



The Senior Connection

January 2024



St. Joseph County Commission on Aging Newsletter



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...

The COA Holiday Party was a huge success. From the decorations to the food to an amazing performance by the Sweet Adelines, the entire day was magical.

Look for some photos from the Holiday Party on Page 7 of this newsletter. A HUGE THANK YOU to the volunteers and staff for all their work on this special event. And of course, we appreciate our generous donors who either gave money or door prizes. I think this was the most door prizes we have ever given away at a party. In large part this is due to the generosity of our receptionist in Three Rivers, Tina Gales, who makes this donation in memory of her husband, Brian.

In addition to the Holiday Party, we had a lot of fun in December decorating gingerbread houses, making Santa snowmen, and going to holiday concerts. I attended the Carpenters Christmas show at Miller Auditorium with several of our members and we had so much fun. I can see why our trips are so popular!

I am happy to announce that the winner of the gingerbread house decorating contest in Three Rivers was Nancy Robbins. In Sturgis, Denise Abrams can claim bragging rights until next December. Great job everyone!



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

Three Rivers P.A.C.

Friday, March 8, 2024 @
10:30 a.m. (Atrium)

Sturgis P.A.C.

Tuesday, March 26, 2024 @
1:00 p.m. (Classroom)

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

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.

Popcorn and Puzzles at the COA

Puzzle Races – January 31

National Puzzle Day is Monday, January 29. We've planned a friendly competition on that day at 1pm at both centers.

Assemble your team and join us for an afternoon of fun as we race to see which team can complete a 300 piece puzzle the quickest.

Teams should consist of 3 to 4 people.

The perks of competing will be a year of bragging rights and a small prize for the winning team. Please sign up by calling 279-8083 or stopping by the reception desk.



National Popcorn Day January 19

Stop by the Oaks or the Rivers Enrichment Centers and enjoy free popcorn from 11:00am to 12:30pm.

International Brain Teaser Month

Like any muscle in our body, the brain needs constant exercise to stay sharp and strong. Brain teasers are excellent ways to exercise the mind. They aid memory and sharpen our focus. Puzzles and games can help us see things differently. Plus, they're super fun. Keeping our brains active can help reduce the risk of dementia as we grow older. Give your brain the mental stimulation and challenge it needs every day. Solve a crossword puzzle. Tackle some Sudoku. Brain teasers are excellent for those grey cells. They help us develop new ways of thinking. Remember to change up the tasks regularly so that your brain is always on its toes.

Every day we are open during the month of January we will post a brain teaser in our café. Make your best guess and on Fridays we will reveal the answers for the week.

4 Enjoy Delicious Food and Great Music at our Next Dinner Night Out

We are going to celebrate Valentine's Day at our next Dinner Night Out which will be on Wednesday, February 14 at the Oaks Enrichment Center. A menu will be posted in January at both our centers.

Our entertainment that evening will be the COA's line dancing instructors Richard and Becky who will teach anyone who wants to learn some basic line dancing steps. We hope all of our COA line dancers will come and help Richard and Becky demonstrate what a fun activity this is. And also there will be plenty of opportunity for more dancing after the lesson. Tickets go on sale on Monday, January 22, and will remain on sale until Friday, February 2, or until we sell out. There will be a bus from Three Rivers to Sturgis that night - please let us know if you would like a ride when you purchase your ticket.



WHEN: Wednesday, February 14, 2024
WHERE: Oaks Enrichment Center, Sturgis
TIME: 5:00 p.m.
COST: \$15 per person

2024 Restaurant Program Update

In 2024 members will be allowed to acquire three restaurant vouchers per month per person. Vouchers are good until December 31, 2024.

Just a reminder that restaurant vouchers will increase to \$5.00 per voucher. If you have any questions or concerns, please Manager Katie Hughes at (269) 279-8083.



Katie's KORNER

Nutrition Director Katie Hughes is offering a presentation on **GRAINS** this month at the Oaks Enrichment Center in Sturgis. 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 Tuesday, January 16.

WHEN: Wednesday, January 17
WHERE: Oaks Enrichment Center, Sturgis
TIME: 9:30 a.m.



Medicare Made EASY!

Jeff Armstrong

Licensed Independent Agent

269-605-9173

jeff@3statehealth.com



 **Tri-State**
HEALTH AND WELLNESS

JANUARY 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.*

Tuesday, January 30th – 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 depart from Three Rivers at 8:00am and from Sturgis at 8:45am. We plan to be back in Sturgis around 3:00pm and Three Rivers at 3:45pm.

COST: \$10 per person

Wednesday, January 31st - Miller Auditorium and Olive Garden

Join us as we see the amazing musical, ***Come From Away***. Based on the events in the Newfoundland town of Gander during the week following the September 11 attacks, when 38 planes, carrying approximately 7,000 passengers, were ordered to land unexpectedly at Gander International Airport. The characters in the musical are based on (and in most cases share the names of) actual Gander residents and stranded travelers they housed and fed. Audiences and critics have received the musical as a cathartic reminder of the capacity for human kindness in even the darkest of times and the triumph of humanity over hate. “It takes you to a place you never want to leave” says Newseek magazine. “There are shows you should see right now, for the benefit of your own spirit, and this is one of them” says Chicago Tribune.

We are leaving Sturgis at 3:30pm and Three Rivers at 4:15pm. We will eat dinner at Olive Garden prior to the show - cost is on your own. We plan to arrive back in Three Rivers at 10:45pm and in Sturgis at 11:15pm.

COST: \$59 per person (Dinner at Olive Garden is on your own)



6 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 at 1:45pm in the classroom and we'll provide water and popcorn.

Monday, January 8th – Eight Below

In the Antarctic, after an expedition with Dr. Davis McClaren, the sled dog trainer Jerry Shepherd has to leave the polar base with his colleagues due to the proximity of a heavy snow storm. He ties his dogs to be rescued after, but the mission is called off and the dogs are left alone at their own fortune. For six months, Jerry tries to find a sponsor for a rescue mission while his dogs fight for survival.

Thursday, January 25th – Serendipity

On a magical night when they are in in their 20s, Jonathan (John Cusack) meets Sara (Kate Beckinsale). He finds it love at first sight, but Sara believes in destiny. After 10 years the two - with 3,000 miles between them - must decide if fate wants them to be together again. When love feels like magic, it is called destiny; when destiny has a sense of humor, it is serendipity.

COA Advisory Board Meeting Schedule 2024

The COA Advisory Board voted to change its meeting schedule. Beginning in 2024 the board will meet six times per year, alternating between our centers in Three Rivers and Sturgis. The board also voted to change its meeting time from 1:30 p.m. to 3:00 p.m.

The COA Advisory Board Meeting 2024 Schedule

St Joseph County Commission on Aging Meetings

<u>Month</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
January	17	3:00 PM	Rivers Enrichment Center
April	17	3:00 PM	Oaks Enrichment Center
May	15	3:00 PM	Rivers Enrichment Center
July	17	3:00 PM	Oaks Enrichment Center
September	18	3:00 PM	Rivers Enrichment Center
November	20	3:00 PM	Oaks Enrichment Center



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, January 16

TIME: 1 p.m.

WHERE: Oaks Enrichment Center, Sturgis



Tuesday, January 16th GQT Three Rivers 6

We're going to see The Boys in the Boat - a sports drama based on the #1 New York Times best-selling non-fiction novel written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of

Washington rowing team that competed for gold at the Summer Olympics in Berlin. This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world.

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.





COA P.A.C. Meeting

All Members Welcome!

According to standards set by the Area Agency on Aging, the mission of the Project Advisory Council is to allow COA members a forum where they can meet and discuss COA programs and services.

The next P.A.C. meeting dates are listed below. If you have any questions about P.A.C., please contact Marketing Manager Ruth Mancina at 279-8083.

Three Rivers P.A.C.

Friday, March 8, 2024 at 10:30 a.m. (Atrium)

Sturgis P.A.C.

Tuesday, March 26, 2024 @ 1:00 p.m. (Classroom)

AARP Tax Preparation

Will Not Be at the COA in 2024

The volunteers from AARP who prepare tax returns have informed the COA that they will NOT be available in 2024.



HOLIDAY CLOSINGS

The COA will be closed on Monday, January 1, 2024 for the New Year's holiday and on Monday, January 15 for Martin Luther King, Jr. Day.

2023 DONATIONS

The Commission on Aging is grateful for the donations it received in 2023. This additional support allows the COA to continue to provide outstanding programs and services in nutrition, life enrichment and residential services. Donations to the COA allow us to continue to serve more older adults in our community with much-needed meals and support in the home, while maintaining our diverse and engaging life enrichment programs. If you would like to donate to the COA, please contact our Finance Manager Britt Buscher for more information.

THANK YOU FOR YOUR SUPPORT!

Monetary Donations:

Anonymous
Absolute Homecare &
Medical Staffing
Anna Stonerock
Ayers Insurance
Birch Meadows
Brian & Betty Purser
Emma Miller
Garnett Lockwood
Hospice Care of
Southwest Michigan
Humana - Marcie Ritter
Jeff Armstrong
Lorraine Idriss Ball
Louise Albin
Lorraine Bolley
Mary and Ned Haylett
Mendon Women's Club
Sharon Budenieks
St. Peters Evangelical
Church

Thurston Woods Village
Tina Gales
Tri-State Health and
Wellness

Exercise Equipment for our Fitness Centers

Denise Abrams
Tom & Debbie Harrell
Marilee Yoder

Memorials

In memory of Ted Ream
from Jeanie Wiedenbeck

In memory of Alice Mann
from Darlene Burgener

In memory of Alice Mann
from John and Barb Luxon

In Memory of Johnny
Irwin from Edie Irwin



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, January 16

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.



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, January 2, 2024 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.

Call 279-8083 to make an appointment.



Arthritis Foundation Exercise

Three Rivers:

Tuesdays & Thursdays at 10:30am (CR)

Instructor: Cathy Taylor

Take part in low-impact exercise for those with arthritis or related conditions. Class designed to help with mobility. Our instructor is certified through the Arthritis Exercise Foundation. This class is part of our Evidence Based Disease Prevention Program.

Arthritis Foundation Exercise - Taking it Easy!

Sturgis: M,W,F at 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

NEW! Basic Yoga

This foundational class on the mat offers wisdom and practical techniques that stabilize the core, stretch muscles, strengthen bones, and improve posture. Short flowing sequences and targeted holds will be explored to bring strength and stability to the lower back, pelvis, shoulders, and hips. Suggestions will be offered to accommodate limited range of motion due to injury, surgery, overuse, and aging issues. This class begins with guided breath-work and ends with guided meditation. (The use of chairs are available if needed.)

Sturgis: Thursdays at 10am (AH)*

Instructor: Cynthia Hoss

**Class begins Thursday, January 11, 2024.*

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

Flexible You

Stretching is strongly recommended for our aging bodies. Taught by a certified instructor and using mats on the floor, this class focuses on lengthening the areas between the joints, allowing for more flexibility and range of motion. There is attention to proper form, breathing, and relaxation.

Three Rivers: Wednesdays from 8:15am - 9:15am (AH)

Instructor: Cathy Taylor

**Class begins Wednesday, January 10, 2024 and is a great alternative for people who were taking Kathy Bingaman's Forever Fit classes on Tuesday and Thursday. Kathy B. 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

TURN THE PAGE FOR MORE EXERCISE CLASSES!

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

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

Book Clubs

The Three Rivers Book Club is reading The Brilliant Life of Eudora Honeysett by Annie Lyons. **The group meets on the fourth Wednesday of each month at Noon (January 24).**

Books are available at the COA reception desk in Three Rivers.

The Sturgis Book Club meets on the third Thursday of each month at 3pm (January 18). The group is reading Maid by Stephanie Land.

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 (January 8). The group is reading Ghosted by Rosie Walsh.

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

JUDE THE COMFORT DOG WILL BE AT THE RIVERS EC ON FRIDAY, JANUARY 5 AT 10:30 A.M.

**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 12/31/24!**

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 2024

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

JANUARY Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>COA CLOSED FOR NEW YEAR'S DAY</div>	<div>2</div> <div>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 6pm - Alzheimer's Assoc. Caregiver Support Group</div>	<div>3</div> <div>9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. 1pm - Pinochle 1:30pm - Ballroom Dancing</div>	<div>4</div> <div>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</div>	<div>5</div> <div>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</div>
<div>8</div> <div>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</div>	<div>9</div> <div>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle</div>	<div>10</div> <div>NEW! 8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. 1pm - Pinochle 1:30pm - Ballroom Dancing</div>	<div>11</div> <div>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</div>	<div>12</div> <div>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</div>
<div>15</div> <div>COA CLOSED FOR MARTIN LUTHER KING JR. DAY</div>	<div>16</div> <div>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle Dinner & Movie - Boys in the Boat at GQT Three Rivers 6</div>	<div>17</div> <div>NEW! 8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - AE - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Pinochle 1:30pm - Ballroom Dancing 3pm - COA Advisory Board Meeting - NEW TIME!</div>	<div>18</div> <div>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</div>	<div>19</div> <div>9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - Free Popcorn Day 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg</div>
<div>22</div> <div>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold TICKETS ON SALE FOR FEB. DINNER NIGHT OUT</div>	<div>23</div> <div>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle</div>	<div>24</div> <div>NEW! 8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. Exercise Noon - Book Club 1pm - Pinochle 1:30pm - Movement & Ballroom Dancing</div>	<div>25</div> <div>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</div>	<div>26</div> <div>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</div>
<div>29</div> <div>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</div>	<div>30</div> <div>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle CASINO TRIP</div>	<div>31</div> <div>NEW! 8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. 1pm - Puzzle Races 1pm - Pinochle 1:30pm - Ballroom Dancing MILLER AUDITORIUM AND OLIVE GARDEN TRIP</div>		

JANUARY Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>COA IS CLOSED FOR NEW YEAR'S DAY</p>	<p>2</p> <p>10am - Boards & Bagels 10am - NO Chair Yoga 1pm - Euchre</p>	<p>3</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre</p>	<p>4</p> <p>10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge</p>	<p>5</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - NO Cardio Drumming</p>
<p>8</p> <p>9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise Noon - Lethal Lunches Book Club 12:30pm - Bingo 1:45pm - Movies at the Oaks - <i>Eight Below</i></p>	<p>9</p> <p>10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre</p>	<p>10</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre</p>	<p>11</p> <p>NEW! 10am - Basic Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge</p>	<p>12</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>15</p> <p>COA IS CLOSED FOR MARTIN LUTHER KING, JR. DAY</p>	<p>16</p> <p>9:30am - Foot Doctor 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Tuesday Trivia Dinner and Movie at GQT Three Rivers 6 - <i>Boys in the Boat</i></p>	<p>17</p> <p>9:30am - Katie's Corner 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 3pm - COA Advisory Board Meeting in TR - NEW TIME!</p>	<p>18</p> <p>NEW! 10am - Basic Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - COA Book Club 7pm - Billiards Club 7pm - Duplicate Bridge</p>	<p>19</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - Free Popcorn Day 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>22</p> <p>9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo TICKETS GO ON SALE FOR FEBRUARY DINNER NIGHT OUT</p>	<p>23</p> <p>10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre</p>	<p>24</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre</p>	<p>25</p> <p>NEW! 10am - Basic Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:45pm - Monthly Movies at the Oaks - <i>Serendipity</i> 7pm - Billiards Club 7pm - Duplicate Bridge</p>	<p>26</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>29</p> <p>9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo</p>	<p>30</p> <p>10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre CASINO TRIP</p>	<p>31</p> <p>9:45am - Arthritis Exercise - 11am - S.A.I.L. Exercise 1pm - Puzzle Races 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre MILLER TRIP</p>		

Meals on Wheels & Congregate Menu
JANUARY 2024

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Monday, January 1	Closed for Holiday
Tuesday, January 2	Chicken Kiev, Scalloped Potatoes, Green Beans, Dilled Carrots
Wednesday, January 3	Stuffed Cabbage Rolls, Brown Rice, Peas & Pearl Onions, Key West Blend Vegetables
Thursday, January 4	Turkey Tetrazzini with Pasta, Stewed Tomatoes, Broccoli
Friday, January 5	Egg & Sausage Bake, Asparagus, Oriental Blend Vegetables
Monday, January 8	Bangers & Mash with Onion Gravy, Italian Blend Vegetables, Parslied Cauliflower
Tuesday, January 9	Beef Fajitas, Spanish Rice, Seasoned Black Beans, Kyoto Blend Vegetables
Wednesday, January 10	Teriyaki Chicken, Brown Rice, Sugar Snap Peas, Diced Beets
Thursday, January 11	Roasted Pork Tenderloin, Scalloped Potatoes, Collard Greens, Zucchini & Yellow Squash
Friday, January 12	Hearty Beef Stew, Sugar Snap Peas, Oranges
Monday, January 15	Closed for Holiday
Tuesday, January 16	Broccoli & Cheese Stuffed Chicken Breast, Sweet Potatoes, Winter Blend Vegetables
Wednesday, January 17	Tuna Noodle Casserole, Garlic & Herb Broccoli, Peas & Pearl Onions
Thursday, January 18	Garden Citrus Chicken, Brown Rice, Scalloped Tomatoes, Mixed Vegetables
Friday, January 19	Mushroom Swiss Burger, Baked Beans, Au Gratin Potatoes
Monday, January 22	Veal Parmesan over Pasta, Peas & Mushrooms, Wax Beans
Tuesday, January 23	Blackberry Chicken Dijon, Roasted Red Potatoes, Mixed Vegetables, Zucchini & Tomatoes
Wednesday, January 24	Pizza Casserole, Italian Blend Vegetables, Roasted Brussel Sprouts
Thursday, January 25	Meatloaf, Roasted Root Vegetables, Broccoli
Friday, January 26	Macaroni & Cheese, Ham Slice, Dilled Carrots, Wax Beans
Monday, January 29	Swedish Meatballs, Buttered Noodles, Green Beans, Diced Beets
Tuesday, January 30	Maple Mustard Pork Chop, Cinnamon Maple Squash, California Blend Vegetables
Wednesday, January 31	Lemon Chicken, Cheese Grits, Zucchini & Tomatoes, Wax Beans

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.





Thanks to everyone who donated to the Three Rivers Fire Department Toy Collection. They were able to help 60 children this year!

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 # _____