



The Senior Connection

St. Joseph County Commission on Aging Newsletter

May 2025

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



**HAPPY
MOTHER'S
DAY**

**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...

We are thrilled to be celebrating all the moms at the COA this month with a special morning of muffins, mimosas and lots of fun activities that we hope will make you feel special.

We also are celebrating older adults this month. Older Americans Month, originally called Senior Citizens Month, began in 1963 when President John F. Kennedy and members of the National Council of Senior Citizens met to address the concerns of older Americans, designating May as a month of recognition.

In celebration of Older Americans Month, our Life Enrichment Team is offering a trip that will be completely free for 12 lucky members. We are drawing six names and if you are selected, you and a guest, who also must be a COA member, will get to attend a show at Tibbits Opera House in Coldwater and dinner out at The Broadway Grille will also be included. What a special treat!

We will start taking names for the trip on May 1 and do the drawing at 3 p.m. on Monday, May 5 so make sure you get your name in no later than 2 p.m. on May 5. We will call the winners immediately after we do the drawing.

I know April was a bit chilly - especially in the beginning of the month - but warmer days are here, so that means our Pickleball Court and Shuffleboard Court in Three Rivers are open. We have equipment for pickleball and shuffleboard for our members to borrow - just stop by the front desk and a staff member will be glad to help.



Pam

We visited Wenke Greenhouses in April and the group said it was so cool to learn how they get ready for their busiest time of the year. Everyone received a free plant after the tour. Sounds like a great day!



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.



Join us for a very special Dinner Night Out with a Southern menu you will love. One of the best parts of the Kentucky Derby besides the race, is the hats! **Wear your most creative and festive hat and we will have a contest to see who has the best one.**

WHEN: Thursday, May 15

WHERE: Rivers Enrichment Center, Three Rivers

TIME: 5:00 p.m.

COST: \$15 per person

RSVP: Reservations are required no later than Wednesday, May 7 or until we sell out.

MAY IS OLDER AMERICANS MONTH!

Every May we celebrate Older Americans Month (OAM) as a time to recognize older Americans' contributions, highlight aging trends, and promote the many opportunities we have in our communities for staying active and engaged as we age.

We're celebrating with a FREE trip to a show with DINNER INCLUDED. We will draw six names and you and a guest (who must be a COA member) will be treated to see *The Music of Paul McCartney and Wings: The McCartney Years Live* on Saturday, May 10 at Tibbits Opera House in Coldwater. We will go out to dinner at Broadway Grille prior to the show and dinner is included at no charge.

One entry per person. Please call the COA on Thursday, May 1 beginning at 8 a.m. to enter your name in the drawing. **You must call or stop by the center no later than 2 p.m. on Monday, May 5 to enter into the drawing as we will be choosing the winners at 3 p.m. on May 5. We will be calling the winners immediately after the drawing.**

Dinner Night Out

We're headed to the Bluegrass State in May to celebrate all things Kentucky - in particular the Kentucky Derby, which will take place this year on Saturday, May 3. Did you know that the very first Kentucky Derby took place on May 17 in 1875? On that day, Oliver Lewis rode a horse named Aristides 1.5 miles to win in a field of 15 horses in front of 10,000 spectators.

THE MUSIC OF PAUL MCCARTNEY AND WINGS

**THE MCCARTNEY YEARS
LIVE**



MAY 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.**

Saturday, May 10 - Tibbits Opera House - FREE TRIP IN CELEBRATION OF OLDER AMERICANS MONTH!!!

This is a FREE trip in honor of Older Americans Month. See Page 3 for more details on how to enter your name into the drawing. We are going to see *The Music of Paul McCartney and Wings: The McCartney Years Live* at Tibbits Opera House. Prior to the show we will be having dinner at The Broadway Grille. We will be leaving Three Rivers at 3:30 p.m. and Sturgis at 4:15 p.m. We should arrive back to Sturgis around 10:15 p.m. and in Three Rivers at 10:45 p.m. **COST: FREE!**

Thursday, May 22 - Four Winds Casino in South Bend

We will leave Three Rivers at 9:15 a.m. and Sturgis at 10:00 a.m. We plan to arrive in Sturgis at 5:15 p.m. and in Three Rivers at 5:45 p.m. **COST: \$15 per person**

Friday, May 30 - John Ball Zoo - Lantern Festival

The Lantern Festival is a one-mile light tour through John Ball Zoo. The festival features handcrafted Asian lantern displays that will illuminate the Zoo and tell the intersecting story of wildlife and Asian culture. We will depart from Sturgis at 4:15 p.m. and from Three Rivers at 5:00 p.m. We plan to arrive back in Three Rivers at 11:30 p.m. and in Sturgis at midnight. There is a fair amount of walking on this trip. We will have dinner at Russ' Restaurant before the Festival. **Cost is \$41 per person. (Dinner is on your own)**



MARK YOUR CALENDAR!

DETROIT TIGERS TRIP - SUNDAY, JUNE 8

WE ARE GOING TO SEE THE TIGERS TAKE ON THE CHICAGO CUBS ON SUNDAY, JUNE 8 AT 1:40 P.M. TICKETS WILL GO ON SALE ON MONDAY, JUNE 2. WE ARE TAKING TWO BUSES. ALL THE DETAILS WILL BE IN THE JUNE NEWSLETTER. THIS IS A GREAT WAY TO CELEBRATE FATHER'S DAY WITH A FRIEND, SPOUSE OR FAMILY MEMBER.





Mother's Day is May 11 and we're celebrating with a special event! If you are a mother or grandmother you're invited to take a few hours to celebrate YOU.

In addition to muffins and mimosas, we will have stations for you to visit where you will be pampered and treated to an ultimate morning of relaxation. How about a Satin Hands treatment by a Mary Kay beauty consultant, a taste of a stress busting smoothie or learn special breathing techniques that will keep you calm, cool and collected.

We have a few other treats planned for the morning that we are sure you will enjoy.

WHEN: Tuesday, May 6 in Sturgis

Friday, May 9 in Three Rivers

TIME: 10:00 a.m. - 11:30 a.m.

RSVP: Please call 269-279-8083 and let us know if you plan on attending

A BIG THANK YOU TO:

- COLLEEN YONGE, AN INDEPENDENT MARY KAY BEAUTY CONSULTANT
- REBECCA JACOBS, OWNER OF INTEGRATIVE WELLNESS AND MASSAGE IN THREE RIVERS
- COA FITNESS INSTRUCTOR CYNTHIA HOSS

OUR MAY CRAFT IS SO CUTE! 5

We're going to make these charming clipboards that you will be able to customize however you want. We will have lots of different scrapbook paper and decorative items you will be able to use. The picture below is just a sample of what you will be making. The possibilities are endless!

WHEN: Monday, May 19 in Three Rivers at 1:00 p.m.

Tuesday, May 20 in Sturgis at 1:00 p.m.

RSVP: Please call (269) 279-8083 to reserve your spot

COST: Free but donations are appreciated!



JUDE THE COMFORT DOG
WILL BE AT THE TR CENTER
ON FRIDAY, MAY 2 AT 10:30 A.M.

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, May 8 - Lost Heart (PG)

A burned out country music star returns to her small northern Michigan hometown for her estranged father's funeral. It is there she confronts the ghosts of her past and hopes to find peace and balance again.

COA members Carl and Connie Deeds are extras in this movie. See if you can spot them!



Monday, May 19 - Yes Day (PG)

A mom and dad who usually say no decide to say yes to their kids' wildest requests - with a few ground rules - on a whirlwind day of fun and adventure.



COA Advisory Board Meeting Schedule

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
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, May 13 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, May 12 to let you know the movie we have selected and what time we are meeting. Dinner in Three Rivers afterwards.

TRIVIA Wednesdays

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

All are welcome!

Wednesday, May 28 at 2:15 p.m.

POTLUCK BINGO IS BACK!

OAKS ENRICHMENT CENTER IN STURGIS

4:00 P.M.

THIRD WEDNESDAY OF THE MONTH - MAY 21

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



TO PREVENT SPILLS AND INJURY
PACKAGE ALL ITEMS SAFELY FOR TRANSPORT



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

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.

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

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



**M
A
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H**



WE HAD A LOT OF FUN IN MARCH AT THE COA! THE CRAFT WAS A BIG HIT AND DINNER NIGHT OUT WAS SO MUCH FUN. ON MARCH 19 WE WERE HONORED TO HAVE STAFF AND ADMINISTRATORS FROM GLEN OAKS COMMUNITY COLLEGE VOLUNTEER WITH OUR MEALS ON WHEELS DRIVERS AND SEE FIRSHAND THE AMAZING JOB THEY DO TO SERVE OLDER ADULTS IN SJC.

Foot Doctor

Tuesday, June 3

9:30am - Noon

Oaks Enrichment Center - Sturgis

Tuesday, June 24

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: Wednesday, May 7

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

NUMBER: 269-224-5040

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.

Medicare 101

Katie Ray from Humana will be at the Oaks Enrichment Center in Sturgis to answer any questions our members may have about Medicare on Monday, May 12 from 11:30 a.m. to 12:30 p.m.



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, May 6, 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.

In Three Rivers we have a volunteer who is here on the third Monday of each month from 10 a.m. to Noon. Please call 269-279-8083 to make an appointment.

We are looking for a volunteer in Sturgis willing to help members with their technology questions. If you are interested, please call Cindy Batten, Life Enrichment Coordinator at 269-279-8083.

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

June 13	10:30 a.m.	Rivers EC
June 24	1:00 p.m.	Oaks EC
September 12	10:30 a.m.	Rivers EC
September 23	1:00 p.m.	Oaks EC
December 12	10:30 a.m.	Rivers EC
December 16	1:00 p.m.	Oaks EC

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.

ROOM CODE

CR – Community Room - Three Rivers

AH - Assembly Hall - Sturgis

Café - Three Rivers

Atrium - Three Rivers

CLSSRM - Sturgis

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.

Sturgis: Tuesdays at 9:00 am (AH) - NEW TIME

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 - STARTS MAY 20

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 meditation.

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

Instructor: Kathy Bingaman

Gentle Yoga—NEW TIME!

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 9:00 am (CLSSRM)

Instructor: Cynthia Hoss

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

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—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 The Personal Librarian by Marie Benedict. The group meets on the fourth Wednesday of each month at Noon. Books are available at the COA Reception Desk in Three Rivers. (May 28)

The Sturgis Book Club meets on the third Thursday of each month at 3pm. The club is reading Normal Family by Chrysta Bilton. (May 15)

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 Grey Wolf by Louise Penny. (May 12)

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

MAY 1 IS LAST MEETING UNTIL THE FALL

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, May 21
4:00 p.m.

Trivia

Sturgis: Fourth Wednesday of the Month
Wednesday, May 28
2:15 p.m.

12 Senior Congregate Restaurant Program Guidelines

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

Rules:

- Intake Form must be filled out 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

MAY Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Tibbits Trip is on Saturday, May 10 Kathy Bingaman's Forever Fit Class is BACK beginning Tuesday, May 20th COA is closed Monday, May 26 for Memorial Day 			<p>1</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>2</p> <p>9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 10:30am - Jude Comfort Dog 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg</p>
<p>5</p> <p>10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>6</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 6pm - Alzheimer's Association Caregiver Support Group</p>	<p>7</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 1pm - Golden Beat: Dancing through the Decades</p>	<p>8</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>9</p> <p>9:30am - Line Dancing 10am - Mother's Day Muffins and Mimosas 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm Bingo 1pm - Mah Jongg</p>
<p>12</p> <p>9am - Beltone Hearing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold</p>	<p>13</p> <p>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>14</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 1pm - Golden Beat</p>	<p>15</p> <p>9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold 5pm - Dinner Night Out</p>	<p>16</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>19</p> <p>10am - Tech Help 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 1pm - Clipboard Craft 2pm - Zumba Gold</p>	<p>20</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>21</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 1:00pm - Golden Beat</p>	<p>22</p> <p>8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold CASINO TRIP</p>	<p>23</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>26</p> <p style="text-align: center;">COA CLOSED MEMORIAL DAY HOLIDAY</p>	<p>27</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>28</p> <p>8:30am - Flexible You 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise 11am - S.A.I.L. Exercise 11am - In Stitches Noon - Book Club 1pm - Pinochle 1pm - Golden Beat</p>	<p>29</p> <p>8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold</p>	<p>30</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 LANTERN FESTIVAL TRIP</p>

MAY Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Chair Yoga and Gentle Yoga will start at 9 a.m. beginning this month and through the summer. Tibbits Trip is on Saturday, May 10 This is the last Lethal Lunches until the Fall COA is closed Monday, May 26 for Memorial Day Billiards Club is meeting May 1 and then taking the summer off 			<p>1</p> <p>9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge 7pm - Billiards Club - LAST ONE UNTIL THE FALL</p>	<p>2</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming</p>
<p>5</p> <p>9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre</p>	<p>6</p> <p>9am - NO Chair Yoga 10am - Mothers Day Muffins & Mimosas 10am - Boards & Bagels 1pm - Euchre</p>	<p>7</p> <p>9:45am - VIDEO Arthritis Exercise - Taking It Easy! 11am - VIDEO S.A.I.L. 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre</p>	<p>8</p> <p>9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:30 - Movies at the Oaks 7pm - Duplicate Bridge</p>	<p>9</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>12</p> <p>9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 11:30am - Medicare 101 - Katie Ray from Humana 12pm - Lethal Lunches 12:30pm - Bingo 1pm - Euchre</p>	<p>13</p> <p>9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre Dinner and a Movie in TR</p>	<p>14</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre</p>	<p>15</p> <p>9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm - Book Club 5pm - Dinner Night Out in TR 7pm - Duplicate Bridge</p>	<p>16</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>19</p> <p>9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre 1:30pm - Movies at the Oaks</p>	<p>20</p> <p>9am - Chair Yoga 10am - Boards & Bagels 1pm - Clipboard Craft 1pm - Euchre</p>	<p>21</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 4pm - Potluck Bingo</p>	<p>22</p> <p>9am - VIDEO Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge CASINO TRIP</p>	<p>23</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>26</p> <p style="text-align: center;">COA CLOSED MEMORIAL DAY HOLIDAY</p>	<p>27</p> <p>9am - VIDEO Chair Yoga 10am - Boards & Bagels 1pm - Euchre</p>	<p>28</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming 1pm - Hand & Foot 1pm - Euchre 2:15pm - Trivia</p>	<p>29</p> <p>9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge</p>	<p>30</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming LANTERN FESTIVAL TRIP</p>

MAY 2025

DATE HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES

Thursday, May 1	Baked Chicken & Grits, Sugar Snap Peas, Collard Greens, Peach Crisp
Friday, May 2	Hamburger Stroganoff over Egg Noodles, Dill Carrots, Broccoli
Monday, May 5	Cheese Burger, Sweet Potato Wedges, Key West Vegetables
Tuesday, May 6	Chicken Chop Suey, Brown Rice, Oriental Vegetables, Capri Blend Vegetables
Wednesday, May 7	Citrus Glazed Turkey, Red Bliss Potatoes, Butternut Squash, Blueberry Crisp
Thursday, May 8	Maple Glazed Fish, Florentine Rice Pilaf, Parslied Cauliflower, Mixed Vegetables
Friday, May 9	Tropical Pork, Sweet Potatoes, Scalloped Tomatoes, Creamy Peas & Red Peppers
Monday, May 12	Oven Baked Fish Sandwich, Parslied Potatoes, Green Beans & Mushrooms
Tuesday, May 13	Pizza Casserole, Cauliflower, Butternut Squash
Wednesday, May 14	Bourbon Pork Chop, Whipped Sweet Potatoes, Scandinavian Blend Vegetables
Thursday, May 15	Pepper Steak, Brown Rice, Glazed Carrots, Italian Green Beans
Friday, May 16	Chicken Marsala, Mashed Potatoes, Diced Beets, Asparagus
Monday, May 19	BBQ Beef Sandwich, German Potato Salad, Baked Beans
Tuesday, May 20	Breakfast Scramble, Sausage Links, Hash Browns, Broccoli
Wednesday, May 21	King Ranch Chicken, Asparagus, Peas & Pearl Onions
Thursday, May 22	Mostaccioli with Meat Sauce, Roasted Brussel Sprouts, Wax Beans
Friday, May 23	Chicken Salad Sandwich, Potato Salad, Carrot Raisin Salad
Monday, May 26	Closed for Holiday
Tuesday, May 27	BBQ Chicken, Au Gratin Potatoes, Baked Beans
Wednesday, May 28	Sliced Ham, Scalloped Potatoes, Stewed Tomatoes, Green Beans
Thursday, May 29	Beef & Broccoli, Brown Rice, Oriental Blend Vegetables, Normandy Blend Vegetables
Friday, May 30	Turkey Noodle Casserole, Peas & Pearl Onions, Wax Beans

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 MONDAY, MAY 26
FOR MEMORIAL DAY



The Senior Connection

St. Joseph County Commission on Aging
1200 W. Broadway Street
Three Rivers, MI 49093

Address Label

Want *The Senior Connection* mailed to your home?

Please enclose this form with a check for \$11.00 and mail to:

COA
1200 W. Broadway Street
Three Rivers, MI 49093

Checks payable to: COA

*Include your full name and mailing address

Name _____

Address _____

City _____ State _____ Zip _____

Phone # _____

