



# *The Senior Connection*

*St. Joseph County Commission on Aging Newsletter*

**August 2025**

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



## **Caring for the Caregiver**

*COA to Offer One-Day Retreat for Caregivers*

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



These next few months at the COA are jam packed with a wide range of activities from our annual summer picnic to our first ever Caregiver Retreat to a presentation on how to save money on your energy bill. And that is just a few of the things our Life Enrichment Team has planned for August and September.

I always look forward to the Summer Picnic and I hope we have great weather this year as we celebrate all things baseball at Sand Lake County Park on Wednesday, August 27.

On Page 4 of this newsletter we are highlighting our first ever Caregiver Retreat. The COA receives grant dollars to provide support, education and training to caregivers. We hope this retreat will provide caregivers in our community with all of those things and more. We also are offering respite care so that caregivers will be able to attend and have peace of mind knowing that their loved one is being well taken care of while they are gone.

The retreat is scheduled for Tuesday, September 9 at the Amigo Centre in Sturgis. We have a full day of activities planned, including meals and snacks and two keynote speakers coming from the east side of the state. Both Christy McDonald and Jim Mangi have very powerful messages to share. More details about this very special program can be found on Page 4. If you know of a caregiver please let them know about this event and encourage them to participate. All caregivers deserve a break.

*Pam*

## **I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!**

Yay! We're giving all our members a FREE ice cream treat. Stop by either center on the days listed below and get a free treat from the Frozen Frenzy Ice Cream Truck. One treat per person, please.

**Thursday, August 28**

**Oaks Enrichment Center in Sturgis**

**Friday, August 29**

**Rivers Enrichment Center in Three Rivers**

**11:00 a.m. - 1:00 p.m.**





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

### **Three Rivers P.A.C.**

Friday, September 12, 2025  
@10:30 a.m. (Atrium)

### **Sturgis P.A.C.**

Tuesday, Sept. 23, 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.

# **Our Summer Picnic is Sure to be a Big Hit!**

Let's have a ball at the COA Summer Picnic!

We'll be celebrating all things baseball which means apple pie, hot dogs and much more! Free Bingo to follow lunch.

Tickets are \$5.00 per person and will go on sale on Friday, August 1.

Seating is limited so please do not wait to call and reserve your spot.

**WHEN:** Wednesday, August 27  
**TIME:** 10 a.m. - 2 p.m.  
**WHERE:** Sand Lake County Park  
60778 Railroad St, Sturgis, MI 49091  
**COST:** \$5.00 per person  
**R.S.V.P.:** (269) 279-8083



## **CPR & FIRST AID CLASS IN THREE RIVERS**

We are offering a class to receive certification in CPR and First Aid and are opening it up to any COA member who is interested in obtaining these certifications.

Space is limited so please call on the first business day of the month to see if there are available slots.

The cost is \$70 per person and the class will take place on Wednesday, September 3 from 8:30 a.m. to 11:30 a.m. at the Rivers Enrichment Center in Three Rivers.

# COA Caregiver Retreat: Take a Day For YOU!

Each year more people are taking on the role of caregiver. This is especially true for older adults. And there is substantial evidence to show how challenging this can be for the caregiver - emotionally, physically and financially. Caregiver burnout is very real. If you are 60 or older and caring for a loved one, you are invited to attend the **COA's Caregiver Retreat on Tuesday, September 9 at the Amigo Centre in Sturgis**. This one-day retreat is designed to do much more than just give you a much-needed break, but to also inspire you, support you, and let you know that you are not alone.

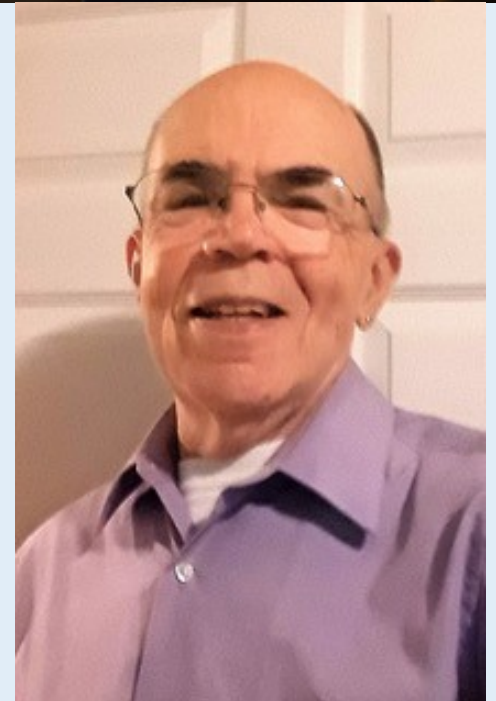
The retreat, which is completely free to participants, will feature respite care, two meals and snacks, special activities and two speakers, Christy McDonald and Jim Mangi.

Christy McDonald is an Emmy-award winning TV anchor, speaker and moderator who has covered news in Detroit and Michigan for 30 years. Christy specialized in political coverage, in-depth reporting and live news events, most recently at WDIV Local 4. She is currently the founder of Sammac Communications, Inc. and speaks to groups on resilience, owning your story and mastering the art of presence. Christy is a passionate advocate for colorectal cancer awareness after losing her husband Jamie Samuelsen to the disease in August 2020.

Jim Mangi, a retired business owner and environmental scientist, talks about his journey, caregiving for his wife since 2008, in his "Alzheimer's: It's a Disease Not A Disgrace". In presenting this talk to dozens of groups throughout Michigan, Jim talks about the mistakes he made – especially in the early years of the journey. The talk includes information on what Alzheimer's Disease and other dementias are, the problems they cause, and some ideas about how to deal with them. Jim founded Dementia Friendly Services in Saline, MI. DFS is connected to the national organization, Dementia Friendly America, which is committed to fostering community support for people living with dementia and their essential care partners so they can safely remain and continue to engage in the community.

This powerful day is meant to care for YOU, the caregiver. It is a FREE event and open to anyone 60 or older who is a caregiver. Reservations are required. Please call the Commission on Aging at (269) 279-8083 to reserve your spot. If you need respite care, please let us know when you sign up.

<b>WHEN:</b>	<b>Tuesday, September 9</b>
<b>TIME:</b>	<b>9 a.m. - 4 p.m.</b>
<b>WHERE:</b>	<b>Amigo Centre, 26455 Banker Road, Sturgis</b>
<b>RSVP:</b>	<b>(269) 279-8083</b>



# AUGUST TRIPS

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*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.***

## **Holland Princess Lunch Cruise and Shopping**

### **Thursday, August 7**

Begin your West Michigan memory enjoying a two hour ride on the Holland Princess, a 65-foot Victorian style paddle wheel river boat. The ride includes a lunch buffet and live music as you travel through beautiful Lake Macatawa and Lake Michigan and pass by one of Michigan's most beautiful lighthouses, Big Red. After the cruise spend some time shopping in charming downtown Holland. Stop at Captain Sundae for a sweet treat before heading home.

We will leave Sturgis at 8:45 a.m. and Three Rivers at 9:30 a.m. We should be back to Three Rivers around 6:45 p.m. and in Sturgis at 7:15 p.m.

**COST: \$80.00 per person (shopping and ice cream is on your own)**

## **Ludington North Breakwater Lighthouse and Shopping**

### **Wednesday, August 13**

We'll be visiting a beautiful lighthouse in Ludington. For those that seek a challenge, you will be able to climb to the top of the lighthouse and get the most amazing views of Lake Michigan. There is a charge of \$8.00 if you want to climb the lighthouse and there is a gift shop inside the lighthouse. Lunch will be at Jamesport Brewing followed by shopping and exploring the town. Everyone will meet up at House of Flavors for ice cream before heading home.

We will leave Sturgis at 7:15 a.m. and from Three Rivers at 8:00 a.m. We plan to arrive back to Three Rivers around 8:00 p.m. and Sturgis at 8:30 p.m.

**COST: \$25.00 per person (Lunch and ice cream is on your own)**

## **OVERNIGHT TRIP - Horseshoe Indianapolis Casino in Shelbyville, Indiana**

### **Friday, August 22-Saturday, August 23**

Experience the outstanding atmosphere of a Las Vegas-style casino, featuring more than 2,200 slots and e-table games, premiere dining selections including Indiana's best buffet, an award-winning steakhouse and brewpub.

We will leave Three Rivers at 8:15 a.m. and Sturgis at 9:00 a.m. for the casino. We should arrive back in Sturgis around 6 p.m. and in Three Rivers at 6:30 p.m. on Saturday, August 23. Our hotel reservations are at a Quality Inn & Suites near the casino.

**COST: \$100.00 per person based on double occupancy. Includes transportation, hotel and breakfast Saturday morning at the hotel.**



## FREE PROGRAM WILL TEACH YOU HOW TO REDUCE YOUR ENERGY & WATER BILLS!

SEMCO Energy Smart Seniors is offering a 30-minute presentation on simple, effective ways to save money on energy and water bills. Each attending household will receive a kit with easy-to-install devices to reduce energy costs.

This program, which is provided through the National Energy Foundation, is free and open to any senior in the community wanting to learn how to reduce their energy and water bills.

Refreshments will be served. Please share this information with friends and neighbors!

**WHEN:** Thursday, August 28

**TIME:** 2 p.m.

**WHERE:** Rivers Enrichment Center in Three Rivers

Call the COA at (269) 279-8083 to reserve your spot!



### Mark Your Calendar!

We are going to another Detroit Tigers game! We had so much fun in June that we decided to go again to see our amazing Tigers take on the Chicago White Sox.

The trip is Sunday, September 7.

We will start taking reservations on

Tuesday, September 2.

Look for all the details in the  
September newsletter!



## We're Making Pounded Flower Tote Bags!

Using fresh flowers and leaves we will create stunning tote bags - perfect for carrying books, groceries and other items.

If you are able to bring a hammer or a soft mallet with you, please let us know when you sign up for the craft.

**WHEN:** Monday, August 18 in Three Rivers @ 2 p.m.

Tuesday, August 19 in Sturgis @ 1 p.m.

## Fall Craft Fair at the COA

The Young Adult Transitions Center is holding a craft fair at the COA in Three Rivers on Tuesday, November 11. The COA is closed that day but doors will be open for the fair. The students from YATC volunteer at the COA in our kitchen throughout the school year. This fair is a fundraiser for their graduation and prom. Please make plans to stop by and help support this amazing group of young adults. Also, any older adult who would like to reserve a table to sell handmade items can let us know at the Reception Desk. There will be a limited number of tables available for seniors to sell their wares.

# Painting with Pat

Sign up to learn how to paint *My Buddy and Me*  
with local artist Pat Asbury.

Class will take place Monday, August 18 and Monday, August 25  
at the Oaks Enrichment Center in Sturgis.

You must be able to attend both weeks.

TIME: 10:00 a.m. - 12:30 p.m.

COST: \$15 per week (\$30 total)

Pay on the first day of class.

All supplies are included.



# Paint & Punch Party

Come spend the day at the COA  
with Pat Asbury making this  
peaceful waterfall scene. The top  
photo is what will be taught in  
Sturgis and the bottom photo is  
what will be taught in TR.

All supplies are included as well as  
a box lunch, punch and cookies.  
Lunch will be served at Noon.

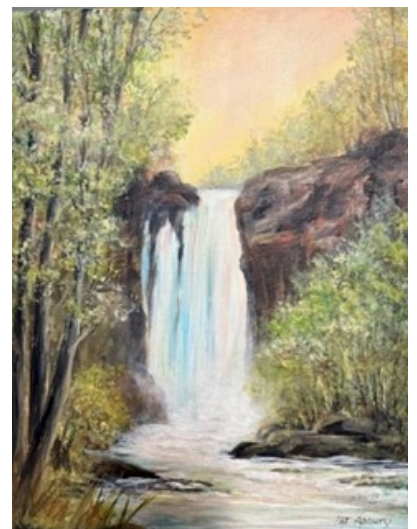
**WHEN:** Tuesday, August 12  
Sturgis

Wed., August 20  
Three Rivers

**TIME:** 10 a.m. - 3 p.m.

**COST:** \$25.00

Please pay Pat directly on day of  
event. Cash is preferred but she  
will also accept a check.



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

All are welcome!

**Tuesday, August 26 at 1:30 p.m.**

## POTLUCK BINGO

OAKS ENRICHMENT CENTER IN STURGIS

4:00 P.M.

THIRD WEDNESDAY OF THE MONTH - AUGUST 20



## County Spotlight: Parks and Recreation

Continuing to spotlight the important work being done across St. Joseph County departments, this edition features the Parks & Recreation Department. The Parks & Recreation Department plays an important role in maintaining the county's natural spaces while promoting recreation, accessibility, and community connection for residents of all ages.

The Parks & Recreation Department oversees several scenic and historic county parks, including Meyer Broadway, Plumb Lake, and Rawson's King Mill. These parks offer walking paths, picnic areas, fishing opportunities, disc golf, and gathering spaces. Cade Lake County Park also offers 55 campsites on the 98-acre property. Many park amenities are designed with accessibility in mind, making it easier to enjoy the outdoors safely and comfortably.

In addition to preserving open spaces, the department coordinates seasonal events and rental opportunities for family reunions, group outings, and other gatherings. Whether it's a quiet stroll through the woods, or a visit to the historic Covered Bridge Farm, the parks offer opportunities to connect with nature and community all year long.

St. Joseph County residents receive free entry to county parks, and annual or day passes are available for non-residents.

For more information about park locations, amenities, or rentals, call (269) 467-5519 or visit the Parks & Recreation page at <https://www.stjosephcountymi.gov/government/parks-recreation>.



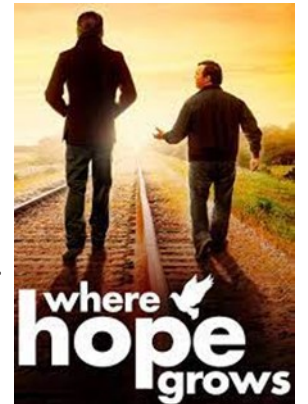
## Monthly Movies at the Oaks Enrichment Center in Sturgis

Movies will be shown at 1:30pm in the classroom with popcorn!

### Monday, August 11

#### Where Hope Grows (PG-13)

After a mid-game panic attack halts his career, a former pro baseball player gets a new perspective on life from an eager young supermarket employee.



### Monday, August 25

#### Rescued by Ruby (TV-G)

Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog - classy but naughty shelter pup Ruby. Based on a true story.

SPONSORED BY  
**STURGIS BANK**

**THURSTON WOODS VILLAGE**

## BENEVOLENT BASH WESTERN DRAW DOWN FUNDRAISER

### Friday, August 15th 6-9pm

Max of 100 tickets sold  
 1<sup>st</sup> ticket \$100 80<sup>th</sup> ticket \$100  
 20<sup>th</sup> ticket \$250 98<sup>th</sup> ticket \$500  
 40<sup>th</sup> ticket \$100 99<sup>th</sup> ticket \$1,000  
 60<sup>th</sup> ticket \$100 100<sup>th</sup> ticket \$2,000  
 The raffle is licensed by the  
 Michigan Charitable Gaming  
 Division.

**DRINKS  
CHUCK WAGON DINNER  
PHOTO BOOTH  
ENTERTAINMENT  
RAFFLE  
PRIZES FOR BEST  
COSTUMES!  
2 TICKET OPTIONS**  
 (MEAL/ENTERTAINMENT ONLY) \$50  
 (LOTTERY/MEAL/ENTERTAINMENT) \$100



**Foot Doctor**

Tuesday, August 5

9:30am - Noon

Oaks Enrichment Center - Sturgis

Tuesday, August 26

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

**Stroke Support Group in Three Rivers**

Beacon Health Systems - Three Rivers Health offers a monthly stroke support group. All are welcome! The facilitator is Kimberly Hartsell, MS, CCC-SLP, CBIS. There will be various topics presented monthly in related to strokes.

DATE: Second Tuesday of Each Month  
TIME: 10 a.m. - 11 a.m.  
LOCATION: Rehab Dining Room  
701 S. Health Parkway, TR

**MEDICARE 101 & FREE BINGO  
IN STURGIS**

Katie Ray from Humana will be at the Oaks Enrichment Center in Sturgis on Monday, August 11 from 11:30 a.m. to 12:30 p.m.

She will be available to answer any questions you have about Medicare.

Afterwards, stay to play FREE Bingo sponsored by Humana. Bingo starts at 12:30 p.m.



**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, Sept. 8, 2025**. Please call 279-8083 to make an appointment.

**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.**

**In Sturgis we have a volunteer here on the second and fourth Wednesday of each month from 10 a.m. to 12:00 p.m. Please call 269-279-8083 to make an appointment.**

Did you hear about the ice cream truck accident?

*It crashed on a rocky road.*



alzheimer's association

**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, August 5, 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).



**Legal Services of South  
Central Michigan**

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

**OVER THE PHONE**

**WHEN:** Wednesday, August 6  
**TIME:** 2:00 p.m. - 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.*

### Arthritis Foundation Exercise

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.

*Three Rivers:*

Tuesdays & Thursdays at 10:30am (CR)

**Instructor:** Cathy Taylor

### 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)

**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. **FIRST WEDNESDAY OF EACH MONTH CLASS IS IN A CHAIR.**

*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 meditation.

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

**Instructor:** Kathy Bingaman

### 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 9:00 am (CLSSRM)

**Instructor:** Cynthia Hoss

### 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

**Zumba Gold**

Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout. Zumba Gold is for older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

*Three Rivers:* Mondays & Thursdays at 2pm (CR)

**Instructor:** Lynn Zeiler

**Virtual Zumba Gold**

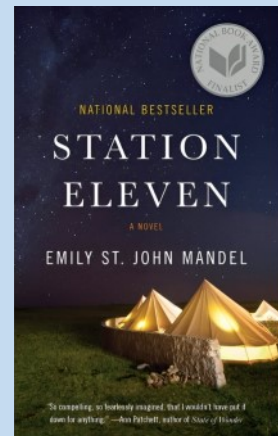
If you would like to participate in Zumba Gold at home, Lynn is offering it virtually during her class times in Three Rivers. Email Lynn at [coazumbagold@gmail.com](mailto:coazumbagold@gmail.com)

**Tuesday, August 12 - Three Rivers 6****Movie & Time TBA**

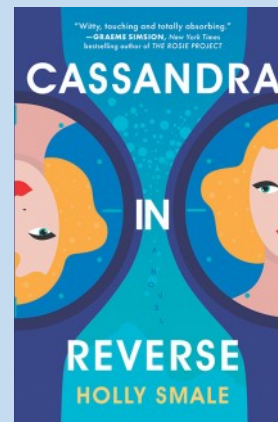
Because we cannot guarantee what movies will be showing on the day we plan to go, we ask that if you think this is something you might want to do, just call the COA and let us know you are interested. We will call you on Monday, August 11 to let you know the movie we have selected and what time we are meeting. Dinner in Three Rivers afterwards.

**Book Clubs**

The Three Rivers Book Club is reading Station Eleven by Emily St. John Mandel. The group typically meets on the fourth Wednesday of each month at Noon. **However, because of the summer picnic we will not be meeting until Wednesday, September 3.** Books are available at the COA Reception Desk in TR.



The Sturgis Book Club meets on the third Thursday of each month at 3pm. The club is reading Cassandra in Reverse by Holly Smale (August 21).



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

**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, August 20  
4:00 p.m.

**Red Hat Ladies Luncheon**

Three Rivers: Third Friday of the Month  
Friday, August 15  
11:45 a.m.

**Trivia**

Sturgis: Fourth Tuesday of the Month  
Tuesday, August 26  
1:30 p.m.

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# 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



AUGUST Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg
<b>4</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	<b>5</b> 8:15am - Forever Fit <b>9:30am - NO Cardio Drumming</b> <b>10:30am - NO Arthritis Exer.</b> 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle <b>6pm - Alzheimer's Association Caregiver Support Group</b>	<b>6</b> <b>8:30am - NO Flexible You</b> 9:30am - Say Yes! to Weights 10:00am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle	<b>7</b> 8:15am - Forever Fit <b>9:30am - NO Cardio Drumming</b> <b>10:30am - NO Arthritis Exer.</b> 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold <b>HOLLAND TRIP</b>	<b>8</b> 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg
<b>11</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	<b>12</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	<b>13</b> 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 <b>LUDINGTON TRIP</b>	<b>14</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	<b>15</b> 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise <b>11:45am - Red Hat Ladies</b> 12:30pm - Bingo at Klines 1pm Bingo 1pm - Mah Jongg
<b>18</b> <b>10am - Tech Help</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold <b>2pm - Tote Bag Craft</b>	<b>19</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	<b>20</b> 8:30am - Flexible You 9:30am - Say Yes! to Weights 10:00am - AE - Taking it Easy <b>10am - Paint &amp; Punch Party with Pat Asbury</b> 11am - S.A.I.L. Exercise 11am - In Stitches 1pm - Pinochle	<b>21</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	<b>22</b> 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg <b>CASINO OVERNIGHT TRIP</b>
<b>25</b> 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	<b>26</b> 8:15am - Forever Fit <b>9am - Foot Doctor</b> 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	<b>27</b> <b>COA SUMMER PICNIC</b> <b>10am-2pm</b> <b>Centers are Open But No Congregate Lunch or Activities will be Offered</b>	<b>28</b> 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold <b>2pm - SEMCO Energy Savings Presentation</b>	<b>29</b> 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise <b>11am - 1pm - ICE CREAM TRUCK AT THE COA!</b> 12:30pm - Bingo at Klines 1pm - Bingo

AUGUST Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>9:45am - VIDEO Arthritis Exercise - Taking It Easy!</b> <b>11am - VIDEO S.A.I.L. Exercise</b> <b>1pm - VIDEO Cardio Drumming</b>
<b>4</b> <b>9:45am - VIDEO Arthritis Exercise - Taking it Easy!</b> <b>11am - VIDEO S.A.I.L. Exercise</b> <b>12:30pm - Bingo</b> <b>1pm - Euchre</b>	<b>5</b> <b>9am - Chair Yoga</b> <b>9:30am - Foot Doctor</b> <b>10am - Boards &amp; Bagels</b> <b>1pm - Euchre</b>	<b>6</b> <b>9:45am - VIDEO Arthritis Exercise - Taking It Easy!</b> <b>11am - VIDEO S.A.I.L. Exercise</b> <b>1pm - Hand &amp; Foot</b> <b>1pm - Euchre</b> <b>1pm - VIDEO Cardio Drumming</b>	<b>7</b> <b>9am - Gentle Yoga</b> <b>10am - Line Dancing</b> <b>12:30pm - Bingo</b> <b>1pm - Hand &amp; Foot</b> <b>1:30pm - Euchre</b> <b>7pm - Duplicate Bridge</b> <b>HOLLAND TRIP</b>	<b>8</b> <b>9:45am - Arthritis Exercise - Taking It Easy!</b> <b>11am - S.A.I.L. Exercise</b> <b>1pm - VIDEO Cardio Drumming</b>
<b>11</b> <b>9:45am - Arthritis Exercise - Taking it Easy!</b> <b>11am - S.A.I.L. Exercise</b> <b>11:30am - Medicare 101 with Katie Ray from Humana</b> <b>12:30pm - FREE Bingo Sponsored by Humana</b> <b>1pm - Euchre</b> <b>1:30pm - Movies at the Oaks</b>	<b>12</b> <b>9am - Chair Yoga</b> <b>10am - Boards &amp; Bagels</b> <b>10am - 3pm - Paint and Punch Party with Pat Asbury</b> <b>1pm - Euchre</b> <b>Dinner and a Movie in TR</b>	<b>13</b> <b>9:45am - Arthritis Exercise - Taking It Easy!</b> <b>10am - 12pm - Tech Help</b> <b>11am - S.A.I.L.</b> <b>1pm - Hand &amp; Foot</b> <b>1pm - Euchre</b> <b>1pm - VIDEO Cardio Drumming</b> <b>LUDINGTON TRIP</b>	<b>14</b> <b>9am - Gentle Yoga</b> <b>10am - Line Dancing</b> <b>12:30pm - Bingo</b> <b>1pm - Hand &amp; Foot</b> <b>1:30pm - Euchre</b> <b>7pm - Duplicate Bridge</b>	<b>15</b> <b>9:45am - Arthritis Exercise - Taking It Easy!</b> <b>11am - S.A.I.L. Exercise</b> <b>1pm - VIDEO Cardio Drumming</b>
<b>18</b> <b>9:45am - Arthritis Exercise - Taking it Easy!</b> <b>10am - Painting with Pat</b> <b>11am - S.A.I.L. Exercise</b> <b>12:30pm - Bingo</b> <b>1pm - Euchre</b>	<b>19</b> <b>9am - Chair Yoga</b> <b>10am - Boards &amp; Bagels</b> <b>1pm - Euchre</b> <b>1pm - Tote Bag Craft</b>	<b>20</b> <b>9:45am - Arthritis Exercise - Taking It Easy!</b> <b>11am - S.A.I.L. Exercise</b> <b>1pm - Hand &amp; Foot</b> <b>1pm - Euchre</b> <b>1pm - VIDEO Cardio Drum.</b> <b>4pm - Potluck Bingo</b>	<b>21</b> <b>9am - Gentle Yoga</b> <b>10am - Line Dancing</b> <b>12:30pm - Bingo</b> <b>1pm - Hand &amp; Foot</b> <b>1:30pm - Euchre</b> <b>3pm - Book Club</b> <b>7pm - Duplicate Bridge</b>	<b>22</b> <b>9:45am - Arthritis Exercise - Taking It Easy!</b> <b>11am - S.A.I.L. Exercise</b> <b>1pm - VIDEO Cardio Drumming</b> <b>OVERNIGHT CASINO TRIP</b>
<b>25</b> <b>9:45am - Arthritis Exercise - Taking it Easy!</b> <b>10am - Painting with Pat</b> <b>11am - S.A.I.L. Exercise</b> <b>12:30pm – Bingo</b> <b>1pm - Euchre</b> <b>1:30pm - Movies at the Oaks</b>	<b>26</b> <b>9am - Chair Yoga</b> <b>10am - Boards &amp; Bagels</b> <b>1pm - Euchre</b> <b>1:30pm - Tuesday Trivia</b>	<b>27</b> <b>COA SUMMER PICNIC</b> <b>10am - 2pm</b> <b>Centers Will be Open but No Activities or Congregate Lunch Will be Offered</b>	<b>28</b> <b>9am - Gentle Yoga</b> <b>10am - Line Dancing</b> <b>11am - 1pm - ICE CREAM TRUCK AT THE COA!</b> <b>12:30pm - Bingo</b> <b>1pm - Hand &amp; Foot</b> <b>1:30pm - Euchre</b> <b>7pm - Duplicate Bridge</b>	<b>29</b> <b>9:45am - Arthritis Exercise - Taking It Easy!</b> <b>11am - S.A.I.L. Exercise</b> <b>1pm - VIDEO Cardio Drumming</b>



Meals on Wheels & Congregate Menu

August 2025

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Friday, August 1	Turkey Mostaccioli, Succotash Vegetable Blend, Sugar Snap Peas
Monday, August 4	Sweet & Sour Meatballs, Brown Rice, Broccoli, Diced Beets
Tuesday, August 5	Creamy Baked Fish, Penne Pasta, Peas & Pearl Onions, Key West Vegetable Blend
Wednesday, August 6	Chicken Broccoli Casserole, Capri Vegetable Blend, Stewed Tomatoes
Thursday, August 7	Maple Mustard Pork Tenderloin, Sweet Potatoes, Mixed Vegetables, Oriental Vegetable Blend
Friday, August 8	Cowboy Cavatini, Italian Vegetable Blend, Zucchini & Summer Squash
Monday, August 11	Chicken Patty Sandwich, Au gratin Potatoes, Green Bean Casserole
Tuesday, August 12	Beef & Noodles, European Vegetable Blend, Creamy Peas & Red Peppers
Wednesday, August 13	Roasted Pork Tenderloin, Mashed Potatoes, Okra & Stewed Tomatoes, Wax Beans
Thursday, August 14	Creole Fish, Parslied Potatoes, Asparagus, Key West Vegetable Blend
Friday, August 15	Western Omelet Bake, Sausage Links, Dilled Carrots, Venetian Vegetable Blend
Monday, August 18	Pork Fritter, Baked Beans, Sweet Potatoes
Tuesday, August 19	Bourbon Chicken, Cheese Grits, Pinto Beans, Collard Greens
Wednesday, August 20	Turkey & Stuffing Casserole, Mixed Vegetables, Broccoli
Thursday, August 21	Korean Beef BBQ with Vegetables, Brown Rice, Capri Vegetable Blend, Diced Beets
Friday, August 22	Chicken Jambalaya, Winter Vegetable Blend, Midori Vegetable Blend
Monday, August 25	Chicken Tenders, Tater Tots, Green Beans, Malibu Vegetable Blend
Tuesday, August 26	Spaghetti & Meatballs, Venetian Vegetable Blend, Glazed Baby Carrots
Wednesday, August 27	Bratwurst, Creamy Peas & Red Peppers, Butternut Squash
Thursday, August 28	Chicken Alfredo, Buttered Noodles, Oriental Vegetable Blend, Normandy Vegetable Blend
Friday, August 29	Turkey Burger, Baked Beans, Au Gratin Potatoes

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.





Isn't this field of flowers gorgeous? Our county Parks and Recreation Department does an amazing job keeping the natural beauty of St. Joseph County at front and center for all citizens to enjoy. More details about our Parks and Recreation Department is on Page 8.

*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 # \_\_\_\_\_