



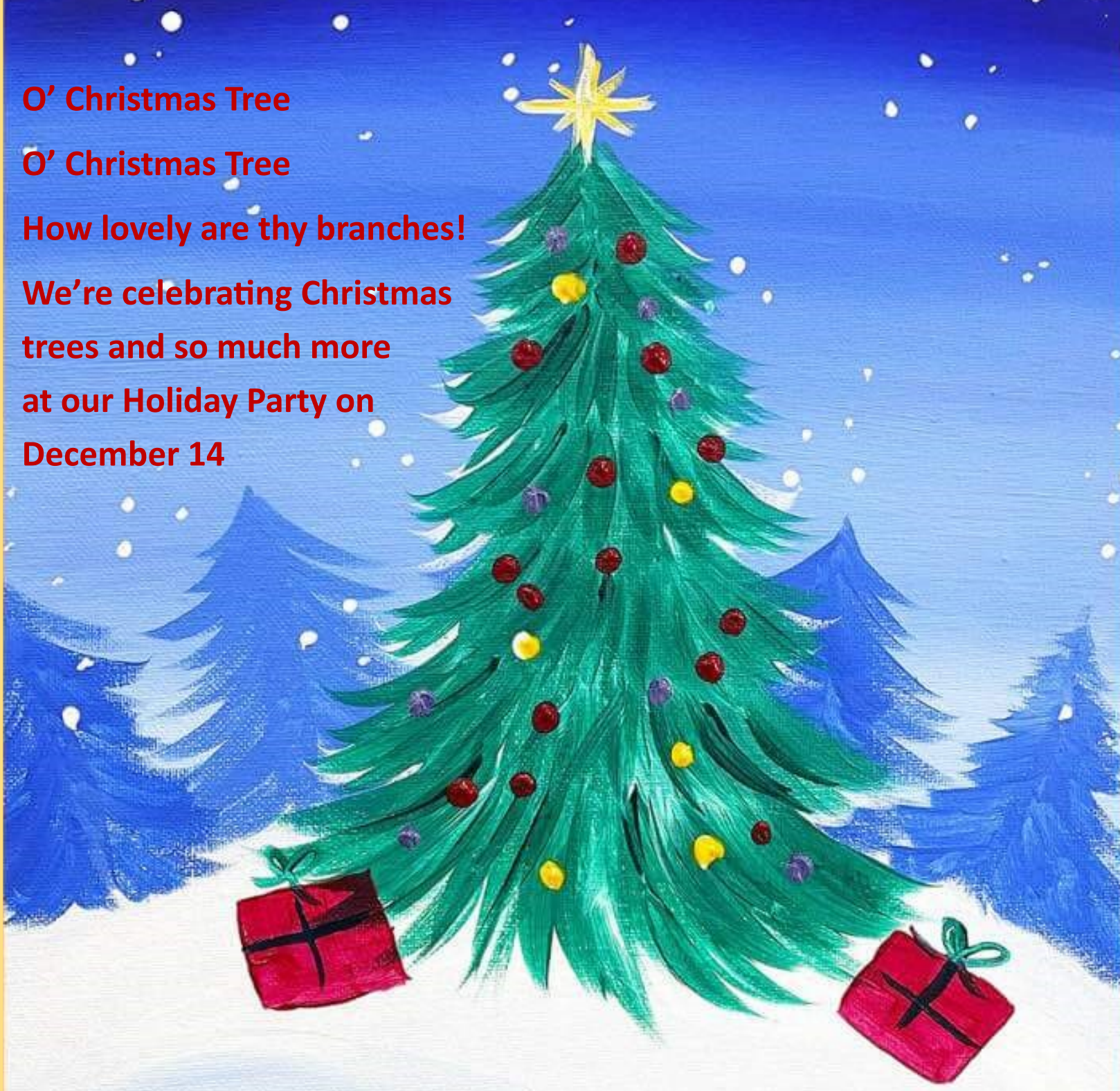
The Senior Connection

December 2023



St. Joseph County Commission on Aging Newsletter

**O' Christmas Tree
O' Christmas Tree
How lovely are thy branches!
We're celebrating Christmas
trees and so much more
at our Holiday Party on
December 14**



St. Joseph County
Commission on Aging

Rivers Enrichment Center
& Residence

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

Oaks Enrichment Center

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

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



Like us on Facebook!
Follow us on
Instagram (sjccoa)
and YouTube



From the Executive Director...

It was so fun to see our members help create yarn trees to decorate the tables for our annual Holiday Party. It makes the event even more special to have their creativity on display. This year the event will be on December 14 at Sturges-Young Center for the Arts. We sold out the first day the tickets went on sale - wow! If you have purchased tickets and cannot go to the party, please call and let us know, since we do have a waiting list.

A big thank you to the volunteers who helped with the many, many details of putting on such a special event. In addition to members making yarn trees, we had volunteers help with the craft, and we had volunteers who made additional trees to ensure we had enough for the tables. We also had volunteers tie ribbons on the gift we give to everyone who attends.

We received wonderful donations of door prizes and money, which is greatly appreciated. Thank you Marcie Ritter from Humana, Lorraine Bolley and Louise Albin for your generous monetary donations. Look for lots of pictures of the party in our January newsletter.

Finally, I wish all our members a joyous holiday season filled with love, laughter and good health. From all of us here at the COA...Happy Holidays!

Pam



HOLIDAY CLOSINGS

The COA will be closed on Friday, December 22 and Monday, December 25 for the Christmas holiday.

It also will be closed on Friday, December 29 and Monday, January 1, 2024 for the New Year's holiday.

The COA will close early on Wednesday, December 20. In Sturgis we will close at 1 p.m. and in Three Rivers we will close at 2 p.m.

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.



GINGERBREAD HOUSE CONTEST

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We're going to teach you how to make gingerbread houses out of toaster pastries. Easy, but super cute! We'll also provide you with candy decorations and icing so you can decorate your gingerbread house with all the trimmings. We will set out all the creations for about

a week and the winner at each center will be announced on Monday, December 18.

**WHEN: Wednesday, December 6 at 1 p.m. in Three Rivers
 Thursday, December 7 at 1:45 p.m. in Sturgis**

Please call the COA at 269-279-8083 to sign up!

SANTA SNOWMAN

Join us as we make this adorable Santa Snowman for our December craft. Class is limited to 20 participants at each center.

- **Tuesday, December 12
Rivers Enrichment Center
10am**
- **Tuesday, December 12
Oaks Enrichment Center
1pm**

**Please call 269-279-8083 to
reserve your spot.**

**There is no cost, but
donations are always
welcome!**



4 Angel Trees at the COA to Help Area Schoolchildren

We will have two special holiday trees on display at our centers this year. Each tree will be adorned with tags for gifts for children attending Wall Elementary in Sturgis and Hoppin Elementary in Three Rivers.

If you would like to help a child in need, grab a tag, purchase a gift, and wrap it. Please make sure to put the tag on the outside of the gift when you return it to the COA.

In Sturgis, gifts need to be returned by Friday, December 8. In Three Rivers, gifts need to be returned by Friday, December 15.



Our members had a lot of fun making Yarn Christmas Trees. They made one to take home and another one they gave to the COA so we could use them to decorate the tables at the Holiday Party on Dec. 14.

Thanks to everyone who participated! They sure turned out cute!

The COA will close early on Wednesday, December 20. In Sturgis, the center will close at 1 p.m. and in Three Rivers the center will close at 2 p.m.

COA Holiday Closings are on Page 2 of this newsletter!

FREE HOLIDAY BINGO!

The Life Enrichment Team is offering a free Holiday Bingo at both its centers this month.

WHEN: Oaks Enrichment Center, Sturgis

Friday, December 15

12:30 p. m. – 1:30 p. m.

Rivers Enrichment Center, Three Rivers

Wednesday, December 27

1 p. m. – 2:30 p. m.



DECEMBER 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, December 9 – Christmas Wizards @ Sturges-Young Center for the Arts

Featuring the music of Trans-Siberian Orchestra and telling the story of Christmas around the world, join us for Christmas Wizards: A Night with TSO! This is a show you do NOT want to miss! Be prepared for surprises like no other during this fantastic production for the holiday season - yes there will be lights! Everyone will be standing and singing songs along with the entire cast bringing the holiday spirit and joy to all who come to this experience. We will eat dinner first at DaVinci's and then go to the show afterwards. The bus will leave Three Rivers at 4:45 p.m. and from Sturgis at 5:20 p.m. Dinner at Davinci's at 5:30 p.m. Arrive at Sturges-Young: 7:00 p.m. Show start time: 7:30 p.m.

\$40.00 per person (Dinner on your own)

Monday, December 11 – Frederik Meijer Gardens Christmas & Holiday Traditions

This exhibition - honoring cultures and holiday traditions from around the world - has grown to 46 unique displays depicting fact and folklore, past and present. *University of Michigan Health-West: Christmas & Holiday Traditions* is a hallmark Frederik Meijer Gardens & Sculpture Park exhibition.

Dedicate time to appreciate the stunning presentations of winter plantings, the artistry of our adorned Christmas trees, intriguing cultural displays and the beloved Railway Garden. Venture outdoors and discover the beauty of nature with wintertime walks. Indoors and out, our magnificent grounds sparkle with 350,000 lights. The bus will leave Sturgis at 8:00 a.m. and from Three Rivers at 8:45 a.m. We will be having lunch at Russ' Restaurant. We should arrive back in Three Rivers around 4:00 p.m. and in Sturgis around 4:30-4:45 p.m.

\$23.00 per person (Lunch on your own)

Friday, December 15 – Gilmore Car Museum – Winter Wonderland

Winter Wonderland Holiday Experience is an event unlike any other holiday attraction and light show you can imagine! This is the museum's third year with an expanded amount of holiday lights and displays across the spacious 90-acre Gilmore Car Museum campus. During the holiday season, the automobile becomes more than just a mode of transportation for families. It becomes a conduit for shared experiences, cherished traditions, and the creation of lasting memories. There is a mile-long light show that you can choose to participate in. If you do, you will get to ride in one of the museum's antique cars. Blankets are provided in the cars. In addition to the drive-through light show, visit the inside of the museum for more holiday fun. It's an experience that captures the essence of the holiday season, blending the magic of outdoor light displays with the warmth and nostalgia of indoor museum exhibits. It's a journey that leaves you with cherished memories of winter and the holiday season. We will be leaving Sturgis at 3:00 p.m. and Three Rivers at 3:45 p.m. Dinner first at Bowen's Family Dining. We should arrive back in Three Rivers around 9:45 p.m. and Sturgis at 10:15 p.m.

\$35.00 per person (Dinner on your own)

Tuesday, December 19 – A Carpenter's Christmas – Miller Auditorium

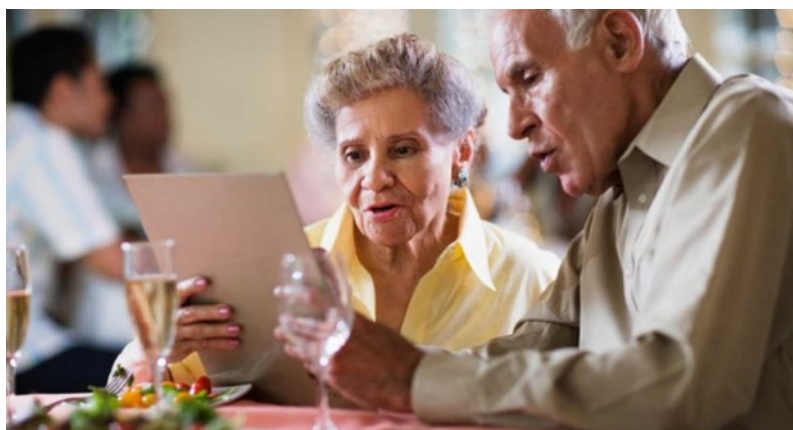
While the Carpenters are known for over a dozen chart topping hits and memorable songs of the 70s, they also won over fans with their Christmas celebrations. Singer and playwright Lisa Rock and her six-piece band are dedicated in re-creating the true sound and unforgettable Christmas songs of the Carpenters in a holiday concert, *A Carpenters Christmas*. Based on the music from the Carpenters two holiday albums and Christmas variety shows, *A Carpenters Christmas* will feature "Merry Christmas Darling" and the jazzy "Santa Claus is Comin' to Town." It's a holiday concert that is sure to spread joy and cheer during the holiday season! We will be leaving Sturgis at 3:30 p.m. and Three Rivers at 4:15 p.m. We are eating dinner at Texas Corral and then going to the show. We will leave Sturgis at 3:30 p.m. and Three Rivers at 4:15 p.m. We should arrive back to Three Rivers around 10:45 p.m. and in Sturgis around 11:15 p.m.

\$50.00 per person (Dinner on your own) Life Enrichment Team Members Cindy Batten and Ruth Mancina and Executive Director Pam Riley will be joining members on this trip!

6 **RESTAURANT PROGRAM UPDATE FOR 2024**

Just a friendly reminder that restaurant tickets expire on December 31, 2023. If you have any tickets in your possession or you buy any in December, they must be used by the end of the month. **NO EXCEPTIONS.**

In 2024, restaurant tickets will increase to \$5.00 per ticket. The number of tickets members will be allowed to receive each month will remain at three. If you have any questions or concerns, please contact Nutrition Manager Katie Hughes at 269-279-8083 or email her at khughes@sjccoa.com





THURSTON WOODS VILLAGE

Adult Day Services

If you're caring for someone who needs help with daily tasks, physical functioning or has memory issues, Thurston Cares Adult Day can help you! We provide transportation to and from the day center, daily meals, daily care tasks, and engaging activities. Our staff will make sure that medications are taken appropriately. If you're trying to care for a loved one while you are still working, Thurston Cares is a great solution to get the support that you need and what your loved one needs.



307 N. Franks Ave. • Sturgis, MI • 269-651-7841
thurstonwoods.org

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 Fridays at 2:00 p.m. We will have 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, December 1, 8 and 15
WHERE: Oaks Enrichment Center
TIME: 2:00 p.m.



**Mon., Dec. 4, 2023
2:00pm - 4:00pm**

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

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, LLC.

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.



This month we're going to see The Holdovers at GQT Three Rivers 6.

A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.

Tuesday, December 5

Cindy will call you to let you know what time the movie starts. After the movie we'll head over to Arby's for dinner. Please call the COA at (269) 279-8083 to let us know you would like to go.



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Monthly Movies 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. This month we are showing FOUR movies that are sure to get us into the holiday spirit.

Wednesday, December 6 at 1 p.m.

It's A Wonderful Life

Monday, December 11 at 1:45 p.m.

Home Alone

Monday, December 18 at 1:45 p.m.

White Christmas

Thursday, December 21 at 1:45 p.m.

Christmas with the Kranks



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, December 19

TIME: 1 p.m.

WHERE: Oaks Enrichment Center, Sturgis

Confused by
Medicare?

Talk to me

Medicare Made Easy!

Jeff Armstrong
269-605-9173

jeff@3statehealth.com

 **Tri-State**
HEALTH AND WELLNESS

We had a costume contest and a knock knock joke contest at our centers on Halloween. Our knock knock joke winner in Three Rivers was Nancy Robbins, pictured below. George Schreiber and Sandy Mathews won for their doctor patient costumes. In Sturgis, members voted Billy Knapp had the best knock knock joke. He's pictured below holding the delicious cupcakes he won. Glenna Michielsen won for best costume - she's dressed like a pumpkin in the picture at right. Thanks to everyone who participated - it was a fun day!





St. Joseph County Veterans Affairs

A representative from the St. Joseph County Veterans' Affairs will be at the COA quarterly. They will alternate between our two centers and be available from 11:30 a.m. to 1:00 p.m.

The first visit in 2024 will be at the Oaks Enrichment Center on Tuesday, Feb. 13.

If you need assistance with VA benefits in between or before these visits to our centers, please call 269-467-5557 to speak to a St. Joseph County Veteran Service Officer.

Foot Doctor

Tuesday, December 5

9:00am - Noon

Rivers Enrichment Center - Three Rivers
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.



Hearing Screenings

If you are in need of a hearing screening, Beltone Hearing is at the Rivers Enrichment Center five times per year. The first visit will be on **Monday, March 11, 2024 from 9:00 a.m. to 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.

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.



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, December 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: December 18 (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

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

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

***Last class is December 21. Kathy will be back in Spring 2024.**



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!

Say Yes! to Weights

Using weights can help optimize skeletal muscle function in older adults. Taught by a certified group exercise instructor, participants learn correct form, breathing, and use of weights in a seated or standing position.

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

Instructor: Cathy Taylor

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



JUDE THE COMFORT DOG WILL BE
AT THE RIVERS EC ON FRIDAY,
DECEMBER 1 AT 10:30 A.M.

Book Clubs

The Three Rivers Book Club is reading The Vanishing Half by Britt Bennett. **The group typically meets on the fourth Wednesday of each month at Noon, however in December we are meeting on the third Wednesday, which is December 20.** Books are available at the COA reception desk in Three Rivers.

The Sturgis Book Club is not meeting in December. Look for details in our January newsletter for that month's book selection. The group meets on the third Thursday of each month at 3pm.

A second book club that meets at the Sturgis COA is called Lethal Lunches. That group meets on the second Monday of each month at Noon. This group is meeting in December and it will take place on Tuesday, December 12.

For more information about either of the Sturgis Book Clubs, please call the Sturgis Public Library at (269) 659-7224 and ask to speak to Karen Good.

We're looking for individuals who would like to play Pinochle or Mah Jongg at the Oaks Enrichment Center.

If you would like to play either one of these games, please let us know.

**Billiards Club**

Sturgis: 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

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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

December Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				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 1pm - Mah Jongg
4 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	5 8:15am - Forever Fit 9am - Foot Doctor 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 6pm - Alzheimer's Mtg. TURKEYVILLE TRIP 2 Dinner & Movie - GQT TR 6	6 9:30 am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. 1pm - Pinochle 1pm - Gingerbread House Contest 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 1pm - Mah Jongg
11 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold MEIJER GARDENS TRIP	12 8:15am - Forever Fit 9:30am - Cardio Drumming 10am - Santa Snowman Craft 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	13 9:30am - Say Yes! to Weights 10:00am - AE - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Pinochle 1:30pm - Ballroom Dancing	14 COA HOLIDAY PARTY AT STURGES-YOUNG 10am-2pm CENTERS ARE OPEN BUT ALL ACTIVITIES AND CONGREGATE LUNCH ARE CANCELLED	15 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 ANGEL TREE GIFTS DUE GILMORE MUSEUM TRIP
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 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle CARPENTERS CHRISTMAS AT MILLER AUDITORIUM	20 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. Exercise Noon - Bingo at Klines's Noon - Book Club 1pm - Movement & Ballroom Dancing - NOTE TIME CHANGE CENTER CLOSING AT 2PM	21 8:15am - Forever Fit* 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold *Last Class until Spring 2024	22 COA CLOSED FOR CHRISTMAS HOLIDAY
25 COA CLOSED FOR CHRISTMAS HOLIDAY	26 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	27 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. Noon - Bingo at Kline's 1pm - FREE HOLIDAY BINGO - Happy New Year! 1pm - Pinochle 1:30pm - Ballroom Dancing	28 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	29 COA CLOSED FOR NEW YEAR'S HOLIDAY

December Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 2pm - Stamping Club
4 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Free Bingo - Sponsored by Jeff Armstrong of Tri-State Health and Wellness 2pm - Muffins & Medicare	5 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre TURKEYVILLE TRIP 2 Dinner & Movie - GQT TR 6	6 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 1pm - Movie and Popcorn: It's A Wonderful Life	7 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:45pm - Gingerbread House Contest 7pm - Billiards Club 7pm - Duplicate Bridge	8 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 2pm - Stamping Club ANGEL TREE GIFTS ARE DUE
11 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1:45pm - Movie and Popcorn: Home Alone MEIJER GARDENS TRIP	12 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 12pm - Lethal Lunches Book Club 1pm - Santa Snowman Craft	13 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	14 COA HOLIDAY PARTY AT STURGES-YOUNG 10am-2pm CENTERS ARE OPEN BUT ALL ACTIVITIES AND CONGREGATE LUNCH ARE CANCELLED	15 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 12:30pm - FREE HOLIDAY BINGO 1pm - Cardio Drumming 2pm - Stamping Club GILMORE MUSEUM TRIP
18 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1:45pm - Movie and Popcorn: White Christmas	19 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Tuesday Trivia CARPENTER'S CHRISTMAS SHOW AT MILLER AUDITORIUM	20 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise THE CENTER IS CLOSING AT 1:00 PM	21 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:45pm - Movie & Popcorn: Christmas with the Kranks 7pm - Billiards Club 7pm - Duplicate Bridge	22 COA CLOSED FOR CHRISTMAS HOLIDAY
25 COA CLOSED FOR CHRISTMAS HOLIDAY	26 10am - Boards & Bagels 10am - NO Chair Yoga 1pm - Euchre 1pm - P.A.C. Meeting	27 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	28 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge	29 COA CLOSED FOR NEW YEAR'S HOLIDAY

Meals on Wheels & Congregate Menu
DECEMBER 2023

15

DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Friday, December 1	Turkey & Noodles, Broccoli, Honey Glazed Carrots
Monday, December 4	BBQ Beef, Baked Beans, Parslied Potatoes
Tuesday, December 5	Smothered Pork, Mashed Potatoes, Roasted Root Vegetables, Collard Greens
Wednesday, December 6	Chicken Rice Casserole, Zucchini & Summer Squash, Scalloped Tomatoes
Thursday, December 7	Creamy Baked Fish, Angel Hair Pasta, Peas & Pearl Onions, Key West Blend Vegetables
Friday, December 8	Shepherd’s Poe, Mashed Potatoes, Crumb Topped Brussel Sprouts
Monday, December 11	Chicken Cordon Bleu, Scalloped Potatoes, Broccoli, Dilled Carrots
Tuesday, December 12	Turkey Mostaccioli, Succotash Vegetable Blend, Sugar Snap Peas
Wednesday, December 13	Sweet & Sour Pork, Brown Rice, Oriental Blend Vegetables, Wax Beans
Thursday, December 14	Mexican Lasagna, Asparagus, Zucchini & Tomatoes (Home Delivered Meals ONLY)
Friday, December 15	Baked Chicken, Sweet Potato, Cheesy Cauliflower, Green Beans
Monday, December 18	Salisbury Steak, Mashed Potatoes, Mixed Vegetables, Sugar Snap Peas
Tuesday, December 19	Quiche Lorraine, Sausage Links, Key West Blend Vegetables, Stewed Tomatoes & Okra
Wednesday, December 20	Chicken Pot Pie, California Blend Vegetables, Cherry Crisp
Thursday, December 21	Beef Tips & Mushrooms, Brown Rice, Green Bean Almondine, Diced Beets
Friday, December 22	Closed for Holiday
Monday, December 25	Closed for Holiday
Tuesday, December 26	Chicken Tenders, Tater Tots, Green Beans, Malibu Blend Vegetables
Wednesday, December 27	Baked Spaghetti, Peas & Mushrooms, Italian Blend Vegetables
Thursday, December 28	Tropical Pork, Black Beans & Rice, Carrots
Friday, December 29	Closed for Holiday

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.





Thank you Senator Lindsey for visiting the Three Rivers COA and giving us a legislative update!

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 # _____