



The Senior Connection

November 2023



St. Joseph County Commission on Aging Newsletter



Happy Thanksgiving!

Wishing all of you a peaceful and blessed holiday.

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...



Thanksgiving is a great time to reflect and think about all the things we are grateful for. Here at the COA all of us are thankful to have the opportunity to improve the lives of older adults in our community. We also are thankful for the many individuals and organizations who help us achieve that goal. Our volunteers are AMAZING. We could not do what we do without them. On Page 8 we have some pictures of the team from Southern Michigan Bank & Trust who came to the COA on October 9 and not only gave an excellent presentation on frauds aimed at seniors, they also did a lot of work on the landscaping at both our centers. How great is that?

November 11 is Veterans Day, which is a perfect time to thank someone you know for their service. When I think about the things I am grateful for, I immediately think of my family and friends, but I also feel so lucky to live in a country where we enjoy so many freedoms.

Speaking of veterans, Senator Jonathan Lindsey, who served in the U.S. Army Special Forces, will be at the Rivers Enrichment Center on Monday, November 6 at 11 a.m. to give a legislative update on the 2024 budget and issues pertaining to seniors. I highly encourage our members to stop by and hear his presentation.

As we approach the holiday season I am looking forward to seeing our members enjoy the wonderful trips and other activities we have planned. Of course, the highlight of the season will be our annual Holiday Party, which is Thursday, December 14 at Sturges Young Center for the Arts. Tickets go on sale this month, so make sure you mark your calendar for when you can purchase your ticket. Details on Page 3.

Pam



The COA will be closed on Friday, November 10
in honor of Veterans Day.

It also will be closed Thursday, November 23 and Friday,
November 24 for the Thanksgiving Holiday.

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 Michiganiaan's Act
- ◆ Donations

The COA complies with Title VI of the Civil Rights Act of 1964.

O' Christmas Tree, O' Christmas Tree 3

We're making yarn Christmas Trees for our November craft, and like last year, we will use some of the trees to help us decorate our tables at the Annual COA Holiday Party. Participants will get to make a tree to take home and make one for our centerpieces. We need your help to make our holiday party look amazing!

WHERE: Rivers Enrichment Center Oaks Enrichment Center

WHEN: Wednesday, November 8 Monday, November 13

TIME: 1 p.m. 1:30 p.m.

Call 269-279-8083 to sign up!



Tickets for Annual Holiday Party Going on Sale in November

Tickets for our annual holiday party will go on sale beginning Monday, November 13 through Friday, December 1, or until we sell out. Our event will feature a wonderful lunch, entertainment, door prizes, a 50/50 raffle and much more. Get your tickets early because we probably will sell out.

WHEN: Thursday, December 14

WHERE: Sturges Young Center for the Arts, 201 N. Nottawa, Sturgis

TIME: 10 a.m. - 2 p.m. (DOORS DO NOT OPEN UNTIL 10 A.M.)

COST: \$10 per person

If you would like to donate a door prize or money to help support this event, please contact Ruth Mancina or Cindy Batten.

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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 November we are pleased to welcome Justin Desloover, a clinical dietitian from Beacon Health in Three Rivers.

Justin is going to talk about nutrition and stress. His talk is called *Food and Mood: What and Why and How the Two Are Connected*. This will be a great presentation to learn more about diet and what an important role it plays in not only your physical health, but your mental well being.

Please join us in Three Rivers or Sturgis and have lunch during the presentation. You must RSVP by calling 269-279-8083 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, November 8 in Three Rivers @ Noon
Wednesday, November 15 in Sturgis @ Noon

STAMPING CLUB

Anyone that is interested in making their own Christmas cards or note cards is welcome to meet at the Oaks Enrichment Center on Friday, November 3rd and 17th. We will have the supplies available for you to use, but if you have your own and would like to bring them, we will supply a place for you to gather. Bring your friends and enjoy the fellowship with others as you create your very own cards to share with family and friends.

WHEN: Friday, November 3 and Friday, November 17
WHERE: Oaks Enrichment Center
TIME: 2:00 p.m.

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

Learn the Art of Making a Charcuterie Board

We're going to teach you how to make a mini charcuterie board in this fun class, but we will also give you some great tips and tools for how to make a board of any size or flavor that will impress your guests. You will also find out that charcuterie boards don't just have to be for large parties. The one you will make in class is perfect for a meal or snack any day of the week!



WHEN: Monday, November 20 at 1:30 p.m., Sturgis
Tuesday, November 21 at 1:30 p.m., Three Rivers

Space is limited for this class so please call and sign up early.
Call 269-279-8083 to make your reservation.

NOVEMBER 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.*

Thursday, November 9 – Crafting & Christmas Shopping

Join us for a trip to Mishawaka, Indiana for holiday shopping, including shopping for those craft supplies to create your own special Christmas gifts for family and friends. After shopping for a while we will take a break and go to Cheddar's Scratch Kitchen for lunch and then continue shopping at a couple more stores before heading home. We will leave Sturgis at 8:15 a.m. and Three Rivers at 9 a.m. We should arrive back in Three Rivers at 6:45 p.m. and Sturgis at 7:15 p.m. All time are approximate. A stop at a fast-food restaurant for dinner is optional.

Cost: \$10 per person (lunch is on your own)

Tuesday, November 28 – Firekeepers Casino

Come along with us to FireKeepers Casino for "Senior Tuesdays". Red Hot Rewards Club Members receive \$5 in Red Hot Credits. There will also be hourly prize drawings. We will leave Three Rivers at 8:00 a.m. and Sturgis at 8:45 a.m. We will arrive back in Sturgis at 3:00 p.m. and Three Rivers at 3:45 p.m.

Cost: \$10 per person



Thursday, November 30 – Cornwell's Dinner Theatre: Tinsel & Turkey

Cornwell's kicks off the holidays in style with a no-holds-barred celebration that features a cast of sequin-clad performers shaking their tail feathers and turning up the heat as the snow starts to fall on the farm. Including all your holiday favorites and setting a new bar for toe-tapping Christmas cheer, this musical revue is the perfect recipe for serving up the holidays on silver platter! We will leave Three Rivers at 9:30 a.m. and from Sturgis at 10:15 a.m. We should arrive back in Sturgis at 5:30 p.m. and in Three Rivers at 6:15 p.m.

Cost: \$70 per person (Includes lunch and show)

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.

Confused by Medicare?

Talk to me

Medicare Made Easy!

Jeff Armstrong

269-605-9173

jeff@3statehealth.com

 **Tri-State**
HEALTH AND WELLNESS

November is National Gratitude Month

Let's take a moment to say what we are grateful for this month. We will have leaf cut outs available at the front desk at both the Sturgis and Three Rivers centers. Please take a leaf and write on it what you are thankful for and we will hang them in our entryways so anyone that visits can see who and what we are grateful for. We will have leaves available until Thanksgiving. Feel free to fill out a leaf each time you visit.



We're going to see *What Happens Later*. Two ex-lovers, Bill (David Duchovny) and Willa (Meg Ryan) get snowed in at a regional airport overnight. Indefinitely delayed, Willa, a magical thinker, and Bill, a catastrophic one, find themselves just as attracted to, and annoyed by, one another as they did decades earlier. But as they unpack the riddle of their mutual past and compare their lives to the dreams they once shared, they begin to wonder if their reunion is mere coincidence, or something more enchanted.



WHEN: Tuesday, November 7th

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.

AARP TAX PREPARERS NEEDED!

Help people in your community get much-needed tax breaks and refunds. Now more than ever, older adults living on a limited income need help getting tax breaks. As a Tax-Aide volunteer, you can help your neighbors in need get money back, **making a big difference in a short amount of time.**

These days, more people can't afford to pay for professional tax preparation - and often miss out on much-needed tax breaks and refunds. Since 1968, Tax-Aide has helped over 75 million taxpayers with low to moderate income file their returns.

If there are not enough volunteers to prepare taxes, the AARP will not be able to offer free tax preparation at our centers.

The AARP provides the training to be either a tax counselor or client facilitator. To learn more about how you can volunteer, contact Rich Shultz at (269) 816-2320.

AARP Foundation
For a future without senior poverty.

Do you have a hard time trimming your pet's nails? The Animal Rescue Fund is offering a nail clinic for dogs on the first Saturday of every month. The cost is a donation to the Animal Rescue Fund of St. Joseph County.

The next one is November 4, 2023 and it runs from 10 a. m. to Noon at Family Farm & Home, 1326 W. Broadway in Three Rivers (across from Meijer).





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 269-279-8083 no later than Monday, November 13.

WHEN: Wednesday, November 15
WHERE: Oaks Enrichment Center, Sturgis
TIME: 9:30 a.m.

NEW!

Monthly Movie at the Oaks

Join us each month as we show a movie at the Oaks Enrichment Center in Sturgis. The movie will be shown in the classroom and we'll provide water and popcorn. We also will show the movie on two different days so that if you can't make it for one date, hopefully the other will work for you.

We're showing *Planes, Trains and Automobiles* this month to get us in the Thanksgiving spirit. Starring John Candy and Steve Martin, this movie is sure to make you laugh.



WHEN: Monday, November 6th at 1:30 p.m.
Thursday, November 16th at 1:30 p.m.

Legislative Update with Senator Lindsey



Make plans to stop by the COA on Monday, November 6 at 11 a.m. to meet Senator Jonathan Lindsey, who represents Michigan's 17th District. Senator Lindsay will provide an update on the state's 2024 budget and funding that was allocated for senior services and programs. He also will provide information on any legislation in which seniors may be particularly interested. Light refreshments will be served. Please make plans to attend!

WHEN: Monday, November 6
WHERE: Rivers Enrichment Center, Three Rivers
TIME: 11:00 a.m.

TUESDAY TRIVIA

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, November 21
TIME: 1 p.m.
WHERE: Oaks Enrichment Center,
306 N. Franks Avenue, Sturgis



Muffins and Medicare

If you have Medicare or are approaching Medicare eligibility, join us for Muffins and Medicare to learn the most important things you need to know.

Presented by Jeff Armstrong, Licensed Independent Agent, Tri-State Health and Wellness, Inc.

Registration is free and open to the public. For more information or to make a reservation by phone, please call SJCCOA at 269-279-8083.

Light refreshments will be served.

This event is for educational purposes; no plan-specific benefits or details will be shared.

Tues., Nov. 14, 2023
10:00am - Noon

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



Pictured below and to the right are some scenes from our 50th Anniversary Open Houses, which took place on Thursday, September 21. Sturgis Mayor Jeff Mullins and City Manager Andrew Kuk stopped by and presented COA Executive Director Pam Riley with a proclamation. In Three Rivers, Mayor Tom Lowry also stopped by and presented Pam with a proclamation, too.

Pictured above are the employees from Southern Michigan Bank and Trust who spent Monday, October 9 at the COA working on the landscaping at both our centers. In addition, they also gave a fantastic presentation on frauds and scams aimed at seniors. **Thank you Southern Michigan Bank & Trust! We appreciate what you did to improve the lives of seniors in St. Joe County!**





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.



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.



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, November 7, 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).

Foot Doctor

Tuesday, November 14

9:30am - Noon

Oaks Enrichment Center - Sturgis

Please call 269-279-8083 to make an appointment.

If you have Medicare your visit with Dr. Jack is most likely covered. However, there are some exceptions and it is YOUR responsibility to know if your visit with the foot doctor is covered by your insurance. If it not covered, there is a charge of \$10.

Legal Services of South Central Michigan

Private Legal Consultations at no charge for the 60+ crowd. Donations are accepted.

There will be no outreach from LSSCM from November 1 until February 1, 2024. Outreach is scheduled to start back up in February.

Any senior who is in need of assistance can call our main office number -- 269-965-3951 or 800-688-3951.

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.



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: November 20 (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 9:45am - Taking it Easy! (AH)**
PLEASE NOTE THE NEW START TIME!

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

Looking for Mah Jongg and Pinochle Players at the Oaks Enrichment Center

We are looking for individuals who are interested in playing either one of these games at the Oaks Enrichment Center in Sturgis.

If you are interested, please let Cindy Batten or Diana Hile know.

**Book Club**

The Three Rivers Book Club is reading Of Women and Salt by Gabriela Garcia. **The group meets on the fourth Wednesday of each month at Noon. (November 22)** Please call Ruth Mancina at 279-8083 or email her at rmancina@sjcoa.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 Fifty in Reverse by Bill Flanagan. **The group meets on the third Thursday of the month (November 16) 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,
NOVEMBER 3 AT 10:30 A.M.

Billiards Club

Sturgis: **NEW TIME!** Thursdays from 7pm-9pm

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

Fridays at 1 p.m.

*If you are new to Mah Jongg and would like to learn how to play please call the COA and let us know.

Pinochle

Three Rivers: Mon. & Wed. at 1:00pm

Tuesdays at 2:30pm

PICKLEBALL

The pickleball court is still open! We're keeping an eye on the weather and will take down the net when the weather turns bad.

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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

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

November Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. 1pm - Pinochle 1:30pm - Ballroom Dancing	2 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	3 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 1pm - Mah Jongg
6 10am - Arthritis Exercise - Taking it Easy 11am - Senator Lindsey - Legislative Update 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	7 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 6pm - Alzheimer's Associate Caregiver Support Group Mtg	8 9:30 am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. 12pm - Serving Up Knowledge 1pm - Christmas Tree Craft 1pm - Pinochle 1:30pm - Ballroom Dancing	9 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold SHOPPING TRIP	10 COA CLOSED 
13 9am - Beltone Hearing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold TICKETS GO ON SALE FOR HOLIDAY PARTY	14 8:15am - Forever Fit 9:30am - Cardio Drumming 10am - Muffins & Medicare 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	15 9:30am - Say Yes! to Weights 10:00am - AE - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Pinochle 1:30pm - Ballroom Dancing 1:30pm - COA Advisory Board Meeting in Sturgis	16 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	17 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg
20 10am - 12pm - Tech Time 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	21 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11:30am - Veterans Affairs 12:45pm - Mah Jongg 1pm - Bingo 1:30pm - Charcuterie Board 2:30pm - Pinochle	22 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise Noon - COA Book Club 1pm - Pinochle 1:30pm - Ballroom Dancing	23 	24 The COA is closed November 23 & 24 for Thanksgiving Gobble! Gobble!
27 9:30am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 1pm - Zumba Gold	28 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	28 9:30 am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. 1pm - Pinochle 1:30pm - Ballroom Dancing	28 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold CORNWELL'S TRIP	

November Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ANNOUNCEMENT: Arthritis Exercise -Taking it Easy will now begin at 9:45 a.m. and end at 10:45 a.m. Billards Club is Back and Meets from 7pm - 9pm on Thursdays.				
		1 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	2 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge	3 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 2pm - Stamping Club
6 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1:30pm - Monthly Movie - Planes, Trains & Automobiles	7 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre Dinner and a Movie at Three Rivers 6	8 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	9 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge SHOPPING TRIP	10 COA CLOSED 
13 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1:30pm - Christmas Tree Craft TICKETS GO ON SALE FOR COA HOLIDAY PARTY	14 9:30am - Foot Doctor 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre	15 9:30am - Katie's Corner 9:45am - 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 Meeting	16 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:30pm - Monthly Movie - Planes, Trains & Automobiles 3pm - Book Club 7pm - Billiards Club 7pm - Duplicate Bridge	17 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 2pm - Stamping Club
20 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1:30pm - Charcuterie Board Class	21 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Tuesday Trivia	22 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	23 	24 The COA is closed November 23 & 24 for Thanksgiving Gobble! Gobble!
27 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	28 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre CASINO TRIP	29 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	30 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge CORNWELLS TRIP	

Meals on Wheels & Congregate Menu

NOVEMBER 2023

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Wednesday, November 1	Chicken Broccoli Casserole, Capri Blend Vegetable, Stewed Tomatoes
Thursday, November 2	Hearty Beef Stew, Sugar Snap Peas, Dinner Roll
Friday, November 3	Turkey Pot Roast, Mashed Potatoes, Dilled Carrots
Monday, November 6	Swedish Meatballs over Noodles, Asparagus, Key West Blend Vegetables
Tuesday, November 7	Tahitian Chicken, Brown Rice, Collard Greens, Diced Beets
Wednesday, November 8	Goulash, Creamed Spinach, European Blend Vegetables
Thursday, November 9	Creole Fish, Red Bliss Potatoes, Peas & Pearl Onions, Midori Blend Vegetables
Friday, November 10	Closed for Holiday
Monday, November 13	Beef Ravioli, Green Bean Almondine, Broccoli & Cauliflower
Tuesday, November 14	Chicken & Noodles, Zucchini & Summer Squash, Oriental Blend Vegetables
Wednesday, November 15	Cheeseburger, Baked Beans, Mixed Vegetables
Thursday, November 16	Mandarin Pork Chop, Sweet Potatoes, Green Beans & Mushrooms
Friday, November 17	Ham & Potato Au Gratin, Brussel Sprouts, Cauliflower & Peas
Monday, November 20	Ranch Chicken Thighs, Parslied Potatoes, Wax Beans, Sugar Snap Peas
Tuesday, November 21	Western Omelet Bake, Sausage Links, Asparagus, Broccoli
Wednesday, November 22	Turkey & Stuffing Casserole, Sweet Potatoes, Green Bean Casserole
Thursday, November 23	Closed for Holiday
Friday, November 24	Closed for Holiday
Monday, November 27	Oven Baked Fish, Mixed Vegetables, Scalloped Potatoes
Tuesday, November 28	Hamburger Stroganoff, Egg Noodles, European Blend Vegetables, Scalloped Tomatoes
Wednesday, November 29	BBQ Pork Chop, Mashed Potatoes, Collard Greens, Green Beans
Thursday, November 30	Bourbon Chicken Thighs, Cheese Grits, Roasted Brussel Sprouts, Asparagus

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

IT IS VERY IMPORTANT THAT YOU CALL THE COA 24 HOURS IN ADVANCE TO RESERVE YOUR LUNCH AT THREE RIVERS

You can also make lunch reservations on the MySenior Center kiosk at either center.

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.





**Sunday
November 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 # _____