



# *The Senior Connection*

*St. Joseph County Commission on Aging Newsletter*

May 2024

*Serving Older Adults in St. Joseph County Since 1973*

## ***Mrs. Kelly's Journey Home***

**Tuesday, June 11**

**Details on Page 3**



**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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Instagram (sjccoa)  
and YouTube**



***From the Executive Director...***

I hope you will read the story on the next page about a special event we have coming up Tuesday, June 11.

I personally have seen Breeda Kelly Miller perform her show, *Mrs. Kelly's Journey Home*, and I was so impressed. It made me laugh, it made me cry and it made me understand on a new level just how emotional and complicated caring for a loved one can be. It's something just about all of us will face or have faced at some point in our lifetime. Whether you are a caregiver for a spouse, an aging parent or a grandchild, this performance will strike a chord.



I hope each and every one of you sign up to see *Mrs. Kelly's Journey Home*. Please call the COA at 269-279-8083 to RSVP beginning May 1. Or visit our website at [www.sjccoa.com](http://www.sjccoa.com) and register that way if you prefer. There is no charge to attend, but we do need a head count since we are offering dinner and a dessert reception immediately after the performance.

The COA has grant funding that does cover some of the cost of this event, but not all of it. If you would like to make a contribution, please stop by the reception desk at either center and our staff will be glad to assist you with that.

The St. Joseph County Intermediate School District's Parent Advisory Committee selected the Commission on Aging's Nutrition Department as the Community Agency of the Year. The award came about because of our relationship with the Young Adult Transition Center. Students with developmental disabilities come to the COA two to three times a week and work in our kitchen to gain valuable job training and development. I am so proud of our Nutrition staff and how they have embraced this collaboration with the YATC.



Finally, our pickleball net is up in Three Rivers and we have equipment you can check out at our front desk. Grab a few friends and give it a try! We hope to offer some lessons at least once a month in June, July and August, so look for more information on that in the June newsletter. Anyone can use the court at any time but we have reserved Tuesdays at 11 a.m. for a COA Pickleball Club - all are welcome to join in on the fun!

***Pam***

## ***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 Michiganian's Act
- ◆ Donations

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

## **Mrs Kelly's Journey Home: An Extraordinary Event Coming to St. Joseph County**

3

On Tuesday, June 11, the Commission on Aging is pleased to welcome Breeda Kelly Miller, an award winning author and professional speaker to our community for a very special event focused on caregiving for a loved one.

Breeda brings to life a funny and often profound look at her mother's journey from her native Ireland through the end of her life, charting the type of experiences felt by generations of immigrants and adults caring for their aged parents.

This is a theatrical memoir, 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, joyous exploration of love, roots, and family.

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. Dinner will be served at 5:30 p.m. in the high school cafeteria, which is very close to the performing arts center. The performance is at 7 p.m. and a dessert reception will immediately follow Breeda's performance.**

**While the event is free, reservations are required and we will be issuing tickets for dinner and the show. Please call the COA at (269) 279-8083 beginning Wednesday, May 1 to sign up.**

The COA will provide transportation from the Sturgis center to Three Rivers High School. Bus seats are limited so please call as soon as possible.

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.

# May is Older Americans Month!

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

This year the theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We know that first-hand here at the COA - many of you have told us how important coming to the COA is for you and creating that feeling of connection!

To celebrate Older Americans Month and the power of connection, we are going to play a game called Connections. It’s a fun word game where we will display 16 words and you have to put them into four groups of four. We will provide snacks, too.

The importance of social connection can’t be understated. Humans are social creatures. We bond with each other in many ways, but one of the most compelling and cozy ways is over food.

With that in mind, our Nutrition Department is going to celebrate Older Americans Month and the power of connections by also celebrating National Barbeque Month. We will serve mouth-watering hamburgers grilled by the Nutrition staff on the same day we play Connections. You can sign up for just lunch, or just the game, but we hope you sign up for both! You won’t want to miss this delicious lunch. Stay afterwards to play Connections and celebrate why the COA is a place where you come to make connections!



**WHEN: Tuesday, May 28 at the Oaks Enrichment Center in Sturgis**

**Wednesday, May 29 at the Rivers Enrichment Center in Three Rivers**

**Lunch is at Noon and you must sign up for lunch on the kiosk or call the COA at 269-279-8083.**

**We are playing Connections right after lunch at 1 p.m. - please register for that by calling the COA or stopping by the reception desk. Teams of 1 or 2 only.**

# MAY 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.*

## **Thursday, May 16 - Horrock's, Clara's on the River & More!**

We're going back to Horrock's Farm Market in Battle Creek this spring. Horrock's is a family-owned produce and grocery store, but it also offers a huge selection of coffee, popcorn, candy, vinegars and oils and much more. It also has a large floral and nursery department. We also will visit Happy House Gift Shop and Station 66 Ice Cream. We will eat lunch at Clara's on the River in Battle Creek.

We will leave Three Rivers at 8:30 a.m. and Sturgis at 9:15 a.m. We plan to arrive back in Sturgis around 4:15 p.m. and in Three Rivers of 4:45 p.m.

**COST: \$12.00 per person (Lunch, shopping and ice cream are on your own)**

## **Friday & Saturday, May 24 & 25 - Meadow Brook Hall, Rochester, Michigan**

We are going to visit Meadow Brook Hall, the incredible home built by Matilda Dodge Wilson, widow of auto pioneer John Dodge, and her second husband Alfred Wilson. The trip will feature a guided tour of Meadow Brook Hall on Friday and a guided behind the scenes tour on Saturday.

There is a fair amount of walking on this trip. Please pack as lightly as possible!

We will leave Three Rivers on Friday, May 24 at 7:00 a.m. and from Sturgis at 7:45 a.m. We plan to be back in Sturgis on Saturday, May 25th at 5:15 p.m. and in Three Rivers around 5:45 p.m.

**COST: \$120. 00 per person. This includes transportation, admission for both tours and your hotel room, based on double occupancy. All meals are on your own. The hotel does provide a free breakfast Saturday morning.**

## **Tuesday, May 28 - Firekeepers Casino in Battle Creek**

We will leave Three Rivers at 8:00 a.m. and Sturgis at 8:45 a.m. We plan to be back in Sturgis around 3:00 p.m. and in Three Rivers around 3:45 p.m.

**COST: \$10 per person**

## **Friday, May 31 - Grand Rapids Lantern Festival**

We will be having dinner at Peppino's Sports Grille in Grand Rapids before visiting the John Ball Zoo for The Grand Rapids Lantern Festival. Featuring more than 55 colorful, illuminated displays, the lanterns, ranging from tropical fish to a tunnel of frogs on lily pads to a large butterfly tree, are placed on a mile-long path through John Ball Zoo. The lantern festival will feature amazing handcrafted Asian lantern displays that will illuminate the zoo and tell the intersecting story of wildlife and Asian culture.

We will be leaving Sturgis at 4:15 p.m. and from Three Rivers at 5:00 p.m. We will eat dinner first and then head over to the zoo. We will arrive back in Three Rivers around 11:30 p.m. and in Sturgis around midnight.

**COST: \$37 per person (includes admission to the zoo, dinner 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.

**Friday, May 17 @ 2:00pm**

### **Letters to Juliet - Rated PG**

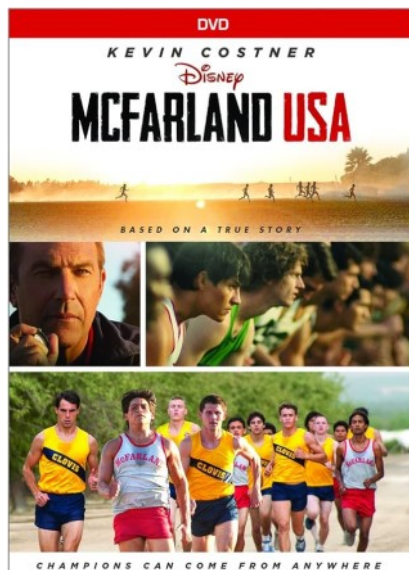
While visiting Verona, Italy with her busy fiance, a young woman named Sophie visits a wall where the heartbroken leave notes to Shakespeare's tragic heroine, Juliet Capulet. Finding one such letter from 1957, Sophie decides to write to its now elderly author, Claire. Inspired by Sophie's actions, Claire sets out to find her long-lost lover, accompanied by her disapproving grandson and Sophie.



**Thursday, May 30 @ 1:45pm**

### **McFarland, USA - Rated PG**

Based on a true story, track coach Jim White (Kevin Costner) is a newcomer to a predominantly Latino high school. Coach White and his new students find that they have much to learn about one another, but things begin to change when White realizes the boys' exceptional running ability. More than just physical prowess drives the teens to succeed; their strong family ties, incredible work ethic and commitment to their team all play a factor in forging these novice runners into champions.



*A BIG thank you to Holly Stephenson from the St. Joseph County Historical Society and Rebecca Shank of the Sue Silliman House Museum, who visited our centers in March to talk about famous women in St. Joseph County and their impact and contributions to our community. Both presentations were fantastic!*



### **Did You Know?**

- ◆ The COA provides almost 200,000 meals each year to older adults in our county - of those meals the bulk are for Meals on Wheels clients - providing up to two nutritious meals a day for the most frail citizens in our county.
- ◆ The COA offers 11 different exercise classes at its centers for older adults to participate in at no charge.
- ◆ The COA offers respite care - up to four hours a week - for those caring for a loved one at home.

**THE COA WILL BE CLOSED ON MONDAY, MAY 27 FOR MEMORIAL DAY**

# Senior Resource & Caregiver Fair



*An event for older adults, people with disabilities, and their caregivers.*

**Wednesday, May 8th, 9am –12noon**

**Beacon Health & Fitness**

**501 S. Health Parkway, Three Rivers**

**Join us and community agencies to learn about:**

- Social Groups & Activities
- Volunteer Opportunities
- Insurance
- Home Repair
- Meals on Wheels & Food Supports
- Medical Equipment Support
- Assisted Living Facilities
- Disability Needs
- In-Home Care & much more

**Free Admission - Free Continental Breakfast  
- Raffle with Lift Chair Grand Prize & Gift Cards -  
-MANY DOOR PRIZES-**

**Need a ride? Contact the SJCTA (269)273-7808 at least 48 hours in advance for a free ride within St. Joseph County.**

This event is hosted by the **St. Joseph County Adult Services Network.**

**Thank you for your support:**



8

## 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)



## **Wanted: Gently Used Exercise Equipment**

Do you have an exercise bike or elliptical that you no longer use and is just taking up space in your home? Consider donating it to the COA! Our fitness rooms are gaining popularity and we would love to keep updating the equipment and providing COA members with quality exercise equipment to use.

If you would like to donate something, please call Life Enrichment & Marketing Manager Ruth Mancina at 269-279-8083. We are looking for equipment that is in good condition and is no more than five years old.

## 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:

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**

Klines Resort Clubhouse  
22260 Klines Resort Rd.,  
Three Rivers, MI 49093

**Friday, May 17, 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.*

## **WE STILL NEED TIN CANS**

**(Just some that are a little bigger)**

We have re-scheduled our May tin can craft project to June, so we are still looking for tin cans, but we really need some in bigger sizes, such as 24-ounce and 32-ounce cans. If you have any of those that you could donate, we would be grateful!





## 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:** Tuesday, 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, May 21**

**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, 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.

#### OVER THE TELEPHONE

**WHEN:** Tuesday, May 7  
**TIME:** 2:00pm - 4:00 p.m.  
**CALL:** 269-224-5040

#### IN-PERSON

**WHEN:** Thursday, May 9  
**WHERE:** Legal Services of South Central Michigan, 123 West Territorial Road, Battle Creek  
**TIME:** 9:00am - 12:00 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, May 7, 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](mailto:coazumbagold@gmail.com)

**Book Clubs**

The Three Rivers Book Club is reading The Cider House Rules by John Irving. The group meets on the fourth Wednesday of each month at Noon (May 22 ). 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 (May 16). The group is reading The Cowboy and His Elephant by Malcolm MacPherson.

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 (May 13). The group is reading A World of Curiosities by Louise Penny.

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, MAY 3 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 Club**

Three Rivers: Tuesdays at 11 a.m.

**Pinochle**

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

Tuesdays at 2:30pm

**Potluck Bingo**

Sturgis: Wednesday, May 15 at 4pm

**Tuesday Trivia**

Sturgis: Tuesday, May 21 @ 1 p.m.

# 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**  
21 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

# MAY Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 1pm - Pinochle 1:30pm - Movement &amp; Ballroom Dancing</p>	<p>2</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>3</p> <p>9:30am - Line Dancing 10am - Arthritis Exercise 11am - S.A.I.L. Exercise <b>11:30am - Jude Comfort Dog</b> 2:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg</p>
<p>6</p> <p>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>7</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle <b>6pm - Alzheimer's Association Caregiver Support Group</b></p>	<p>8</p> <p>8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 1pm - Pinochle 1:30pm - Ballroom Dancing <b>SENIOR RESOURCE FAIR AT BEACON HEALTH</b></p>	<p>9</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>10</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</p>
<p>13</p> <p><b>9am - Beltone Hearing</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>14</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle</p>	<p>15</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 <b>3pm - COA Advisory Board Meeting</b></p>	<p>16</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold <b>HORROCKS TRIP</b></p>	<p>17</p> <p>9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy <b>10am - Muffins &amp; Medicare at Klines Resort</b> 11am - S.A.I.L. Exercise <b>12:30pm - FREE Bingo - Klines (sponsored by Tri-State Health &amp; Wellness)</b> 1pm - Bingo 1pm - Mah Jongg</p>
<p>20</p> <p>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>21</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club <b>11:30am - Veterans Affairs</b> 12:45pm - Mah Jongg 2:30pm - Pinochle</p>	<p>22</p> <p>8:15am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise <b>12pm - Book Club</b> 1pm - Pinochle 1:30pm - Ballroom Dancing</p>	<p>23</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>24</p> <p>9:30am - Line Dancing 10am - Arthritis Exercise (TIE) 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines <b>1pm - FREE Bingo (sponsored by Tri-State Health &amp; Wellness)</b> 1pm - Mah Jongg <b>MEADOWBROOK TRIP</b></p>
<p>27</p> <p style="text-align: center;"><b>COA CLOSED MEMORIAL DAY</b></p>	<p>28</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 11am - Pickleball Club 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle <b>CASINO TRIP</b></p>	<p>29</p> <p>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise <b>1pm - Connections Game</b> 1pm - Pinochle 1:30pm - Ballroom Dancing in the Atrium</p>	<p>30</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>31</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 <b>LANTERN FESTIVAL TRIP</b></p>

# MAY Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand &amp; Foot 1pm - Euchre</p>	<p>2 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand &amp; Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge</p>	<p>3 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>6 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise <b>12:30pm - FREE Bingo</b> <b>(Sponsored by Tri-State Health and Wellness)</b></p>	<p>7 10am - Boards &amp; Bagels 10am - Chair Yoga 1pm - Euchre</p>	<p>8 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand &amp; Foot 1pm - Euchre <b>SENIOR RESOURCE FAIR AT BEACON HEALTH</b></p>	<p>9 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand &amp; Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge</p>	<p>10 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>13 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise <b>Noon - Lethal Lunches Book Club</b> 12:30pm - Bingo</p>	<p>14 10am - Boards &amp; Bagels 10am - Chair Yoga 1pm - Euchre</p>	<p>15 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand &amp; Foot 1pm - Euchre <b>3pm - COA Advisory Board Meeting in Three Rivers</b> <b>4pm - Potluck Bingo</b></p>	<p>16 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand &amp; Foot 1:30pm - Euchre <b>3pm - COA Book Club</b> 7pm - Billiards Club 7pm - Duplicate Bridge <b>HORROCKS TRIP</b></p>	<p>17 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming <b>2:00pm - Monthly Movie: Letters to Juliet</b></p>
<p>20 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo</p>	<p>21 <b>9:30am - Foot Doctor</b> 10am - Boards &amp; Bagels 10am - Chair Yoga 1pm - Euchre <b>1pm - Tuesday Trivia</b></p>	<p>22 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand &amp; Foot 1pm - Euchre</p>	<p>23 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand &amp; Foot 1:30pm - Euchre 7pm - Billiards Club 7pm - Duplicate Bridge</p>	<p>24 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming <b>MEADOW BROOK HALL TRIP</b></p>
<p>27  <b>COA CLOSED FOR MEMORIAL DAY</b></p>	<p>28 10am - Boards &amp; Bagels 10am - Chair Yoga 1pm - Euchre <b>1pm - Connections Game CASINO TRIP</b></p>	<p>29 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand &amp; Foot 1pm - Euchre</p>	<p>30 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand &amp; Foot 1:30pm - Euchre <b>1:45pm - Movie: McFarland</b> 7pm - Billiards Club 7pm - Duplicate Bridge</p>	<p>31 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming <b>LANTERN FESTIVAL TRIP</b></p>

# Meals on Wheels & Congregate Menu

15

## MAY 2024

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Wednesday, May 1	Western Omelet Bake, Sausage Links, Asparagus, Apple Crisp
Thursday, May 2	Pot Roast & Gravy, Potatoes, Carrots
Friday, May 3	BBQ Pulled Pork, German Potato Salad, Zucchini & Summer Squash
Monday, May 6	Beef Ravioli, Green Bean Almondine, Broccoli & Cauliflower
Tuesday, May 7	Chicken Enchilada Casserole, Black Beans & Corn, Escaloped Apples
Wednesday, May 8	Macaroni & Cheese, Ham Slice, European Blend Vegetables, Wax Beans
Thursday, May 9	Maple Glazed Fish, Florentine Rice Pilaf, Cauliflower, Creamy Peas with Red Peppers
Friday, May 10	Lemon Chicken, Cheese Grits, Zucchini & Tomatoes, Key West Vegetable Blend
Monday, May 13	BBQ Beef Sandwiches, German Potato Salad, Baked Beans
Tuesday, May 14	Chicken Marsala, Mashed Potatoes, Diced Beets, Asparagus
Wednesday, May 15	Beef & Broccoli, Brown Rice, Oriental Blend Vegetables
Thursday, May 16	Bourbon Pork Chop, Whipped Sweet Potatoes, Scandinavian Blend Vegetables
Friday, May 17	Spaghetti Casserole, Italian Green Beans, Broccoli & Cauliflower
Monday, May 20	Broccoli & Cheddar Stuffed Chicken Breast, Red Bliss Potatoes, Key West Blend Vegetables
Tuesday, May 21	Baked Pork Chop, Sweet Potato, Creamy Spinach
Wednesday, May 22	Korean Beef BBQ with Oriental Vegetables, Brown Rice, Carrots
Thursday, May 23	Honey Balsamic Chicken, Mashed Potatoes, Roasted Brussel Sprouts, Mixed Vegetables
Friday, May 24	Turkey Burger, Au Gratin Potatoes, Peas & Pearl Onions
Monday, May 27	Closed for Holiday
Tuesday, May 28	Pork Fritter, Baked Beans, Sweet Potato Wedges <b>(FOR THREE RIVERS AND HOME DELIVERED ONLY)</b>
Wednesday, May 29	Ranch Chicken Thighs, Red Bliss Potatoes, Crumb Topped Brussel Sprouts <b>(FOR STURGIS AND HDM ONLY)</b>
Thursday, May 30	Salmon Patty, Parmesan Rice, Cauliflower, Butternut Squash
Friday, May 31	Vegetable Lasagna, Sugar Snap Peas, Hot Cinnamon Applesauce

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 LUNCH**

**SUGGESTED DONATION: \$3.00**

**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**  
**Reservations required**

**Oaks Enrichment Center**  
269-279-8083  
306 N. Franks Avenue  
Sturgis, MI 49091  
**Lunch is served at Noon**  
**Reservations required**

**Klines Resort**  
269-279-8083  
22260 Klines Resort Road  
**Lunch is served at Noon**  
**on Fridays only.**  
**Reservations required.**



## FREE BINGO!

Monday, May 6 - Sturgis

(12:30 pm - 1:30pm)

Friday, May 17 - Klines Resort

(12:30pm - 1:30pm)

Friday, May 24 - 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 # \_\_\_\_\_

