Fair on Senior Day. Our Life Enrichment Team provided free Bingo in the Community Tent and we had a great turnout. **A BIG SHOUT OUT OF APPRECIATION** to Absolute Homecare and Medical Staffing for their sponsorship of this event.

We're having our final Dinner Night Out of the year later this month and I am looking forward to hearing the Three Rivers German Band. A talented trombone quartet from the Kalamazoo Concert Band will be joining the German Band and performing four special numbers. It sounds like a fun evening.

Project Connect is once again at the St. Joseph County Fairgrounds and it will take place on Friday, October 6. Look for all the details on Page 8 of this newsletter.

Just a few reminders for our members:

- If you are not feeling well, please considering staying home, getting lots of rest and drinking plenty of fluids. While we love having our members visit our centers, your health and safety is our top priority.
- Restaurant tickets expire at the end of this year - no exceptions. Please keep that in mind when you are buying tickets these last few months of 2023. We also require that you sign your tickets at the restaurant and hand them to your server.
- Membership to the COA must be renewed every October. There is no charge to be a COA member, but we are required to ask all our members to renew each year. Stop by either center as soon as possible to renew for 2023-24. And, if you know someone who is not a member, please encourage them to join!

Finally, we're excited to have Southern Michigan Bank & Trust at both our centers on Monday, October 9 for a day of community giving. Some people on their team are going to be giving a presentation on frauds targeting seniors, while other members of the bank will be doing hands-on work around our centers. Thank you Southern Michigan Bank & Trust for choosing the COA as a community partner. We appreciate all that you do for our members!

Pam

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

Three Rivers

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

Sturgis

Tuesday, Dec. 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.

Dinner Night Out to Feature Three Rivers German Band

We're going to be celebrating Oktoberfest this month with a special dinner and musical performance at our last Dinner Night Out of the year.

The Three Rivers German Band will be performing and will feature a trombone quartet from the Kalamazoo Concert Band. In addition to playing in the band, the quartet will perform four special numbers.

Our menu for the evening will feature traditional roast pork, mashed potatoes and gravy, green beans in cream sauce, sauerkraut, salad, and black forest cake. Sounds delicious!

Tickets go on sale Monday, October 2 and cost \$15 per person. **The last day to purchase a ticket is Friday, October 13, or until we sell out.**

WHEN:

Wednesday, October 25

WHERE:

Rivers Enrichment Center

TIME:

5:00 p.m.

RSVP:

(269) 279-8083

COST:

\$15 per person



REMINDER: SEPTEMBER CRAFT RESCHEDULED FOR THIS MONTH

We had to cancel our craft last month so we have rescheduled it for October 2 and 3. If you are already signed up you should have received a call about the change in date. If you are unable to make it on October 2 in Sturgis or October 3 in Three Rivers please let us know ASAP since we have people on the waiting list.

Both crafts are scheduled to start at 1:30 p.m.

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 October we are pleased to welcome Mikayla Finnerman and Mark Olsen, substance abuse prevention specialists for Pivotal.

Their talk is entitled: *Teens and Drugs: What is Happening in the World Today*. They will discuss drugs and other substances that teens are using, warning signs to look for, and ways to get help. This program is not just for grandparents raising grandchildren, but also for any senior who has a grandchild and wants to be informed about the types of things young people are facing in today's world.

If you know of any senior who is raising a grandchild, please share this program information with them!

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, October 11 in Three Rivers @ Noon
Wednesday, October 18 in Sturgis @ Noon



It's Medicare Open Enrollment Time!

This is the time to review your Medicare health or drug coverage and decide if you want to make changes.

Remember, Medicare costs and benefits can change each year.

Please call 269-467-5557 to schedule an appointment with one of the Commission on Aging's Certified Medicare Counselors.

Do not hesitate to call as there is a possibility you could save money!

Open Enrollment Time is from October 15th thru December 7th.



MMAP
MICHIGAN MEDICARE/MEDICAID
ASSISTANCE PROGRAM



Navigating Medicare

COA To Provide Transportation to Mendon Showboat

The Mendon Showboat is one of this county's most beloved traditions. This year it will take place on Thursday, November 2, Friday, November 3 and Saturday, November 4.

We will provide transportation to the performance on Thursday, November 2. The bus will depart from Three Rivers at 5:15 p.m. and from Sturgis at 6:00 p.m.

You are responsible for purchasing your ticket to the showboat. Tickets can be purchased at the door.

OCTOBER 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.*

Sunday, October 8th - Three Rivers Chamber of Commerce Fall Color Tour

Join us for a scenic, fun-filled drive and enjoy a variety of destinations and activities along the way. The Fall Color Tour is hosted by local businesses and the St. Joseph County Parks. We will be leaving Sturgis at 9:45 a.m. and Three Rivers at 10:30 a.m. We plan to stop at Marion Magnolia Farms, BJR Ranch and Corey Lake Orchards. Food trucks will be available at all locations.

Cost: \$10 per person

Saturday, October 14th – Bell’s Brewery Tour, Lunch at Ten Ten Buffet and a Portion of the Vicksburg Quilt Trail

We’re going to have a very fun Saturday visiting Bell’s Brewery at its Comstock Brewery, which is its larger brewing facility. Tour the state of the art building where beer magic is made. Your guide will walk you through the history of Bell’s and its brewing process. You will get three samples of their beer and by the time you are finished you will understand how their beer makes it from grain to glass. Prior to visiting the brewery, we will have lunch at Ten Ten Buffet Grill & Sushi. After the tour is over we will drive the back roads home and follow some of the Vicksburg Quilt Trail. The Vicksburg Quilt Trail is a 24 point tour that winds throughout the village and many area farms. The quilt trail covers much of the large Vicksburg school district and is a celebration of the community’s agricultural heritage. We won’t have time to see all of the points on the trail but we will go by quite a few. We will provide everyone with a brochure of the Quilt Trail.

COST: \$22 per person (Lunch is on your own.)

Tuesday, October 17th – Frederik Meijer Gardens: Chrysanthemums & More and Tanger Outlets

It’s the quintessential fall flower like you’ve never seen it before! Prepare to be amazed by how the mighty mum takes shape at Frederik Meijer Gardens & Sculpture Park this autumn. Now in its 25th year, Chrysanthemums & More, remains a member and guest must-see and is the largest exhibition of its kind in Michigan.

We’ll be stopping for lunch at Kitchen 67 - a Michigan Bistro. Before heading home, we’re stopping at Tanger Outlets. The center features more than 75 stores offering name brand merchandise at savings up to 70% off retail, Tanger Outlets is a bargain hunter's paradise!

We will leave Sturgis at 7:45 a.m. and Three Rivers at 8:30 a.m. We should arrive back in Three Rivers around 6:00 p.m. and Sturgis at 6:30 p.m.

COST: \$25 per person (Lunch is on your own.)

Monday, October 30th – Kalamazoo/Battle Creek International Airport & Air Zoo Aerospace & Science Museum

Join us for the unique opportunity of touring the Kalamazoo/Battle Creek International Airport. Our guide will tour us through area such as the terminal, an overlook of the airfield, administrative offices, and the baggage area. After lunch at Traveler’s Café & Pub we will visit the Air Zoo Aerospace & Science Museum. The Air Zoo is a world-class, Smithsonian-affiliated aerospace and science museum with over 100 rare and unique aircraft & spacecraft; inspiring interactive exhibits; full-motion flight simulators; indoor rides; hands-on, science-based programs; and nationally recognized restoration program. Currently, the team is working on the restoration of two WWII aircraft recovered from Lake Michigan: The Douglas Dauntless SBD-1 and FM-2 Wildcat. You will have the opportunity to talk with the team and ask them about their work. We will leave Sturgis at 8:45 a.m. and Three Rivers at 9:30 a.m. and return approximately at 5:30 p.m. to Three Rivers and Sturgis at 6:00 p.m.

COST: \$9 per person (Admission to the Air Zoo is \$15 and that cost is on your own. There is a 50% discount for US Military, Veterans, Police & Fire. The cost of lunch also is on your own.)

6 OCTOBER 31 IS HALLOWEEN AND NATIONAL KNOCK KNOCK JOKE DAY - LET'S CELEBRATE BOTH!

We're going to have two contests on Tuesday, October 31. First, anyone who wants to come dressed up for Halloween should stop by the café at Noon. We'll pass out ballots and let everyone vote on their favorite costume.

Also on that day, it's National Knock Knock Joke Day. We want to see who has the best knock knock joke. At lunchtime anyone who wants to get up and share a knock knock joke can do so and again, you will be able to vote on which joke you like the best.

We will have a Halloween treat bag for the winner of each contest.



We're going to see *Ordinary Angels*. Set against the worst snowstorm in Kentucky history, the film is inspired by the incredible true story of a struggling hairdresser (Hillary Swank) who single-handedly rallies an entire community to help a widowed father (Alan Ritchson) save the life of his critically ill young daughter.

WHEN: Tuesday, October 24th

At the time this newsletter went to print we did not have a starting time for the movie. Typically we go to the late afternoon show and then head over to Culver's for dinner afterwards.

If you would like to participate, please call the COA at (269) 279-8083 and sign up. Cindy will call you the week before to let you know what time the movie is playing.

SPECIAL PRESENTATION!

Frauds Targeting Seniors

Southern Michigan Bank & Trust will be at both our centers on Monday, October 9 to give a presentation on Frauds Targeting Seniors. This information will help you to understand what to look out for, how to keep your financial and personal information safe, and what steps you should take if you suspect something is wrong.

Please sign up at the front desk or by calling (269) 279-8083.

While some representatives from the bank will be speaking about fraud, other bank employees have volunteered to help beautify our centers with cleaning, gardening and other tasks.

A BIG THANK YOU to Southern Michigan Bank & Trust for supporting the COA by not only providing useful information on a subject many of you want to know more about, but also by volunteering to help make our enrichment centers look amazing.

WHEN: Monday, October 9

WHERE: Oaks Enrichment Center, 306 N. Franks Avenue

Rivers Enrichment Center, 1200 W. Broadway Street

TIME: 10 a.m.



Katie's KORNER

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

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, October 16.

WHEN: Wednesday, October 18

WHERE: Rivers Enrichment Center, Three Rivers

TIME: 9:30 a.m.



We play trivia on the third Tuesday of the month at our Sturgis Center. Anyone is welcome to participate. Come join the fun!

WHEN: Tuesday, October 17

TIME: 1 p.m.

WHERE: Oaks Enrichment Center,
306 N. Franks Avenue, Sturgis



RESTAURANT PROGRAM UPDATE

We have recently received fraudulent tickets that were turned into a restaurant that were NOT printed by the COA.

We have notified the restaurants but we want everyone who participates in the program to know that if you use "fake" tickets, you are stealing from the restaurant. You also are putting the entire program in jeopardy as restaurants will not want to participate if people are trying to cheat.

Please sign your ticket at the restaurant and give it to your server.

Also, the tickets expire on December 31, 2023. Please keep that in mind these next few months.

Medicare Explained



Did you know people on Medicare can change to a 5-star Medicare plan anytime during the year?

To learn more about Medicare and answer your questions, please join us at:

Monday, Oct. 9
2:00 pm-4:00 pm

Oaks Enrichment Center
306 N. Franks Ave.
Sturgis, MI 49091

Thursday, Oct. 19
10:00 am-noon

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

Jeff Armstrong of Tri-State Health & Wellness will be present to answer your questions. Please call SJCCOA at 269-279-8083 to RSVP.

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

The St. Joseph County Housing Task Force presents



PROJECT CONNECT & VETERAN STAND DOWN




Connect with your County's Resources

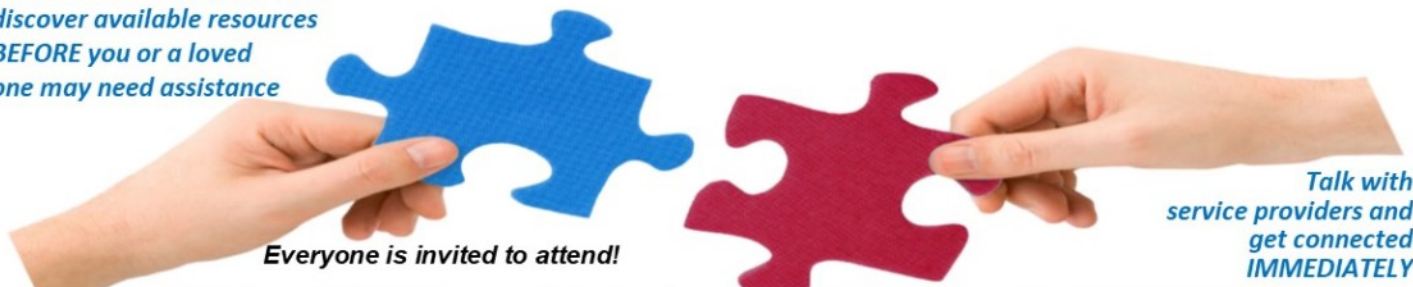
FRIDAY, OCTOBER 6, 2023

10:00 a.m. - 1:00 p.m.

Centreville Fairgrounds– Henningsen Show Arena

Two Events at One Location!

*Find services to help NOW or
discover available resources
BEFORE you or a loved
one may need assistance*



Everyone is invited to attend!

*Talk with
service providers and
get connected
IMMEDIATELY*

Project Connect

Available Information & Services for ALL:

- Utilities & Housing
- Education
- Legal Aide
- Healthcare/Insurance
- Family Services
- Employment
- Senior Services
- Transportation
- Mental Health
- Substance Use

FREE On-Site:

Take-Home Food Boxes
Hair Cuts, Free Lunch
Medical Health Screenings
Flu Shots & COVID Immunizations

FREE TO MOST:

MMR*, HEPA*, HEPB*, Tetanus*, HPV9*
Shingles* and Pneumonia* Shots

** Prescreening available for these shots.*

Call 269-273-2161 ext 208

EVERYONE IS INVITED TO ATTEND!

Veterans Stand Down

Available Information & Assistance for
Veterans and their Families:

- Healthcare for Homeless Veterans Programs
- VA Nutrition and Food
- M2VA
- Clothing Assistance
- Substance Abuse Services
- Buddy 2 Buddy
- Additional VA Services



*** Veterans MUST bring a photo ID ***

If NOT enrolled in Battle Creek VA Healthcare System, ALSO bring a DD214, VA I.D. OR Military I.D.

*If you need assistance obtaining a copy of your DD214,
someone will be on site to assist.*

**For questions about Veterans Stand Down,
please call (269) 966-5600 ext. 33563**

St. Joseph County Transportation Authority providing

FREE TRANSPORTATION TO EVENT WITH 48 HOUR NOTICE

Call: 269-273-7808 If Outside the Local Calling Area: 1-800-964-5700



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.



269-964-3663

smfoodbank.org

Foot Doctor

Tuesday, October 3

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, November 13, 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.

AT THE CENTER

When: Tuesday, October 10
Where: Oaks Enrichment Center, Sturgis
Time: 10:00 a.m. - 11:00 p.m.

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, October 3, 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: October 16 (10 a.m. - 12 p.m.)
Rivers Enrichment Center**



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

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

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

TURN THE PAGE FOR MORE EXERCISE CLASSES!

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

EXERCISE UPATE:

- **The Zumba Gold class at Kline's Resort is no longer being offered. We hope to start back up again in the spring, so stay tuned.**
- **We no longer will be offering Silver Strength at the Oaks Enrichment Center on Tuesdays and Thursdays at 6 p.m.**

PICKLEBALL

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

Book Club

The Three Rivers Book Club is reading In the Woods by Tana French.

The group meets on the fourth Wednesday of each month at Noon. (Oct. 25) 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 Radium Girls by Kate Moore. **The group meets on the third Thursday of the month (October 19) at 3pm.** If you would like to participate, please stop by the Sturgis Public Library to request a copy of the book.



COA exercise instructor Lynn Zeiler gave an excellent presentation last month on how exercise can help with caregiver stress.

Billiards Club

Sturgis: Thursdays from 6pm-8pm

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

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



**JUDE THE COMFORT
DOG WILL BE AT THE
RIVERS EC ON
FRIDAY,
OCTOBER 6
AT 10:30 A.M.**

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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

October Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	3 8:15am - Forever Fit 9am - Foot Doctor 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 1:30pm - Craft 2:30pm - Pinochle 6pm - Alzheimer's Assoc. Caregiver Support Group	4 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	5 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	6 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 PROJECT CONNECT - SJC FAIRGROUNDS 10am - 1pm
9 10am - Fraud Talk 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	10 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	11 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	12 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	13 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
16 10am - 12pm - Tech Time 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	17 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle MEIJER GARDENS TRIP	18 9:30am - Say Yes! to Weights 9:30am - Katie's Corner 10:00am - AE - Taking it Easy 11am - S.A.I.L. Exercise 1pm - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing 1:30pm - COA Advisory Board Meeting	19 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold 2pm-4pm - Medicare Explained	20 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
23 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	24 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle Dinner & a Movie	25 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise Noon - COA Book Club 1pm - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing 5pm - Dinner Night Out	26 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	27 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo
30 9:30am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 1pm - Zumba Gold AIR ZOO TRIP	31 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12pm - Halloween Costume Contest and Joke Contest 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	<div> <div>TRIPS</div> <div> SUNDAY, OCTOBER 8 - COLOR TOUR TRIP SATURDAY, OCTOBER 14 - BELL'S BREWERY TOUR TUESDAY, OCTOBER 17 - MEIJER GARDENS MONDAY, OCTOBER 30 - AIR ZOO THURSDAY, NOVEMBER 2 - TRANSPORTATION PROVIDED BY COA TO MENDON SHOWBOAT </div> </div>		

October Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
210am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1:30pm - Craft	3 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre	4 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	5 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Billiards Club - IT'S BACK!!! 7pm - Duplicate Bridge	6 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming PROJECT CONNECT - SJC COUNTY FAIRGROUNDS 10am-1pm
9 10am - Fraud Presentation by Southern Michigan Bank 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo (Sponsored by Tri-State Health & Wellness) 2pm - Medicare Explained	10 10am - Legal Aid 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre	11 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	12 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Billiards Club 7pm - Duplicate Bridge	13 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
16 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	17 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Tuesday Trivia MEIJER GARDENS TRIP	18 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 in Three Rivers	19 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 6pm - Billiards Club 7pm - Duplicate Bridge	20 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
23 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	24 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre Dinner and a Movie in Three Rivers	25 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 5pm - Dinner Night Out in Three Rivers	26 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Billiards Club 7pm - Duplicate Bridge	27 10am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
30 10am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo AIR ZOO TRIP	31 10am - Boards & Bagels 10am - Chair Yoga Noon - Halloween Costume Contest and Knock Knock Joke Contest 1pm - Euchre	TRIPS SUNDAY, OCTOBER 8 - COLOR TOUR TRIP SATURDAY, OCTOBER 14 - BELL'S BREWERY TOUR TUESDAY, OCTOBER 17 - MEIJER GARDENS MONDAY, OCTOBER 30 - AIR ZOO THURSDAY, NOVEMBER 2 - TRANSPORTATION PROVIDED BY COA TO MENDON SHOWBOAT		

Meals on Wheels & Congregate Menu
OCTOBER 2023

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Monday, October 2	Chicken Patty Sandwich, Au Gratin Potatoes, Green Bean Casserole
Tuesday, October 3	Sloppy Joe Casserole, Asparagus, Zucchini & Summer Squash
Wednesday, October 4	Garlic Herb Cod, Almond Rice Pilaf, Peas & Pearl Onions, Key West Blend Vegetables
Thursday, October 5	Chicken Enchiladas, Cilantro Lime Rice, Seasoned Black Beans, Mexican Corn
Friday, October 6	Turkey & Noodles, Stewed Tomatoes, Oriental Blend Vegetables
Monday, October 9	Beef Pepper Patty, Mashed Potatoes & Gravy, Garden Seasoned Broccoli, Wax Beans
Tuesday, October 10	Spinach Quiche, Scalloped Tomatoes, Green Beans & Mushrooms
Wednesday, October 11	Dijon Chicken, Cheesy Grits, Mixed Vegetables, Crumb Topped Brussel Sprouts
Thursday, October 12	Jeweled Pork Loin, Red Bliss Potatoes, Capri Blend Vegetables
Friday, October 13	Chicken Jambalaya, Collard Greens, Cherry Crisp
Monday, October 16	Bourbon Pork Chop, Sweet Potatoes, European Blend Vegetables
Tuesday, October 17	Turkey & Butternut Squash Bake, Scalloped Potatoes, Asparagus
Wednesday, October 18	Cheese Ravioli with Marinara Sauce, Capri Blend Vegetables, Wax Beans
Thursday, October 19	Chicken Cacciatore, Buttered Noodles, Peas & Carrots, Zucchini & Summer Squash
Friday, October 20	Korean BBQ Beef with Vegetables, Brown Rice, Oriental Blend Vegetables
Monday, October 23	Salisbury Steak, Mashed Potatoes, Cauliflower, Succotash Blend Vegetables
Tuesday, October 24	Citrus Chicken, Mexican Rice, Pinto Beans, Stewed Tomatoes & Okra
Wednesday, October 25	Italian Sausage with Peppers & Onions, Italian Blend Vegetables, Baked Sweet Potatoes
Thursday, October 26	Lemon Baked Fish, Roasted Potato Medley, Key West Blend Vegetables, Wax Beans
Friday, October 27	Lazy Turkey Casserole, Brown Rice, Sugar Snap Peas, Diced Beets
Monday, October 30	Vegetable Lasagna, Green Bean Almondine, Hot Cinnamon Applesauce
Tuesday, October 31	Scary Pork Chop Supreme, Mummy Mashed Potatoes, Ghoulie Green Beans, Dreadful 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.





We had so much fun touring the St. Joseph Lighthouse! Have you been on a COA trip? What are you waiting for? Details on Page 5.

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 # _____