



The Senior Connection

February 2025

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

St. Joseph County Commission on Aging Newsletter



**St. Joseph County
Commission on Aging**

**Rivers Enrichment Center
& Residence**

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

Oaks Enrichment Center

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

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



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



From the Executive Director...



Every day I see acts of volunteerism at our centers, and every day I am thankful that we have so many people willing to step in and help keep the COA the vibrant organization that it is.

I just want to remind anyone who is volunteering for the COA, whether it's calling Bingo, driving the COA bus on trips, or helping our kitchen prepare meals - whatever it may be - not only is it appreciated, we want to know!

Keeping track and reporting the number of volunteers we have is important for several reasons. Having a strong volunteer base helps us when applying for grants and other funding. It also allows us to keep a tight budget and demonstrate to the community that we take its support seriously. By involving volunteers, we ensure that every dollar we receive is used effectively, maximizing the impact of their contributions and fostering a sense of shared responsibility and care for our mission.

If you are volunteering, please log your time at the kiosk in the reception area where you sign up for lunch or check in for activities. If you scan your key tag and a volunteer button does not show up on the main page, please ask a staff member to help you.

I also want to remind everyone about how the COA announces closures. If we are closing the centers and cancelling Meals on Wheels, we will announce it on local radio and television stations. The list of media outlets is on the next page. We also post closings and cancellations on Facebook. I encourage all our members to follow the COA so you don't miss any of our posts.

Please read the article below about an important change to our automated phone system that we use to make important announcements about closings and class cancellations.

Pam


COA Cancellations and Important Announcements

When a class is cancelled at the COA, or there is an important announcement we need to share with our members, the COA uses an automated phone system, which in the past has been a number that for many of our members came up as spam, or was blocked completely on their phone.

All cancellations and important announcements will now show up on your phone as the COA's phone number which is (269) 279-8083. With this change you will know that it is a legitimate call and safe to answer the phone.

We hope this will alleviate the issues that some of you were having receiving cancellation notices from the COA. If you have any questions, please contact a staff member who will be happy to help you.

MY VALENTINE!



Bring in a photo of you with a loved one beginning Monday, February 3 through Wednesday, February 12. It could be a spouse, a child, a grandchild, a friend, or even a pet! We will display all the photos at the center for Valentine's Day. Please write your name and the name of your loved one on the back of the photo to ensure you will get your photo back.

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

Three Rivers P.A.C.

Friday, March 14, 2025
@10:30 a.m. (Atrium)

Sturgis P.A.C.

Tuesday, March 25, 2025
@ 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 IIC)
- ◆ St. Joseph County Senior Millage
- ◆ Older American's Act
- ◆ Older Michigianian's Act
- ◆ Donations

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

Armchair Traveler: Hidden Canary Islands

Hidden Canary Islands is a one-hour television special produced, hosted and narrated by CBS News Travel Editor Peter Greenberg, exploring all eight Spanish islands: El Hierro, La Palma, Fuerteventura, Gran Canaria, La Gomera, La Graciosa, Lanzarote, and Tenerife.

Sturgis:

Tuesday, February 18 at 1:00 p.m.

Three Rivers:

Wednesday, February 19th at 12:30 p.m.

Pizza & Puzzles

Join us as we get together for a fun evening of working on jigsaw puzzles at the Oaks Enrichment Center in Sturgis. Bring your favorite puzzle with you or work on one of the many puzzles here at the COA. We also will have Little Caesar's Pizza and salad for dinner.

Please be sure to make a reservation if you plan on attending so we can plan for dinner. Reservations can be made by calling 269-279-8083 or you can sign up with the receptionist.

WHEN: Thursday, February 20
WHERE: Oaks Enrichment Center
TIME: 4:30 p.m. to 6:30 p.m.

FEBRUARY TRIPS

Members are able to CALL on the first business day of each month to sign up for all activities, including trips. We will not take any reservations in person between 8:00 a.m. and 8:30 a.m. **PHONE CALLS ONLY.** 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 at 8:00 a.m. Itineraries are available at the front desk at the beginning of the month. **No voicemail reservations will be accepted. Since our entire staff is answering phones at the reception desk, they are unable to check messages until later in the morning. At that time, the trip may already be filled. If someone does not answer the phone, hang up and call again.**

Saturday, February 15

Ice in the Zoo

Bundle up and join us for the 2nd Annual Ice in the Zoo event on the Kalamazoo Mall! From 10 a.m. to 4 p.m. the downtown streets will transform into a sparkling winter wonderland filled with stunning ice sculptures, community fun and a frosty celebration like no other. There will be demos with the Kalamazoo Curling Club, Husky Club and the Gull Lake Ice Club as well as meet and greet with familiar icy characters - perfect for photo ops. Stay warm with hot cocoa from your favorite downtown restaurants, pop into local shop to explore unique finds and enjoy the festive winter vibes. It's a great day to explore all that downtown Kalamazoo has to offer. We will leave Sturgis at 9:00 a.m. and Three Rivers at 9:45 a.m. We plan to arrive back in Three Rivers around 4:15 p.m. and in Sturgis at 5:00 p.m.

Cost is \$10 per person

Tuesday, February 25

Firekeepers Casino in Battle Creek

We will depart from Three Rivers at 8:00 a.m. and Sturgis at 8:45 a.m. We plan to arrive back to Sturgis at 3:00 p.m. and to Three Rivers at 3:45 p.m.

Cost is \$10 per person.

Monthly Movies at the Oaks

Join us each month as we show movies at the Oaks Enrichment Center in Sturgis. Movies will be shown at 1:30 pm in the classroom and we'll provide water and popcorn.

Thursday, February 13th - Happiness for Beginners (TV-14)

A year after her divorce, 32-year-old Helen Carpenter lets her brother persuade her to sign up for a wilderness survival course. Through this experience she discovers that you have to get lost to find yourself.

Monday, February 24th - CODA (PG-13)

As a CODA (child of deaf adults), Ruby is the only hearing person in her home. When she discovers a passion for singing, Ruby must choose between family obligations and her dreams.

Foot Doctor

Tuesday, February 18

9:00am - Noon

Rivers Enrichment Center - Three Rivers

- Appointments are required - call 269-279-8083 to sign up
- Dr. Jack charges a \$10 administrative fee to every patient he sees
- Please bring your insurance information with you



Hearing Screenings

If you are in need of a hearing screening, Beltone Hearing is at the Rivers Enrichment Center six times per year. The next visit will be in the morning on **Monday, March 10, 2025**. Please call 279-8083 to make an appointment.



**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.

Tuesday, February 4, 2025 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).

FUN & GAMES/SOCIAL



Tuesday, February 4

at the Three Rivers 6

Movie & Time TBA

Because we cannot guarantee what movies will be showing on the day we plan to go, we ask that if you think this is something you might want to do, just call the COA and let us know you are interested. We will call you on Monday, February 3 to let you know the movie we have selected and what time we are meeting. Dinner in Three Rivers afterwards.



**Legal Services of South
Central Michigan**

Private Legal Consultations at no charge for the 60+ crowd. Donations are accepted.

OVER THE PHONE

WHEN: Wednesday, February 19
TIME: 2:00 p.m. - 4:00 p.m.

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.

**JUDE THE COMFORT DOG WILL BE AT
THE TR CENTER ON
FRIDAY, FEBRUARY 7 AT 10:30 A.M.**

Technology Help at the COA

If you have any questions related to your laptop 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.

Please call 269-279-8083 to make an appointment at either center.

THANK YOU C.L. FISH!

C.L. Fish recently completed locksmith work at the Oaks Enrichment Center in Sturgis and did not charge the COA anything for their time and labor. Thank you C.L. Fish for your continued support of the Commission on Aging! We are grateful to have such a wonderful community partner who helps us carry out our mission of serving older adults in St. Joseph County.

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 & Jeanne Stumpf

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.

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 and Thursdays 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 at 8:30am (CR)

Instructor: Cathy Taylor

Forever Fit

A great way to start your day, this class uses both standing and mat yoga poses to improve strength, flexibility, and balance. Wind down at the end of class with a calming, relaxing meditation. Yoga Mats are provided.

Three Rivers: Tues. & Thursday at 8:15am (CR)

Instructor: Kathy Bingaman

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!

EXERCISE

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

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 & Jeanne Stumpf

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

FUN & GAMES/SOCIAL

7

Book Clubs

The Three Rivers Book Club is reading Solito: A Memoir by Javier Zamora. The group meets on the fourth Wednesday of each month at Noon. Books are available at the COA Reception Desk in Three Rivers. (February 26)

The Sturgis Book Club meets on the third Thursday of each month at 3pm. The club is reading West with Giraffes by Lynda Rutledge (February 20)

A second book club that meets at the Sturgis COA is called Lethal Lunches, which meets on the second Monday of each month at Noon. The group is reading The Fury by Alex Michaelides. (February 10)

For more information about the Sturgis Book Club or Lethal Lunches please call the Sturgis Public Library at (269) 659-7224 and ask to speak to Karen Good.

EXERCISE

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

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

Billiards Club

Sturgis: Thursdays from 7pm - 9 pm

Bingo

Klines Resort: Fridays @ 12:30pm

Sturgis: Mondays & Thursdays @ 12:30pm

Three Rivers: Tuesdays & Fridays @ 1pm

Board Games

Sturgis: Tuesdays @ 10am

Bridge

Sturgis: Thursdays @ 7pm (Duplicate)

Euchre

Three Rivers: Thursdays @ 1pm

Sturgis: Mondays, Tuesdays & Wednesdays @ 1 pm

Thursdays @ 1:30 (after Bingo)



Hand and Foot

Sturgis: Wednesdays & Thursdays @ 1pm

In Stitches

Three Rivers: Wednesdays @ 11am

Mah Jongg

Three Rivers: Tuesdays @ 12:45pm

Fridays @ 1 p.m. (Beginners)

Pinochle

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

Tuesdays @ 2:30pm

Trivia

Sturgis: Fourth Wednesday of the Month
Wednesday, February 26
2:15 p.m.

8 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 12/31/25!

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 2025

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

FEBRUARY Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>4</p> <p>8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle Dinner and a Movie in TR 6pm - Alzheimer's Association Caregiver Support Group</p>	<p>5</p> <p>8:30am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing</p>	<p>6</p> <p>8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>7</p> <p>9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 10:30am - Jude the Comfort Dog 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg</p>
<p>10</p> <p>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>11</p> <p>8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle</p>	<p>12</p> <p>8:30am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle 1:30pm - Ballroom Dancing Valentine's Day Photos Due</p>	<p>13</p> <p>8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>14</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>17</p> <p style="text-align: center;">CLOSED FOR</p> <div style="text-align: center;">  </div>	<p>18</p> <p>8:15am - Forever Fit 9:00am - Foot Doctor 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle</p>	<p>19</p> <p>8:30am - Flexible You 9:30am - Say Yes! to Weights 10:00am - AE - Taking it Easy 11am - S.A.I.L. Exercise 11am - In Stitches 1pm - Pinochle 12:30pm - Armchair Traveler: Canary Islands 1:30pm - Ballroom Dancing</p>	<p>20</p> <p>8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>21</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>24</p> <p>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>25</p> <p>8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle CASINO TRIP</p>	<p>26</p> <p>8:30am - Flexible You 9:30am - Say Yes! to Weights 10:00am - AE - Taking it Easy 11am - S.A.I.L. Exercise 11am - In Stitches Noon - Book Club 1pm - Pinochle 1:30pm - Ballroom Dancing</p>	<p>27</p> <p>8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>28</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>TRIP TO KALAMAZOO FOR ICE IN THE ZOO IS ON SATURDAY, FEBRUARY 15</p>				

FEBRUARY Activities CALENDAR **Sturgis**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	4 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre Dinner and a Movie in TR	5 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	6 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge 7pm - Billiards Club	7 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming
10 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12pm - Lethal Lunches 12:30pm - Bingo 1pm - Euchre	11 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre	12 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre Valentine's Day Photos Due	13 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:30pm - Movies at the Oaks - Happiness for Beginners 7pm - Duplicate Bridge 7pm - Billiards Club	14 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming
CLOSED FOR PRESIDENTS DAY 	18 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre 1pm - Armchair Traveler: Canary Islands	19 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	20 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 4pm - Pizza and Puzzles 7pm - Duplicate Bridge 7pm - Billiards Club	21 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming
24 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre 1:30pm - Movies at the Oaks: CODA	25 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre CASINO TRIP	26 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 2:15pm - Trivia	27 10am - VIDEO Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge 7pm - Billiards Club	28 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming
TRIP TO KALAMAZOO FOR ICE IN THE ZOO IS ON SATURDAY, FEBRUARY 15				

FEBRUARY 2025

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Monday, February 3	Salisbury Steak, Mashed Potatoes, Venetian Vegetable Blend, Wax Beans
Tuesday, February 4	Salsa Chicken, Spanish Rice, Seasoned Black Beans, Corn
Wednesday, February 5	Salmon Patty, Parmesan Noodles, Far East Blend Vegetables, Green Peas & Mushrooms
Thursday, February 6	Turkey Stroganoff over Penne Pasta, Oriental Blend Vegetables, Asparagus
Friday, February 7	Bacon Egg & Cheese Scramble, Broccoli, Sausage Links, Hash Browns
Monday, February 10	Chicken Tenders, Tater Tots, Green Beans, Diced Beets
Tuesday, February 11	Cheese Burger, Baked Beans, Au Gratin Potatoes
Wednesday, February 12	Lemon Pepper Turkey, Wild Rice Pilaf & Orzo, Nantucket Blend Vegetables, Sugar Snap Peas
Thursday, February 13	Bourbon Pork Chop, Sweet Potatoes, Midori Blend Vegetables, Zucchini & Summer Squash
Friday, February 14	Baked Spaghetti, Asparagus, Mixed Vegetables
Monday, February 17	Closed for Holiday
Tuesday, February 18	Turkey Pot Roast, Red Bliss Potatoes, Capri Blend Vegetables, Wax Beans
Wednesday, February 19	Mexican Lasagna, Spanish Rice, Parslied Cauliflower
Thursday, February 20	Chicken & Dumplings, Green Peas & Mushrooms, Broccoli
Friday, February 21	Beef Tips & Mushrooms, Brown Rice, Green Bean Almondine, Zucchini & Tomatoes
Monday, February 24	Honey Mustard Chicken, Mashed Potatoes, Winter Blend Vegetables, Collard Greens
Tuesday, February 25	Meatloaf, Red Bliss Potatoes, Midori Blend Vegetables, Rainbow Vegetable Mix
Wednesday, February 26	Chicken Alfredo, Buttered Noodles, Italian Blend Vegetables, Asparagus
Thursday, February 27	Garlic Herb Cod, Rice Pilaf, Peas & Pearl Onions, Key West Blend Vegetables
Friday, February 28	Pork Chop Supreme, Garlic Mashed Potatoes, Brussel Sprouts, Stewed Tomatoes

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: \$3.50**

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.**



Holiday Closing

Presidents Day

Monday, February 17



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 # _____

