

## The Senior Connection

St. Joseph County <u>Commission on Aging</u> Newsletter

### February 2024

Serving Older
Adults in
St. Joseph
County
Since 1973



## 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



## Follow us on Instagram (sjccoa) and YouTube





### From the Executive Director...

This time of year the weather is especially unpredictable. I just want to remind our members that the Commission on Aging closes when the county closes - not area schools. When we decide to close, we will announce it on our website and on our Facebook page. We also send the information to area radio and television stations. Sometimes our centers are open but we are canceling a service such as Meals on



Wheels. That announcement also will be sent to area radio and television stations.

I want to give a shout-out to everyone on our staff who braves the frigid weather to make sure our most frail members receive the services they need. Our assessor, Cassie Graber, makes regular visits to anyone receiving services in the home. Our In-Home Aides also are out on the roads traveling to the homes of members who need help maintaining their independence. Monday through Friday our Meals on Wheels drivers are out and about delivering a hot meal to those who have difficulty leaving their home or preparing a nutritious meal for themselves. And last but not least, our Custodian, Melton Powell, and Maintenance Worker, Gary Oberlander, work hard to keep our sidewalks shoveled at our centers, along with any other snow removal they can do to make it safer for members to visit the COA.

I am asking for help in spreading the word about our need for more In-Home Aides at the COA to help members at home with personal care or light housekeeping duties. If you know of someone who is looking for a part-time job and likes working with older adults, please encourage them to apply at <a href="https://www.stjosephcountymi.org">www.stjosephcountymi.org</a>

Being an In-Home Aide is a great part-time job for stay at home moms, retirees, or college students since it offers flexible scheduling. In addition to being able to set your own schedule, the

COA offers other great benefits, such as competitive wages, a retention bonus, travel reimbursement, a retirement savings plan, and tuition reimbursement.





## 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 Michiganian's Act
- ♦ Donations

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

### **Wood Block Family**

Make this charming wood craft as a Valentine's Day decoration or make one to represent your grandchildren or your family - lots of different options to make something unique and special to you.

WHEN: Tuesday, February 6th at 1:00 p.m.

**Oaks Enrichment Center, Sturgis** 

Wednesday, February 7th at 1:00 p.m. Rivers Enrichment Center, Three Rivers

**COST:** Free - Donations Welcome!

RSVP: Pre-registration is required.

Call (269) 279-8083 to sign up.





## February is Dog Training Education Month

#### **Come meet St. Joseph County Veterans Affairs Dogs!**

We're going to celebrate and recognize the importance of dog training by shining a light on our county's Veterans Affairs Dog program. Roughly 22 veterans die by suicide every day, and the St. Joseph County Veterans Affairs Dog program is determined to change that. Our dog program exists because of a fierce dedication to saving the lives of veterans. This program is backed by scientific research and empowers veterans who fought for our freedom to live a life of dignity and independence. Participants in our program are able to live a life that they previously did not think was possible. Many have reunited with their families, gone back to school, found renewed enjoyment in life, and significantly reduced their medications.

This program is designed to support our military veterans and their emotional needs, as well as our well-trained animal in finding a great forever home. Each veteran will meet with our certified instructor who will review the training plan and provide the veteran with the tools and support needed for this journey.

Stoney Summey, Director of Veterans Affairs for St. Joseph County, is going to be visit our centers to discuss the program in more detail and let our members meet some of the dogs in training.

WHEN: Friday, February 23

TIME: 10:00 a.m. at the Rivers Enrichment Center, Three Rivers

2:00 p.m. at the Oaks Enrichment Center, Sturgis

No need to RSVP, just show up and enjoy meeting Stoney and & his well-trained dogs!

## NATIONAL CHOPSTICKS DAY TUESDAY, FEBRUARY 6TH

We'll be providing chopsticks for everyone who visits the center that day.

Try using them when you eat your next meal.

Chopsticks are a key element of many oriental cultures. Learning to use them correctly and efficiently is certainly a skill, and some say an art.

These simple pairs of sticks have a long history and an intriguing story, which continues into today's modern culture. Here are some fun facts about chopsticks!

- It is thought that chopsticks have been around for between 3,000 and 5,000 years. They originated in China, and legend has it that Chinese philosopher Confucius was a key figure in their development. His focus on non-violent teachings led to the abolishment of eating instruments deemed an association of war or violence, such as knives, should not be present at the dinner table.
- Each time you use a chopstick, you are engaging around 50 different muscles and joints within your body including the fingers, wrist, arm and shoulders. Using chopsticks to eat could be more of a workout that you might have imagined! Studies have also shown that regular use of chopsticks can help to decrease the risks of osteoarthritis in the hand.
- It is estimated that the Chinese alone use around 45 billion disposable chopsticks every year, the Japanese also use around 25 million a year which is around 200 pairs per person per year! This led to the introduction of the People's Republic of China's 5% tax on disposable chopsticks in an effort to reduce the wastage of natural resources.
- The increase in popularity of Japanese, Chinese and other oriental dishes has meant that today, around a third of the world uses a chopstick every day, which is nearly as many people as use a traditional knife and fork!
- There are people in the world who have a fear of chopsticks (although we're not quite sure why) and this is called "consecotaleophobia".
- Although traditionally we think of chopsticks as being made from wood or plastic, there are also silver chopsticks. These have a special purpose of
  testing the toxicity of foods, particularly for the use of the Royal Family in China. If the silver turns black, then the dish is said to contain poison and
  an attempt at assassination.
- Out of all the chopsticks produced in Japan, 80% of them are made in a small city of 32,000 named Obama.

#### 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 have increased to \$5.00 per voucher. If you have any questions or concerns, please contact Manager Katie Hughes at (269) 279-8083.

## Medicare Made EASY! Jeff Armstrong Licensed Independent Agent 269-605-9173

jeff@3statehealth.com



### FEBRUARY TRIPS

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, February 10<sup>th</sup> – K-wings Pink Ice Game

Join us for the **Pink Ice** Game at Wings Stadium where the K-Wings will play against the Toledo Walleye. This game is about honoring Breast Cancer survivors and making it a Valentine's Day to remember! Each person attending from the COA will receive a K-Wings knit cap, an Airway Lanes free game of bowling and a \$5 concession voucher. Our seats this year also are in Rows D & E so not nearly as many steps to climb as last year!

Prior to the game will we be having dinner at Denny's (cost is on your own). We will be leaving Sturgis at 3:15 p.m. and Three Rivers at 4:00 p.m. We plan to arrive back in Three Rivers around 10:15 p.m. and in Sturgis at 10:45 p.m.

COST: \$27 per person

#### Wednesday, February 28<sup>th</sup> – Cornwell's Turkeyville – Sentimental Journey by The Manhattan Dolls

Hop aboard the \*Chattanooga Choo Choo\* and join The Manhattan Dolls on a \*Sentimental Journey\* through the great music of the 1930s and 1940s. Sit back and enjoy these timeless classics, or if you're \*In the Mood\* get up and dance! Sentimental Journey blends beautiful ballads with your favorite toe-tapping tunes, and of course, in classic USO fashion, takes some time to honor our brave men and women in the military. From Boogie Woogie to the Blues, Sentimental Journey celebrates the best the Great American Songbook has to offer.

We will leave Three Rivers at 9:30 a.m. and Sturgis at 10:15 a.m. We arrive back in Three Rivers at 5:30 p.m. and in Sturgis at 6:00 p.m. Trip includes a lunch buffet.

COST: \$72 per person

## 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.

## Thursday, February 8<sup>th</sup> Hidden Figures

An incredible and inspiring untold true story about three African American women at NASA who were instrumental in one of history's greatest operations - the launch of astronaut John Glenn into orbit.



#### Monday, February 26th - Dog

In this road trip comedy, two hard-charging former Army Rangers paired against their will - Jackson Briggs (played by Channing Tatum) and Lulu, a Belgian Malinois dog - race down the Pacific Coast in hopes

of making it to a fellow soldier's funeral on time.



#### **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:

April 17	3:00 p.m.	Oaks Enrichment Center
May 15	3:00 p.m.	<b>Rivers Enrichment Center</b>
July 17	3:00 p.m.	Oaks Enrichment Center
September 18	3:00 p.m.	<b>Rivers Enrichment Center</b>
November 20	3:00 p.m.	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, February 20

TIME: 1 p.m.

WHERE: Oaks Enrichment Center, Sturgis



## Tuesday, February 6th GQT Three Rivers 6

We're going to see I.S.S.

Tensions flare in the near future aboard the International Space Station when a worldwide conflict breaks out on Earth. Soon, the U.S. and Russian

astronauts each receive orders from the ground; take control of the station by any means necessary. Rated R for some violence and language. We will go to Arby's after the show. Cindy will call you to give you the movie time on Friday, February 2, so if you are interested in participating, just call the center and ask to have your name put on the list.



### February is American Heart Month



Heart disease is the leading cause of death in the United States and is largely preventable. You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to your day, or choosing healthy foods, can have a big impact on protecting your heart.

If you are looking to take a step in the right direction in terms of your heart health, now is a great time to try an exercise class at the COA. Check out our class offerings and schedule on Pages 10 & 11.

We're going to raise awareness about heart disease by participating in National Wear Red Day, which is the first Friday in February.

If you visit either center on Friday, February 2 and you are wearing red, we will put your name in a drawing to win a fabulous gift basket filled with heart healthy snacks.

## Volunteering at the COA

We are grateful to our many volunteers at the COA. We are planning something special in April to celebrate our volunteers and say "thank you" for all that you do.

We just want to remind our members that it's important for you to log your volunteers hours on the kiosk near the reception desk in Three Rivers and Sturgis - every time you volunteer.

Since we no longer have paper sign-in sheets we have no other way of keeping track of our volunteers or the time they put in to help the COA offer such excellent programs and services.

Please log any time you give to the COA on the kiosk. If you do not see a volunteer button on the left hand side of the screen when you check into the kiosk and you want to log some time, please ask a staff member for help. If you do not know how to log your volunteer time, again, please ask a staff member for help.

No task or amount of time spent is too small or insignificant to log into the kiosk.



## 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, February 19 for Presidents' Day.



## THANK YOU THANK YOU THANK YOU

We were overwhelmed by the generosity of our members who provided so many wonderful gifts for schoolchildren in Sturgis and Three Rivers. Pictured above is the Angel Tree in Sturgis—doesn't it look great? We had the same amount of gifts in Three Rivers, too. Unfortunately, we did not get a picture before the gifts were taken over to Hoppin Elementary.

Next year we will reach out to elementary schools in other St. Joseph County municipalities. Thank you to everyone who participated and donated gifts. COA members are absolute rock stars when it comes to giving back to the community.



# 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.

WHEN: Tuesday, February 13
WHERE: Oaks Enrichment Center

TIME: 11:30am - 1:00pm

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

#### **Foot Doctor**

Tuesday, February 6

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 <u>no charge</u> for the 60+ crowd. Donations are accepted.

**OVER THE TELEPHONE** 

WHEN: Wednesday, February 21

TIME: 2:00 p.m. - 4:00 p.m.

Please call (269) 224-5040 if you wish to speak to an attorney. You can leave a message on the voicemail if the attorney is busy.

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





## Alzheimer's Association 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, February 6, 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.

## <u>Arthritis Foundation Exercise -</u> <u>Taking it Easy!</u>

Sturgis: M,W,F at 9:45am Instructor: Melissa Wilson

This class is for anyone who wants a slowerpaced 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

#### **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 (CLSSRM)\*

**Instructor:** Cynthia Hoss

#### **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

#### **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!

#### **EXERCISE**

#### **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 Story of Arthur Truluv by Elizabeth Berg. The group meets on the fourth Wednesday of each month at Noon (February 28). 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 (February 15). The group is reading The Lighthouse Keeper by James Michael Pratt.

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 (February 12). The group is reading <a href="https://doi.org/10.1007/jhe/">The Wife Before</a> by Shanora Williams.

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

JUDE THE COMFORT DOG WILL BE AT THE RIVERS EC ON FRIDAY, FEBURARY 2 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

## Senior Congregate RestaurantProgram Guidelines

Coupons for the COA Restaurant Program are available at Three Rivers, Sturgis and Klines Resort meal sites. The recommended donation per ticket is \$5.00.

#### **Rules:**

- Intake Form must be filled out <u>at time of acquisition</u>, or must present current <u>COA membership card</u>.
- Coupons must be signed when used at restaurant.
- You must be <u>60 years</u> 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.
- <u>Tip is on your own</u>, 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	INK ICE GAME FEBRUARY 10		1 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	2 GO RED DAY! 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
5 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	9:00am - Foot Doctor 9:30am - Cardio Drumming 10:30am - Arthritis Exercise National Chopsticks Day 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle Dinner & a Movie at TR6 6pm - Alzheimer's Association Caregiver Support Group	7 8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. 1pm - Wood Block Craft 1pm - Pinochle 1:30pm - Ballroom Dancing	8 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	9 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
12 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	13 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	14 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 5pm - Dinner Night Out at Oaks Enrichment Center	15 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	16 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
COA CLOSED FOR PRESIDENTS' DAY  Presidents Day	20 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	21 8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. Exercise 1pm - Pinochle 1:30pm - Movement & Ball- room Dancing	22 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	23 9:30am - Line Dancing 10am - SJC Veterans Affairs Dog Program 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg
26 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	28 8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. Noon - Book Club 1pm - Pinochle 1:30pm - Ballroom Dancing TURKEYVILLE TRIP	29 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
K-WINGS PINK ICE GAME SATURDAY, FEBRUARY 10			1 10am - Basic Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge	2 GO RED DAY! 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
5 D:45am - Arthritis Exercise - Γaking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo	6 10am - Boards & Bagels 10am - Chair Yoga National Chopsticks Day 1pm - Euchre 1pm - Wood Block Craft Dinner and Movie at GQT Three Rivers 6	7 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	8 10am - Basic Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:45pm - Movies at the Oaks (Hidden Figures) 7pm - Billiards Club 7pm - Duplicate Bridge	9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
12 D:45am - Arthritis Exercise - Γaking it Easy! 11am - S.A.I.L. Exercise Noon - Lethal Lunches Book Club 12:30pm - Bingo	13 10am - Boards & Bagels 10am - Chair Yoga 11:30am - SJC Veterans Affairs 1pm - Euchre	14 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 5pm - Dinner Night Out	15 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	16 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
COA CLOSED FOR PRESIDENTS' DAY  10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Tuesday Trivia		9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	22 10am - Basic Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge	23 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 2pm - SJC Veterans Affairs Dog Program
26 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1:45pm - Movies at the Oaks (Dog)	27 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre	28 9:45am - Arthritis Exercise - 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre TURKEYVILLE TRIP	29 10am - NO Basic Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge	

## Meals on Wheels & Congregate Menu FEBRUARY 2024

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#### **HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES**

Thursday, February 1	Lemon Baked Fish, Brown Rice, Peas & Pearl Onions, Cauliflower
Friday, February 2	Hamburger Stroganoff, Egg Noodles, Scalloped Tomatoes, Wax Beans
Monday, February 5	Italian Sausage, Peppers & Onions, Roasted Sweet Potato Wedges, Green Beans
Tuesday, February 6	Chicken Chop Suey, Brown Rice, Oriental Vegetables, Capri Blend Vegetables
Wednesday, February 7	Maple Glazed Fish, Florentine Rice Pilaf, Cauliflower, Creamy Peas & Red Peppers
Thursday, February 8	Citrus Glazed Turkey, Red Bliss Potatoes, Butternut Squash, Blueberry Crisp
Friday, February 9	Apple Pork Chop, Roasted Rosemary Potatoes, Creamed Spinach, Key West Blend Vegetables
Monday, February 12	BBQ Beef, German Potato Salad, Baked Beans
Tuesday, February 13	Salmon Patty, Parmesan Noodles, Cauliflower, Butternut Squash
Wednesday, February 14	Bourbon Pork Chop. Whipped Sweet Potatoes, Scandinavian Blend Vegetables
Thursday, February 15	Pepper Steak, Brown Rice, Glazed Carrots, Italian Green Beans
Friday, February 16	Chicken Marsala, Mashed Potatoes, Harvard Beets, Asparagus
Monday, February 19	Closed for Holiday
Tuesday, February 20	Oven Baked Fish, Parslied Potatoes, Green Beans & Mushrooms
Wednesday, February 21	Homestyle Veal, Mashed Potatoes & Gravy, Whole Baby Carrots, Roasted Brussel Sprouts
Thursday, February 22	Tropical Pork, Black Beans & Rice, Scalloped Tomatoes, Creamy Peas & Red Peppers
Friday, February 23	Orange Glazed Chicken, Brown Rice, Oriental Blend Vegetables, Normandy Blend Vegetables
Monday, February 26	Cheese Burger, Sweet Potato Wedges, Honey Glazed Carrots
Tuesday, February 27	BBQ Chicken, Au Gratin Potatoes, Baked Beans, Cherry Crisp
Wednesday, February 28	Ham Slice, Scalloped Potatoes, Stewed Tomatoes, Peas & Pearl Onions
Thursday, February 29	Turkey & Butternut Squash Bake, Red Bliss Potatoes, 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.



The COA will be closed on Monday, February 19th for Presidents' Day.



#### 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 #