



The Senior Connection

St. Joseph County Commission on Aging Newsletter

April 2025

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



St. Joseph County Commission on Aging

Rivers Enrichment Center & Residence

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

Oaks Enrichment Center

306 N. Franks Avenue
Sturgis, MI 49091

269-279-8083
1-800-641-9899
8am - 4pm (M-F)
www.sjccoa.com
FAX: (269) 273-7058

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endorsement by SJCCOA nor the
County of St Joseph - neither will
be held liable for any false or
misleading content.*



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and YouTube**



From the Executive Director...

April is National Volunteer Month. Here at the COA our volunteers are at the heart of this organization and its ability to fulfill its mission of helping older adults remain healthy and independent.

There is not one area of the many services and programs the COA offers that does not rely on help from volunteers.

Our volunteers help make lunch for Meals on Wheels clients. Our volunteers help serve lunch at our centers. Our volunteers help keep our centers clean and decorated. Our volunteers help seniors make crafts. Our volunteers call Bingo and ensure that there are plenty of prizes to hand out each week. Our volunteers lead games like Trivia or teach Mah Jongg to other members. Our volunteers drive our bus and chaperone trips. Our volunteers organize and maintain our libraries and puzzle collections. Our volunteers help create gifts for homebound seniors. Our volunteers help create decorations and gifts for the Summer Picnic, Dinner Night Out and our annual Holiday Party. Our volunteers help keep our grounds beautiful. There are many other ways our volunteers help us achieve all that we do at the COA and we are so grateful for their generosity of time and talent.

We are having a Volunteer Appreciation Luncheon on Tuesday, April 29 in Sturgis and on Wednesday, April 30 in Three Rivers. Both luncheons will start at Noon. Invitations will be going out the first week of April. If you have volunteered for the COA in any capacity, please log your time on the kiosk where you check in for activities. A volunteer button should appear on the left hand side of the kiosk screen. If you do not see one, please let a staff member know.

Please log your volunteer time as soon as possible in order to receive an invitation to our luncheon.

The COA is co-hosting an antiques and heirlooms appraisal event with Thurston Woods Village on Thursday, April 17. Check out all the details on Page 8 of this newsletter.

Pam



WANTED—Old Paint Brushes

Our Life Enrichment team is looking for old paint brushes for an upcoming craft project. If you have some lying around the house and you want to get rid of them, please drop them off to the receptionist at either center. It does not matter what kind of condition they are in, but we are looking for brushes that are at least two inches and bigger and would prefer wooden handles.

Thank you!



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

Three Rivers P.A.C.

Friday, June 13, 2025
@10:30 a.m. (Atrium)

Sturgis P.A.C.

Tuesday, June 24, 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 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.

The RMS Titanic & its Tragic Story

Come learn more about the RMS Titanic, which sunk on April 15, 1912, claiming the lives of 1503 people, including John Jacob Astor IV and Isidor Straus, co-owner of Macy's department store.

It was at launch the largest object ever to move on water being almost 1,000 feet long and featuring seven decks. The accommodations were luxurious and spacious. In first class there were many new attractions such as squash courts, a Turkish bath, a gymnasium, a barber shop and also the first swimming pool on board a ship.

Most of us know what happened that fateful night. The boat struck an iceberg and started to sink. There were only lifeboats for a third of the people on board.

Rosalie Currier from the Sturgis Historical Society will speak at our centers about the Titanic and what really happened on that disastrous day. We will be serving a dessert that most likely would have been served to the guests on the Titanic, so please call to reserve your spot so we have enough for everyone.

WHEN: Monday, April 21 at 1:45 p.m. at the Oaks Enrichment Center in Sturgis
Wednesday, April 23 at 1:00 p.m. at the Rivers Enrichment Center in
Three Rivers

RSVP: (269) 279-8083



APRIL 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 your phone call is not answered, do not leave a voicemail - hang up and call back.***

Wednesday, April 9 - Wenke's Greenhouse & Lunch in Kalamazoo

Ready for a taste of spring? This trip will feature a tour of Wenke's 18-acre production greenhouse. See how they take young plants and transplant them into the pots and hanging baskets you see at its retail store. The walking tour takes about an hour and it's all indoors so no need to worry about the weather. Please be sure to wear comfortable shoes as this walking tour is on cement floors. Wenke's is a family-owned business that has been in Kalamazoo for more than 60 years. Before the tour we will stop for lunch at The Crew Family Restaurant and Bakery in Kalamazoo. We will be leaving Sturgis at 10:30 a.m. and Three Rivers at 11:15 a.m. and should return back to Three Rivers at 3:45 p.m. and Sturgis at 4:15 p.m. **Cost is \$10 per person (Lunch is on your own)**

Friday, April 18 - Michigan History Center and State Capitol Tours in Lansing

Explore the history of our great state as we begin at the Michigan History Center followed by a guided tour at the State Capitol. The Michigan History Museum offers you a glimpse into Michigan's rich past, from the time of the state's earliest peoples to the late 20th century. The museum's five floors provide a walk through time, beginning with Michigan's first peoples, the Anishinaabe, and ending in the mid-20th century. We will stop for a quick lunch at Wendy's in Charlotte on our way to Lansing and dinner will be at the Moonraker Restaurant and Lounge in Battle Creek. We will leave Three Rivers at 8:45 a.m. and Sturgis at 9:30 a.m. We plan to arrive in Sturgis at 7:15 p.m. and in Three Rivers at 7:45 p.m.

Cost is \$25 per person (Lunch and dinner on your own)

Thursday, April 24 - Gun Lake Casino in Wayland

We will depart from Sturgis at 9:00 a.m. and from Three Rivers at 9:45 a.m. We plan to arrive back in Three Rivers at 4:00 p.m. and in Sturgis at 4:30 p.m. **Cost is \$12 per person.**

Tuesday, April 29 - RiverDance at Miller Auditorium in Kalamazoo

A powerful and stirring reinvention of this beloved favorite, celebrated the world over for its Grammy® award-winning score and the thrilling energy and passion of its Irish and international dance. We will eat dinner prior to the show at Monelli's Italian Grill and Sports Bar in Portage. We plan to leave Sturgis at 3:30 p.m. and Three Rivers at 4:15 p.m. We should be back in Three Rivers around 10:45 p.m. and in Sturgis between 11:15 and 11:45 p.m. **Cost is \$60 per person (Dinner on your own)**

Pizza & Puzzles at Both Centers in April!



We are offering a Pizza and Puzzles night at both our centers this month. Come at 4:00 p.m. to enjoy pizza provided by the COA and spend a few hours working on jigsaw puzzles with your friends. Please RSVP so we

can make sure we have enough food.

WHEN: Tuesday, April 22 in Three Rivers

Thursday, April 24 in Sturgis

TIME: 4:00 p.m. - 7:00 p.m.

COST: Donations Welcome!



Three Rivers 5

Area Mentoring Needs YOU!

A representative from Three Rivers Area Mentoring (TRAM) will be at the Three Rivers

Enrichment Center on Monday, April 14 to give a brief presentation in the café at 12:30 p.m.

TRAM is a non-profit organization that connects students with mentors to promote success, productivity, and responsibility.

If you are looking for a fantastic volunteer opportunity that will enrich the life of a child, then make plans to attend and learn more about this wonderful organization.

DO YOU LIKE TO PLAY BOARD GAMES?

Settlers of Catan or Catan, as it is now called, is a strategic board game where players take on the roles of settlers, each attempting to build and develop holdings.

One of our members in Sturgis is looking for people to play with. She is willing to teach people how to play, so even if you have never heard of the game but want to try something new and meet other people who enjoy board games, then consider giving it a try.

If you think this might be something you want to do, please let Diana know and also let her know what day of the week/time works best for you.

Flower Fun!

Our members had so much fun painting rocks, planting flower seeds and making a tasty flower treat. We can't wait to see our beautiful planters in a few months filled with colorful flowers and surrounded by rocks our members painted.

We are READY for Spring!



6 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, April 3 - The Finest Hours (PG-13)

Based on the extraordinary true story of the greatest small-boat rescue in Coast Guard history. When a massive storm strikes off the coast of Cape Cod, it rips a T-2 oil tanker in half, trapping more than 30 sailors on its rapidly sinking stern.



Monday, April 14 - Hard Miles (PG-13)

Hard Miles tells the uplifting true story of the bicycling team at a medium-security correctional school in Colorado. The film follows beleaguered coach Greg Townsend as he rounds up an unlikely crew of incarcerated students for a seemingly impossible bike ride from Denver to the Grand Canyon.



COA Advisory Board Meeting Schedule

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
Wednesday, April 16	3:00 p.m.	Oaks EC
Wednesday, June 18	3:00 p.m.	Rivers EC
Wednesday, July 16	3:00 p.m.	Oaks EC
Wednesday, September 17	3:00 p.m.	Rivers EC
Wednesday, November 19	3:00 p.m.	Oaks EC



Tuesday, April 8 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, April 7 to let you know the movie we have selected and what time we are meeting. Dinner in Three Rivers afterwards.



Join us for trivia on the fourth Wednesday of the month at the Oaks Enrichment Center in Sturgis

All are welcome!

Wednesday, April 23 at 2:15 p.m.

POTLUCK BINGO IS BACK!

OAKS ENRICHMENT CENTER IN STURGIS

4:00 P.M.

THIRD WEDNESDAY OF THE MONTH - APRIL 16

ST. JOSEPH COUNTY
2025 HOUSEHOLD HAZARDOUS WASTE COLLECTION
ST. JOSEPH COUNTY HOUSEHOLDS ONLY (NO BUSINESSES)

TUESDAY, MAY 6 - FROM 2:00pm - 6:00pm
TUESDAY, OCTOBER 7 - FROM 2:00pm - 6:00pm

Located at Centreville Fairgrounds - Main Entrance (M86)

DONATIONS ARE ACCEPTED AND APPRECIATED



WILL ACCEPT THE FOLLOWING ITEMS

**WILL NOT ACCEPT
 ITEMS IN RED**

- No Company/Industrial Waste - Household Only
- No Explosives
- No Grills
- No Glass
- No Plastics
- No Styrofoam
- No Waste Oil - take to auto parts store or Walmart
- No Refrigerators
- No Freezers
- No Dehumidifiers
- No Air Conditioners

PLEASE NOTE:
APPLIANCE AND SCRAP METAL VENDOR IS NOT ATTENDING

PAPER

- Cardboard
- Junk Mail
- Magazines
- Newspaper
- Phone Books

HAZARDOUS

- Batteries (including car batteries)
- Diabetic Test Strips
- Fluorescent Bulbs
- Lithium (LED) Bulbs
- Old Gasoline
- Pharma Needles (sharps)
- Pesticides
- Pool Chemicals
- Smoke Alarms

FEE:
Up to 100 pounds FREE - \$2.00/lb for 100+ pounds

PAINT AND STAIN

- Latex Paint
- Oil Based Paint
- Oil Based Stain

FEE:
\$3.00 per can - Latex Only

Funding for Scrap Tire Disposal made possible by a Michigan EGLE Grant. Programs offered by St. Joseph County and the Solid Waste Committee

ELECTRONICS

- Cables and Wires
- DVD Players
- VCRs
- Game Systems
- Laptop Computers
- Desktop Computers
- Monitors
- Printers
- Scanners
- Microwaves
- Telephones
- Televisions - **LIMIT 2 or \$10 Each**

TIRES

FEE PER TIRE:

- Passenger/Light Truck - Residents up to 10 FREE then \$2.00 Each
- Semi \$5.00 Each
- Tractor \$25.00 Each

Tires must be OFF RIMS, free of mud, concrete, plant material, water, etc.

QUESTIONS EMAIL - GOFFE@STJOSEPHCOUNTYMI.GOV
PHONE - (269) 467-5617



What do rabbits say before they eat?
Lettuce pray

Tornadoes & Emergency Preparedness

The COA staff recently received emergency preparedness training from St. Joseph County officials. This will help us to be prepared in the event of an emergency, such as a tornado or fire.

Flyers will be displayed throughout the building instructing you where to go and what to do depending on the emergency. In addition, we will have a practice fire drill in the near future to help us ensure we are as safe as possible when events like this occur.

We will share information with our exercise instructors so they can assist our staff in helping members get to a safe spot if there is an emergency.

Finally, if you would like to learn more about things you can do whether you are at home, in your car or in a public building like the COA, there is a wealth of information on the state of Michigan's website at

www.michigan.gov/miready

On this website you will find useful tips on what to do in case of a blackout, extreme weather, a hazardous materials spill and much more.

We also have booklets for our members on emergency preparedness at our centers.

EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

COA & Thurston Woods Village Team Up to Host Special Event

Together with Thursday Woods Village, the COA is hosting an antiques and heirlooms appraisal event.

Please read the flyer below for all the details.

Attendees must register by calling Thurston Woods Village at (269) 651-7841, Ext. 349.

The doors open at 9:30 a.m.

Hope to see you there!

Antiques & Heirlooms Appraisal Event



Thursday, April 17th, 2025
Two Sessions - 10:30 A.M or 2 PM
 Doors open one hour before the event

**A COLLABORATION BETWEEN ST. JOSEPH COUNTY COA
 & THURSTON WOODS VILLAGE**

LIMITED SEATING

**Attendees must register here or call
 (269) 651-7841 ext 349
 One item per attendee.
 No appraisals on jewelry, stamps or
 coins.**



With over 30 years of experience in the fine art and antiques business, Mr. Piattoni holds a certificate in appraisal studies from New York University and is a former Senior Vice President with Christie's Fine Art auction house in New York. He has also appeared as an appraiser on PBS's Antiques Roadshow since 1997.

**307 N. Franks Ave
 Sturgis, MI 49091**



STURGIS BANK
 INVESTMENT • INSURANCE • TRUST

Foot Doctor

Tuesday, April 1

9:30am - Noon

Oaks Enrichment Center - Sturgis

Tuesday, April 22

9:00 a.m. - 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, May 12, 2025**. 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 PHONE

WHEN: Friday, April 11
TIME: 9:00 a.m. - 12:30 p.m.
NUMBER: 269-224-5040

IN PERSON

WHEN: Tuesday, April 22
WHERE: Three Rivers Center
TIME: 10:00 a.m. - 11:00 a.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.



**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, April 1, 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).

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.

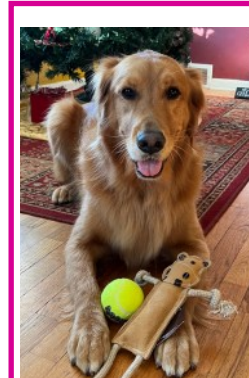
Project Advisory Council

(P.A.C.) Meeting Schedule 2025

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 2025 P.A.C. meeting dates are listed below. If you have any questions about P.A.C., please contact Marketing Manager Ruth Mancina at (269) 279-8083 or rmancina@sjccoa.com

Project Advisory Council (PAC) Meetings			
Month	Date	Time	Location
June	13	10:30 AM	Rivers EC
June	24	1:00 PM	Oaks EC
September	12	10:30 AM	Rivers EC
September	23	1:00 PM	Oaks EC
December	12	10:30 AM	Rivers EC
December	16	1:00 PM	Oaks EC



**JUDE THE COMFORT
DOG WILL BE AT THE
TR CENTER ON
FRIDAY, APRIL 4
AT 10:30 A.M.**

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

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

NEW NAME, TIME & FORMAT

Golden Beat: Dancing Through the Decades

The one and only Jerry Wright is offering a dance class every Wednesday from 1 p.m. to 2 p.m. at the Three Rivers Enrichment Center.

The Format:

From 1 p.m. to 1:30 p.m. he will offer a dancing class for seniors who enjoy group dancing - there will be no partner dancing. These are dances usually held at wedding receptions and other parties or events that enjoy group dances, such as the Hokey Pokey, the Bunny Hop, the Chicken Dance, Ballin' the Jack, Bus Stop, Twelfth Street Rag, Amos Moses. This does not mean couples can't participate! **ALL ARE WELCOME TO COME DANCE AND HAVE FUN!!!**

From 1:30 p.m. to 2:00 p.m. Jerry will switch over to Ballroom/Freestyle Dancing for couples. Dance steps/patterns will be taught to include Wright Method of Dance, intro to Arthur Murray patterns/Fred Astaire Patterns, leading into (Free Style/Your style).

Three Rivers: Wednesdays at 1:00pm

Instructor: Jerry Wright

ROOM CODE

CR – Community Room - Three Rivers

AH - Assembly Hall - Sturgis

Café - Three Rivers

Atrium - Three Rivers

CLSSRM - Sturgis

Kathy Bingaman's *Forever Fit* class is on hiatus until May 20. Try *Flexible You* on Wednesday mornings with Cathy Taylor or Chair Yoga with Lynn Zeiler on Mondays and Thursdays at 1pm.

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

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

Book Clubs

The Three Rivers Book Club is reading Dear Edward by Ann Napolitano. The group meets on the fourth Wednesday of each month at Noon. Books are available at the COA Reception Desk in Three Rivers. (April 23)

The Sturgis Book Club meets on the third Thursday of each month at 3pm. The club is reading Who is Maud Dixon by Alexandra Andrews (April 17)

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 Bullet that Missed by Richard Osman. (April 14)

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

Potluck Bingo

Sturgis: Wednesday, April 16

4:00 p.m.

Trivia

Sturgis: Fourth Wednesday of the Month

Wednesday, April 23

2:15 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 12/31/25!

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

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 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 6pm - Alzheimer's Association Caregiver Support Group</p>	<p>2 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 1pm - Golden Beat: Dancing through the Decades</p>	<p>3 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>4 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>7 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>8 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle Dinner and a Movie in TR</p>	<p>9 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 1pm - Golden Beat: Dancing through the Decades WENKE GREENHOUSE TRIP</p>	<p>10 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>11 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>14 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Presentation on Three Rivers Area Mentoring 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>15 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle</p>	<p>16 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 3pm - COA Advisory Board Meeting in Sturgis 1pm - Pinochle 1pm - Golden Beat</p>	<p>17 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold Antiques Roadshow at Thurston Woods</p>	<p>18 COA CLOSED Happy Easter! LANSING TRIP</p>
<p>21 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>22 9:00am - Foot Doctor 9:30am - Cardio Drumming 10:00am - Legal Aid 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 4pm - Pizza & Puzzles</p>	<p>23 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 - Titanic Presentation 1pm - Pinochle 1:00pm - Golden Beat</p>	<p>24 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold CASINO TRIP</p>	<p>25 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>28 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>29 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle RIVERDANCE TRIP</p>	<p>30 8:30am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. Exercise 11am - In Stitches 12pm - Volunteer Luncheon 1pm - Pinochle 1pm - Golden Beat</p>		

APRIL Activities CALENDAR **Sturgis**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30am - Foot Doctor 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre	2 9:45am - VIDEO Arthritis Exercise - Taking It Easy! 11am - VIDEO S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre	3 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:30pm - Monthly Movie 7pm - Duplicate Bridge 7pm - Billiards Club	4 9:45am - VIDEO Arthritis Exercise - Taking It Easy! 11am - VIDEO S.A.I.L. 1pm - Cardio Drumming
7 9:45am - VIDEO Arthritis Exercise - Taking it Easy! 11am - VIDEO S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	8 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre Dinner and a Movie in TR	9 9:45am - VIDEO Arthritis Exercise - Taking It Easy! 11am - VIDEO S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre WEDEL'S GREENHOUSE TRIP	10 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge 7pm - Billiards Club	11 9:45am - VIDEO Arthritis Exercise - Taking It Easy! 11am - VIDEO S.A.I.L. Exercise 1pm - Cardio Drumming
14 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12pm - Lethal Lunches 12:30pm - Bingo 1pm - Euchre 1:30pm - Monthly Movie	15 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre	16 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	17 10am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 7pm - Duplicate Bridge 7pm - Billiards Club ANTIQUES ROADSHOW AT THURSTON WOODS	18 COA CLOSED Happy Easter LANSING TRIP
21 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre 1:45pm - Titanic Presentation by Rosalie Currier	22 10am - Boards & Bagels 10am - Chair Yoga 1pm - Euchre	23 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 2:15pm - Trivia	24 10am - Gentle Yoga 10am - NO Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge 7pm - Billiards Club 4pm - Pizza & Puzzles CASINO TRIP	25 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
28 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	29 10am - Boards & Bagels 10am - Chair Yoga 12pm - Volunteer Luncheon 1pm - Euchre RIVERDANCE TRIP	30 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre		

APRIL 2025

DATE

HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Tuesday, April 1	Dijon Chicken Mushroom Casserole, Peas & Pearl Onions, Peach Crisp
Wednesday, April 2	Swiss Steak, Mashed Potatoes, Collard Greens, Midori Blend Vegetables
Thursday, April 3	Cracker Crumb Cod, Broccoli Rice Au Gratin, Asparagus
Friday, April 4	Macaroni & Cheese, Stewed Tomatoes, Capri Blend Vegetables
Monday, April 7	Chicken Parmesan over Pasta, Wax Beans, Italian Blend Vegetables
Tuesday, April 8	Ham & Sweet Potato Casserole, European Blend Vegetables, Beets
Wednesday, April 9	Sloppy Joes, Baked Beans, Au Gratin Potatoes
Thursday, April 10	Bruschetta Chicken, Parsley Noodles, Key West Blend Vegetables, Sugar Snap Peas
Friday, April 11	Salmon Patty, Parmesan Rice, Rainbow Mix Vegetables, Asparagus
Monday, April 14	Country Fried Steak, Mashed Potatoes, Capri Blend Vegetables, Yellow Squash with Onions
Tuesday, April 15	Herb Crusted Cod, Red Bliss Potatoes, Peas & Mushrooms
Wednesday, April 16	Tex Mex Turkey & Rice Casserole, Stewed Tomatoes, Midori Blend Vegetables
Thursday, April 17	Pork Chop Supreme, Whipped Sweet Potatoes, Normandy Blend Vegetables
Friday, April 18	Closed for Holiday
Monday, April 21	Bratwurst with Peppers & Onions, Zucchini & Tomatoes, German Potato Salad
Tuesday, April 22	Turkey & Butternut Squash Bake, Far East Blend Vegetables, Asparagus
Wednesday, April 23	Chicken Jambalaya, Winter Blend Vegetables, Cherry Crisp
Thursday, April 24	Bourbon Beef Roast, Mashed Potatoes, Roasted Brussel Sprouts, Wax Beans
Friday, April 25	Chicken with Cavatappi Pasta, Carrots, Caribbean Blend Vegetables
Monday, April 28	Vegetable Lasagna, Green Beans, Hot Cinnamon Applesauce
Tuesday, April 29	Ham Loaf, Mashed Potatoes, Zucchini & Summer Squash, Scalloped Tomatoes
Wednesday, April 30	Cabbage Rolls, Brown Rice, Mixed Vegetables, Venetian Blend Vegetables

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.



THE COMMISSION ON AGING WILL BE
CLOSED ON FRIDAY, APRIL 18.

HAPPY EASTER!



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 # _____

