



The Senior Connection

St. Joseph County Commission on Aging Newsletter

April 2024

Serving Older Adults in St. Joseph County Since 1973



Come with us as we explore the beautiful campus of the University of Notre Dame and the Basilica of the Sacred Heart

Details on Page 5

**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...

April is a month to celebrate volunteers and at the COA we have the very best volunteers who we appreciate beyond measure.

Invitations will be mailed out the first week of this month for a Volunteer Breakfast we are having at each center. All the details are on Page 6.

Thank you to each and every person who volunteers for the COA. We could not provide the excellent services and programs that we do without YOU!

We are starting to promote a very special event we are having in June to provide support and education for caregivers. Please read the article and save the date on your calendar because this show is outstanding. Whether you are a caregiver or not, it will touch your heart and resonate deeply with anyone who watches it.

I had the privilege of watching the very talented Breeda Miller perform last fall and it was fantastic. Please tell all your friends about our June 11 event: *Mrs. Kelly's Journey Home*. It will be held at Three Rivers High School Performing Arts Center and we are serving dinner before the show.

Just a quick reminder that the COA Advisory Board meeting schedule and time changed in 2024. The meeting dates are on Page 8 of this newsletter. We are meeting on April 17 at the Oaks Enrichment Center in Sturgis at 3 p.m. Anyone is welcome to attend.

Pam



National Humor Month

Research shows that laughing does more than just make you feel good - it actually is good for your health!

Research suggests laughter can decrease stress hormones, reduce artery inflammation and increase HDL, the "good" cholesterol. Laughter has also been shown to decrease heart rate and blood pressure, relax muscle tension and is associated with improved immune functioning.

We're going to help you improve your health by making you laugh! We will post a new joke each weekday for the month of April. Jokes will be posted in the lobby at the Oaks Center in Sturgis and in the Café in Three Rivers.



TIN CANS NEEDED!

We are in need of clean tin cans for our May craft project. **We're looking for 10-ounce to 32-ounce size cans. They can be turned in to either center.** If you have any questions, please contact Ruth or Cindy at 269-279-8083.

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

Three Rivers P.A.C.

Friday, June 14, 2024
@10:30 a.m. (Atrium)

Sturgis P.A.C.

Tuesday, June 25, 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
WSBT (CBS) South Bend
WNDU (NBC) South Bend**

The COA is supported by funds from:

- ◆ Michigan Department of Health and Human Services, Bureau of Aging, Community Living and Supports
- ◆ Branch-St. Joseph Area Agency on Aging (Region IIIC)
- ◆ St. Joseph County Senior Millage
- ◆ Older American's Act
- ◆ Older Michiganiaan's Act
- ◆ Donations

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

It's National Pretzel Day!

Friday, April 26 is National Pretzel Day. You know what that means – we will have some warm and soft pretzels for our members that day. We will begin handing out pretzels at 11:00 a.m. and go until they are gone.

There are a few different accounts of the origin of the pretzel. Most people agree that it does have a Christian background, and they were developed by the monks. According to *The History of Science and Technology*, in 610 AD, “an Italian monk invents pretzels as a reward to children who learn their prayers. He calls the strips of baked dough, folded to resemble arms crossing the chest, *pretiola* (little rewards).”



MARK YOUR CALENDAR!



The COA is offering a special event on Tuesday, June 11 and everyone is invited to attend.

We are thrilled to welcome award-winning author and professional speaker, Breeda Miller, to Three Rivers for her one-woman performance: “*Mrs. Kelly’s Journey Home*”, the story of a woman’s journey from Ireland to America and her struggle with dementia in her later years. This show brings to the stage the experiences of adults

caring for their aged parents.

“Breeda Kelly Miller brings to life a funny and often profound look at her mother’s journey from her native Ireland through to the end of her life, charting the type of experiences felt by generations of immigrants and adults caring for their aging parents,” said Vicki Quade, a Chicago playwright and producer. She also says this about Breeda’s show: “This is a theatrical memoir filled with humor and poignant moments, with Breeda performing each role, introducing us to her parents, their families and friends. “*Mrs. Kelly’s Journey Home*” will keep audiences riveted from the opening line to the closing blessing. It is a moving exploration of love, roots and family”.

An author, speaker and trainer, Breeda was a caregiver for her mother for eight years including hospice care in her home. She is a graduate of the University of Detroit Mercy with a degree in communications studies. Her stories have been broadcast nationally on The Moth Story Hour on NPR and she has written two books on caregiving, *Take a Break Before You Break* and *The Caregiver Coffee Break*.

The COA is offering *Mrs. Kelly’s Journey Home* as a free, community-wide event at the Three Rivers High School Performing Arts Center and will provide dinner before the show.

Donations to help offset the cost of Breeda’s performance fee and dinner are welcome. Any business or organization interested in sponsoring this event with the COA should contact Marketing Manager Ruth Mancina at 269-279-8083 to discuss sponsorship opportunities.

Exercise Class in Sturgis to Change Name

Yoga is known for its ability to **reduce stress and promote relaxation**. This can be especially beneficial for seniors who may be dealing with chronic pain or anxiety. Yoga has benefits no matter your age, and there's also evidence to back up the benefits for older people in particular.

A six-month-long trial of yoga in people aged 65-85 found that yoga significantly improved quality of life, balance and flexibility. At the COA our yoga instructors in Three Rivers and Sturgis are certified with many years of experience.

In Sturgis, Cynthia Hoss teaches a Chair Yoga class on Tuesdays at 10 a.m. and offers another class on Thursdays at 10 a.m. that we are now calling **Gentle Yoga**.

This basic class will guide you through movements that develop strength, flexibility and a connection between body, mind and breath. Suggestions will be offered to accommodate limited range of motion due to injury, surgery, overuse and aging issues. While much of the class is done traditionally on a yoga mat, chairs are available when needed. Class begins with guided breath-work and ends with guided meditation.

Give this class a try - you will be so glad you did!

WHEN: **Thursdays**

WHERE: **Oaks Enrichment Center in Sturgis**

TIME: **10 a.m.**



Pickleball is BACK!

April is National Pickleball Month, which means it's a perfect time to start playing this fun game.

The court at our Three Rivers site should be ready for action sometime during the first week of April. Don't forget we also have a Shuffleboard Court. We have shuffleboard and pickleball equipment for any COA member can check out at the front desk. Don't know how to play shuffleboard? Stop by the front desk for a copy of the rules.

We have a Pickleball Club that meets on Tuesdays at 11:00 a.m. We will begin meeting again Tuesday, April 2 weather permitting, and if the net is up. All are welcome! Please call the COA at 279-8083 to confirm when the court is ready.

Pickleball is a great way to stay fit, enjoy the outdoors and make new friends. Why not give it a try?



COA Provides Chore Work and Minor Home Repair

Do you have a household chore that has gotten to be too big of a job for you? Or maybe you have a leaky faucet and need help fixing it. Call the COA and ask to speak to our Residential Services Manager to see if we can help. Some of the tasks we can help with include minor household repairs, yard work, or installing a grab bar in your shower.

Our mission is to keep older adults safe and independent in their own homes.

If you need help, please give us a call at (269) 279-8083.

APRIL TRIPS

5

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.

Exploring Michigan! We're Going to Mason

Friday, April 12

Nestled in the heart of mid-Michigan, Mason is a charming town that features a historic 1905 courthouse in the midst of class architecture from that time. Explore the many shops in the downtown district, from antiques to books to crafts and quilting supplies and much more. We plan to first have lunch at The Depot Diner and then shop the downtown from 1:00 p.m. to 4:00 p.m. Located in the downtown area is a fantastic indoor farmers markets with all sorts of goodies. You can also enjoy an afternoon treat at The Daily Scoop. It's located next door to the bookstore. We will be leaving Three Rivers at 8:45 a.m. and from Sturgis at 9:30 a.m. We plan to arrive back in Sturgis around 6:00 p.m. and in Three Rivers at 6:30 p.m.

Cost: \$16 per person (Lunch is on your own)

Four Winds Casino in South Bend

Thursday, April 18

We will stop for breakfast first at the American Pancake House before spending some time at the casino. We will leave Sturgis at 7:30 a.m. and from Three Rivers at 8:15 a.m. We plan to be back in Three Rivers around 5:00 p.m. and in Sturgis at 5:30 p.m.

Cost: \$15 per person (Breakfast is on your own)

A Tour of Notre Dame University and the Basilica of the Sacred Heart

Wednesday, April 24

Voted one of the prettiest college campuses in America, there is much more than you realize to see at the University of Notre Dame. A tour guide will take you throughout the campus to see the Basilica, but also see the Hesburgh Library, the Grotto of our Lady of Lourdes and the Main Building, with its famous Golden dome. This trip does require a fair amount of walking. Prior to our tour we will have lunch at O'Rourke's Public House. After the tour we will stop at Krispy Kreme Doughnuts before heading home. We will be leaving Sturgis at 11:00 a.m. and from Three Rivers at 11:45 a.m. We should be back in Three Rivers at 6:30 p.m. and in Sturgis at 7:00 p.m.

Cost: \$15 per person (Lunch is on your own)

6 Monthly Movies at the Oaks

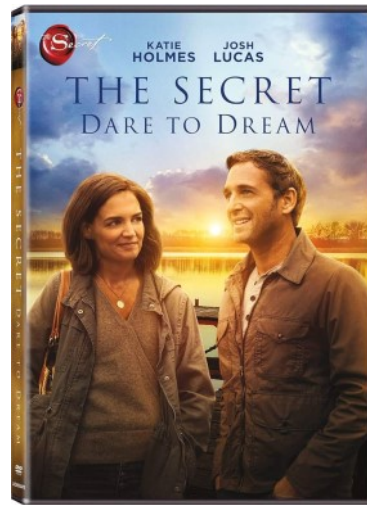
Join us each month as we show a movie at the Oaks Enrichment Center in Sturgis. The movie will be shown at 1:45pm in the classroom and we'll provide water and popcorn.

Thursday, April 4 @ 1:45pm

The Secret: Dare to Dream -

Rated PG

When a widow (Katie Holmes) with three children and struggling with overwhelming debt meets a kind stranger (Josh Lucas) who tries to convince her that positive thinking brings positive outcomes, her life changes in unexpected ways. Running time: 1:47



Monday, April 15th @ 1:45pm

The Art of Racing in the Rain -

Rated PG

Through his bond with his owner, aspiring Formula One race car driver Denny, golden retriever Enzo learns that the techniques needed on the racetrack can also be used to successfully navigate the journey of life. Starring Milo Ventimiglia. Running time: 1:49



Please Let Us Know!

We're thinking of taking a trip in June to see a Detroit Tigers game. It would be a weekday/afternoon game that typically starts around 1 p.m. We estimate it might cost \$50 to \$75 for your ticket and transportation.

If you think this is something you would like to do, please let the receptionist know as soon as possible. Thank you!



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, April 16

TIME: 1 p.m.

WHERE: Oaks Enrichment Center, Sturgis



Tuesday, April 2

Arthur the King

GQT Three Rivers 6

We're going to see *Arthur the King*. An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.

We will go to Culver's after the show. **Because we are going to see this movie so early in the month, please call the COA as soon as possible to let us know if you are interested in going. Cindy will call people who are signed up on Thursday, March 28 with the movie start time.**

Volunteer Breakfast on Tap for April

April is Volunteer Appreciation Month and we sure do appreciate our volunteers! Please join us for a Volunteer Appreciation Breakfast at our centers so we can say THANK YOU for BEE-ING a volunteer for the COA.

We are mailing out invitations the first week of April to everyone who has logged volunteer time using the kiosk that you use to check in for activities. If you have volunteered for the COA in 2023 and/or 2024, please make sure you have logged your time on the kiosk. If you haven't or don't know how, please reach out to Cindy or Ruth as soon as possible.

WHEN: Tuesday, April 23 at 9:00 a.m. - Oaks Enrichment Center

Tuesday, April 30 at 9:00 a.m. - Three Rivers Enrichment Center

Mark Your Calendar for the Total Solar Eclipse!

On Monday, April 8, North America will experience the world's longest land-based total solar eclipse in over a decade. The path of totality will cross parts of four states in Mexico, 15 U.S. states and five Canadian provinces, allowing around 40 million people to witness the celestial spectacle.

The 2024 solar eclipse will begin at 1:58 p.m. and reach maximum totality, or coverage, around 3:14 p.m. in our area. It will conclude with a final partial eclipse at 4:27 p.m. For the best viewing experience, you will want to be outside looking at the sun - with solar glasses - at 3:14 p.m.

We will be giving away solar glasses at each center on Friday, April 5. Just stop by the front desk and ask for a pair. We have 50 at each center to give out until they are gone.

If you saw the annual solar eclipse on October 14, 2023 through eclipse glasses and you're considering giving this one a miss, think again. This is a TOTAL solar eclipse where the moon will briefly cover the entire disk of the sun.

Only during this kind of solar eclipse can the sun's outer corona be seen with the naked eye - it's like seeing our star for the first time, floating in space as the moon will "totally" block the sun. Remember to NEVER look at the sun directly. To safely view this solar eclipse, you must use solar filters, such as special glasses.

With total solar eclipses occurring only every 18 months or so and many visible only over oceans or equally inaccessible areas, any such eclipse over a densely populated region is a cause for celebration. But 2024's total solar eclipse over North America will happen when the sun is near the peak of its activity cycle. That's in stark contrast to the last great American eclipse, which occurred in August 2017, when the sun's activity was approaching a minimum.

When is the next total solar eclipse after 2024? North America won't experience totality again until 2033, with Alaska getting sole dibs. Then that's it until 2044, when totality will be confined to Western Canada, Montana and North Dakota. There won't be another U.S. eclipse spanning coast to coast until 2045.



Our Spring Bunnies turned out SOOOOOO Cute!

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, June 14, 2024 at 10:30 a.m. (Atrium)

Sturgis P.A.C.

Tuesday, June 25, 2024 @ 1:00 p.m. (Classroom)

Our members had a great time meeting some of the service dogs from the St. Joseph County Department of Veterans Affairs. They visited our centers in late February. Thank you Stoney Summey for spending some time with us at the COA.



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.	Rivers Enrichment Center
July 17	3:00 p.m.	Oaks Enrichment Center
September 18	3:00 p.m.	Rivers Enrichment Center
November 20	3:00 p.m.	Oaks Enrichment Center

Jeff Armstrong of Tri-State Health & Wellness Presents:

Muffins & Medicare

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

Monday, April 8, 2024

10:00 am – noon

Presented by

Jeff Armstrong

Licensed Independent Agent

269-605-9173

jeff@3statehealth.com

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

Please RSVP by calling the COA at 269-279-8083

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

Missing CDs

Our Movement and Ballroom Dancing instructor in Three Rivers is missing a stack of CDs. If you have seen these CDs or accidentally put them away in a cupboard or closet, please let us know! Jerry would really love to find them!





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.

WHERE: Three Rivers Center

WHEN: May 21

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, April 9

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, May 13, 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.

IN-PERSON

WHEN: Tuesday, April 30
**WHERE: Rivers Enrichment Center
Three Rivers**
TIME: 10:00am - 11:00 am

OVER THE TELEPHONE

WHEN: Friday, April 12
TIME: 9:00am - 12:30 pm

Please call 269-224-5040 if you wish to speak with 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, April 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.

Gentle Yoga

This basic class will guide you through movements that develop strength, flexibility and a connection between body, mind and breath. Suggestions will be offered to accommodate limited range of motion due to injury, surgery, overuse and aging issues. While much of the class is done traditionally on a yoga mat, chairs are available when needed. Class begins with guided breath-work and ends with guided meditation.

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

ROOM CODE

CR – Community Room - Three Rivers

AH - Assembly Hall - Sturgis

Café - Three Rivers

Atrium - Three Rivers

CLSSRM - Sturgis

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 Such a Fun Age by Kiley Reid. The group meets on the fourth Wednesday of each month at Noon (April 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 (April 18). The group is reading The One Good Thing by Kevin Alan Milne.

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 (April 8). The group is reading The Man Who Died Twice by Richard Osman.

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, APRIL 5 AT 11:30 A.M.

**Billiards Club**

Sturgis: Thursdays from 7pm-9pm

Bingo

Klines Resort: Fridays at 12:30pm

Sturgis: Mondays & Thursdays at 12:30pm

Three Rivers: Tuesdays & 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.

Pickleball

Three Rivers: Tuesdays at 11 a.m. - Court is open to use any time

Pinochle

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

Tuesdays at 2:30pm

Potluck Bingo

Sturgis: Wednesday, April 17 at 4pm

12 Senior Congregate Restaurant Program Guidelines

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

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

APRIL Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>2</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 6pm - Alzheimer's Association Caregiver Support Group Dinner and a Movie</p>	<p>3</p> <p>8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. 1pm - Pinochle 1:30pm - Movement & Ballroom Dancing</p>	<p>4</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>5</p> <p>9:30am - Line Dancing 10am - Arthritis Exercise 11am - S.A.I.L. Exercise 11:30am - Jude Comfort Dog 2:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg</p>
<p>8</p> <p>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold TOTAL SOLAR ECLIPSE</p>	<p>9</p> <p>9am - Foot Doctor 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle</p>	<p>10</p> <p>8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. 1pm - Pinochle 1:30pm - Movement & Ballroom Dancing</p>	<p>11</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>12</p> <p>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 TRIP TO MASON</p>
<p>15</p> <p>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>16</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle</p>	<p>17</p> <p>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</p>	<p>18</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold FOUR WINDS CASINO TRIP</p>	<p>19</p> <p>9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - FREE Bingo - Klines (sponsored by Tri-State Health & Wellness) 1pm - Bingo 1pm - Mah Jongg</p>
<p>22</p> <p>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>23</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - FREE Bingo Sponsored by Tri-State Health and Wellness 2:30pm - Pinochle</p>	<p>24</p> <p>8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. Exercise 12pm - Book Club 1pm - Pinochle 1:30pm - Ballroom Dancing NOTRE DAME TRIP</p>	<p>25</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>26</p> <p>9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - FREE Bingo - Klines 1pm - Bingo 1pm - Mah Jongg NATIONAL PRETZEL DAY</p>
<p>29</p> <p>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>30</p> <p>9:00am - Volunteer Breakfast 10am - Legal Aid 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle</p>	<p>HAPPY ANNIVERSARY!</p> <p>We're celebrating 10 years of serving lunch at Klines Resort on Friday, April 26.</p> <p>Look for a special dessert that day, FREE Bingo and some free COA swag.</p> <p>Hope to see you there!</p>		

APRIL Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:45am - VIDEO Arthritis Exercise - Taking it Easy! 11am - VIDEO S.A.I.L. 12:30pm - Bingo</p>	<p>2 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre Dinner and a Movie at GQT TR6</p>	<p>3 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre</p>	<p>4 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:45pm - Monthly Movie: The Secret: Dare to Dream 7pm - Billiards Club 7pm - Duplicate Bridge</p>	<p>5 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>8 9:45am - Arthritis Exercise - Taking it Easy! 10am - Muffins and Medicare 11am - S.A.I.L. Exercise Noon - Lethal Lunches Book Club 12:30pm - FREE Bingo (Sponsored by Tri-State Health and Wellness)</p>	<p>9 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre</p>	<p>10 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre</p>	<p>11 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge</p>	<p>12 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming MASON TRIP</p>
<p>15 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1:45pm - Monthly Movie: The Art of Racing in the Rain</p>	<p>16 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Tuesday Trivia</p>	<p>17 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 4pm - Potluck Bingo</p>	<p>18 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - COA Book Club 7pm - Billiards Club 7pm - Duplicate Bridge FOUR WINDS CASINO TRIP</p>	<p>19 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>22 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo</p>	<p>23 9am - Volunteer Breakfast 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre</p>	<p>24 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre NOTRE DAME TRIP</p>	<p>25 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge</p>	<p>26 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming NATIONAL PRETZEL DAY</p>
<p>29 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo</p>	<p>30 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre</p>			

APRIL 2024

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Monday, April 1	Salisbury Steak, Mashed Potatoes, Broccoli & Cauliflower, Spinach
Tuesday, April 2	Jeweled Pork Loin, Long Grain & Wild Rice, Dilled Carrots, Capri Blend Vegetables
Wednesday, April 3	Southwest Egg Bake, Cheesy Grits, Scalloped Tomatoes
Thursday, April 4	Beef Fajitas, Spanish Rice, Seasoned Black Beans, Key West Blend Vegetables
Friday, April 5	Oven Baked Fish Sandwich, Butternut Squash, Green Beans & Mushrooms
Monday, April 8	Chicken Kiev, Brown Rice, Oriental Blend Vegetables, Normandy Blend Vegetables
Tuesday, April 9	Pizza Casserole, Green Beans, Zucchini & Tomatoes
Wednesday, April 10	Tuna Noodle Casserole, Peas & Pearl Onions, Midori Blend Vegetables
Thursday, April 11	Cranberry Glazed Pork, Sweet Potatoes, Key West Blend Vegetables, Asparagus
Friday, April 12	Baked Italian Chicken Thighs, Mashed Potatoes, Broccoli & Cheese
Monday, April 15	Ham & Scalloped Potatoes, Mixed Vegetables, Cauliflower
Tuesday, April 16	Bruschetta Chicken, Parsley Noodles, Oriental Blend Vegetables, Sugar Snap Peas
Wednesday, April 17	Country Fried Steak, Mashed Potatoes, & Gravy, Capri Blend Vegetables
Thursday, April 18	Cracker Crumb Cod, Broccoli Rice Au Gratin, Asparagus
Friday, April 19	Bratwurst, Peppers & Onions, Zucchini & Tomatoes, German Potato Salad
Monday, April 22	Swedish Meatballs, Egg Noodles, Peas & Carrots, Stewed Tomatoes
Tuesday, April 23	Turkey Pot Roast, Mashed Potatoes, Wax Beans, Butternut Squash
Wednesday, April 24	Mandarin Pork, Roast, Roasted Red Potatoes, Green Beans & Mushrooms
Thursday, April 25	Honey Mustard Chicken Thighs, Cheesy Grits, Collard Greens
Friday, April 26	Meatloaf, Mashed Potatoes, Roasted Brussel Sprouts, Mixed Vegetables
Monday, April 29	Chicken Parmesan over Pasta, Asparagus, Italian Blend Vegetables
Tuesday, April 30	Herb Crusted Cod, Rice Pilaf, Broccoli, Glazed Baby Carrots

HAPPY ANNIVERSARY!
 We're celebrating **10** years of serving lunch at **Klines Resort on Friday, April 26.**
 Look for a special **dessert that day, FREE Bingo and some free COA swag.**
 Hope to see you there!

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.



FREE BINGO!

Monday, April 8 - Sturgis

(12:30 pm - 1:30pm)

Friday, April 19 - Klines Resort

(12:30pm - 1:30pm)

Friday, April 23 - Three Rivers

(1:00 pm - 2:30pm)

Sponsored by Jeff Armstrong of
Tri-State Health & Wellness



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 # _____

