



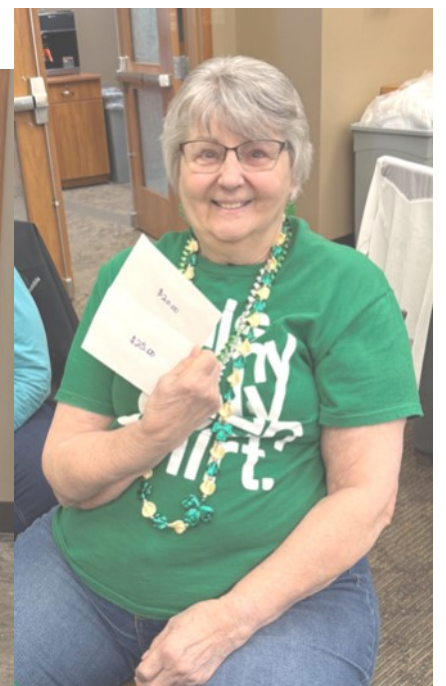
The Senior Connection

St. Joseph County Commission on Aging Newsletter

September 2025

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

September is National Senior Center Month!



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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County of St Joseph - neither will
be held liable for any false or
misleading content.*



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Instagram (sjccoa)
and YouTube**



From the Executive Director...



September is National Senior Center Month! We encourage all of our members to visit one of our senior centers at least once this month and explore something new, such as an exercise class, a game of Euchre, or eating lunch with your peers. Who knows - you might find out that the senior center is exactly what you were looking for: a place to meet new people, make friends, eat a nutritious meal and participate in activities that you enjoy such as Bingo, Euchre, Shuffleboard, Pool or Exercise. There is something for everyone at the COA.

At the end of the month it's time for our members to renew their membership. We'll be offering our annual Dogs & Donuts event, so please sign up for lunch that day and enjoy a delicious hot dog from the Weenie King, fill out your membership renewal form and then stay for a game of Bingo.

Finally, we are looking for In-Home Aides and a Chore Worker at the COA. If you know of someone who is looking for a part-time job with excellent benefits, flexible hours and the opportunity to serve seniors, please spread the word that we are hiring.

Pam

Free Tickets to the St. Joseph County Grange Fair!

The COA has 100 tickets to the Fair that are available for our members. You can stop by either reception desk to ask for a ticket beginning at 8 a.m. on Monday, September 8. Only one ticket per person, please. You are allowed to pick up one additional ticket for your spouse or someone else living in your household that is a senior and COA member.

The tickets are only good on Senior Day, which is Wednesday, September 17.



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.

It's National Senior Center Month!

We're celebrating with a few extra special offerings this month. In addition to the gallery wall painting event, we will have a presentation on how to watch out for common banking frauds and scams, a concert in Sturgis, free tickets to the St. Joseph County Grange Fair, and to close out the month, our popular Dogs and Donuts membership drive. We love celebrating our senior centers!

Galley Wall Painting

Help us continue our tradition of COA members painting 5 x 5 canvas squares that will stay at the centers. We have been doing this for a few years now and as you enter the centers in Three Rivers and in Sturgis you immediately see our beautiful display of paintings made by members.

This year we are painting these charming Cosmos pictured below.

Class will run from 10 a.m. to Noon. A pizza lunch will be served at Noon.

WHEN: Tuesday, September 16 at the Oaks Enrichment Center

Wednesday, September 24 at the Three River Enrichment Center

COST: FREE!

RSVP: (269) 279-8083



Sturgis Tile



Three Rivers Tile

Dogs & Donuts at the COA

It's our annual membership drive and what better way to celebrate than with hot dogs and donuts. Every year on October 1 the COA is required to have its members renew their membership.

Come to the COA and enjoy a delicious hot dog from the Weenie King while renewing your membership. Feel free to stay and play Bingo after lunch!

And if you are thinking about joining the COA, this is a GREAT time to join. Membership is open to anyone 60 or older or married to someone who is 60 or older.

And did we mention that it's FREE to join?

Reservations are required. Please make sure to sign up for lunch either at the kiosk, the front desk, or by giving us a call at (269) 279-8083.

WHEN: Monday, Sept. 29 in Sturgis at Noon
Tuesday, Sept. 30 in Three Rivers at Noon



Our members had a great time in Holland. They enjoyed perfect weather, great food and time spent with friends. Sounds like a wonderful day.

Painting with Pat

Sign up to learn how to paint "The Barn" with local artist Pat Asbury.



Class will take place Monday, September 15 and Monday, September 22 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.

Three Rivers German Band Concert in Sturgis

What better way to get in the mood for Oktoberfest than by listening to a fantastic German band? The Three Rivers German Band is offering a free concert this month. Stop by for an evening of musical entertainment that will surely get your toes tapping and fingers snapping. The COA will provide coffee and a German dessert.

Please RSVP by Monday, September 22 so we can make sure we have enough dessert for everyone.

WHEN: Wednesday, September 24

TIME: 6:00 p.m.

WHERE: Oaks Enrichment Center, 306 N. Franks Avenue

SEPTEMBER 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.***

Detroit Tigers Baseball Game

Sunday, September 7

We are going to see the Tigers take on the Chicago White Sox on Sunday, September 7 at 1:40 p.m. This trip will include a breakfast box and bottled water for the bus ride. We will stop at a fast food restaurant on the way home which cost for that is on your own. Also on your own is any food or drink you would like to consume at the ballpark. Please note that Comerica Park is a cashless venue. Please dress appropriately for the game. For additional rules about what types of bags are allowed into the stadium please refer to the Detroit Tigers website at www.mlb.com/tigers

We will leave Three Rivers at 9:00 a.m. and Sturgis at 9:30 a.m. We plan to arrive back to Sturgis at 7:30 p.m. and in Three Rivers around 8:00 p.m.

COST: \$75.00 per person

Farrand Hall Garden Tour & Brunch

Friday, September 19

Let's visit Farrand Hall in Colon and tour its amazing garden and grounds. Afterwards enjoy a delicious brunch. We will also stop by the Farrand Hall Bakery and the Farrand Hall Market after brunch. This historic property was purchased as a weekend getaway for its owners but it quickly became more than that. They started hosting small events to bring life to the house and property that had been missing for years. The events took off and they knew something special was being born. Now, six years later, the property is transitioning to a private dining location, where some of the Midwest's top chefs come to cook.

We will leave Three Rivers at 9:00 a.m. and Sturgis at 9:45 a.m. We plan to arrive back to Sturgis at 2:30 p.m. and Three Rivers at 3:00 p.m.

COST: \$40.00 per person (Includes tour and brunch)

Gun Lake Casino

Thursday, September 25

We will leave Sturgis at 9:00 a.m. and Three Rivers at 9:45 a.m. We should return to Three Rivers around 4:00 p.m. and in Sturgis at 4:30 p.m.

Cost: \$12.00 per person



COA Looking for In-Home Aide & Chore Worker

The COA has two part-time positions available to help seniors in our community. The first is an in-home aide to assist seniors with light housekeeping and/or personal care. This is a great job because you have the ability to set your own hours that work with your schedule. Perfect for a mom with kids in school, a college student or a retiree looking for a part-time job.

The second position the COA is looking to fill is a Chore Worker. This person would assist seniors in their homes with tasks such as lawn mowing or other yard work, moving boxes, washing windows.

If either job sounds like something you might like to do, please call the COA at (269) 279-8083 and ask to speak to Residential Services Manager Nicole Notestine.

If you know someone who is looking for part-time work and might be a good fit for this job, please let them know that the COA is hiring!

Open Enrollment Time is Just Around the Corner!

October is when it's time to review your Medicare 2026 Prescription Drug Plan or Make Changes to Current Medicare Coverage!

Save money and get the best coverage!

If you have Medicare, you can choose a new plan during Open Enrollment.

Coverage begins January 1, 2026.

Open Enrollment: October 15 - December 7
It's worth it to take the time to compare plans!

To make an appointment with a counselor
please call the COA at (269) 279-8083 BEGINNING
MONDAY, SEPTEMBER 29!

Life Enrichment Manager Says Goodbye

It's hard to believe that I have been at the COA for more than 9 years! Time sure flies when you are having fun. Working at the Commission on Aging has been an incredible experience for me because I got to do what I love and I met the most wonderful people.

I have so many fond memories of fun events - from the Holiday Party to the Summer Picnic to everything in-between like frosting sugar cookies for 150 seniors or dancing in a conga line to the beat of steel drums. It's hard to name a favorite but the wedding vow renewal ceremony, the celebrity birthday celebrations (especially when it was Elvis!), the tailgate parties, and the culture celebrations will always be a part of my heart. And of course I will be forever grateful for having the best co-workers. We had so many laughs - I will miss all of you a great deal.

Thank you for enriching my life - it has been truly been an honor!

Ruth Mancina



COA Caregiver Retreat: Take a Day for YOU

Caring for a loved one is rewarding, but it can also be emotionally, physically, and financially exhausting. If you are a caregiver, the St. Joseph County Commission on Aging invites you to a **free, one-day retreat** designed to *support, inspire, & renew you.*

Tuesday, September 9
Amigo Centre, Sturgis
9:00 a.m. to 4:00 p.m.

Enjoy a relaxing day with:

- **Inspiring speakers:**
Christy McDonald – Emmy-winning journalist and speaker on resilience and presence, sharing her personal caregiving journey.
Jim Mangi – Alzheimer's caregiver since 2008, with his talk *"Alzheimer's: It's a Disease, Not a Disgrace"*.
- **Respite care** (available upon request)
- **Two meals and snacks**
- **Uplifting activities**
- **Goodie Bag for each participant**
RSVP required: Call (269) 279-8083 to register.
Let us know if you need respite care.

If you are a caregiver of a senior, someone with dementia, a disabled adult, or grandparents raising grandchildren or others relatives raising related children, **you are eligible and encouraged to attend this event!*



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.

Free Bingo and Muffins & Medicare Events



You're Invited: Free Bingo plus Muffins & Medicare!

Join us for Free Bingo followed by a relaxed, one-hour educational event designed to help you better understand Medicare — whether you're already enrolled or just starting to explore your options.

Enjoy light refreshments and muffins while we break down the basics and answer your questions in a friendly, no-pressure setting.

This is a strictly educational event — no sales, no plan-specific details, just helpful information to guide you.

Bring a friend and your appetite for both muffins and knowledge!

Presented by Jeff Armstrong, Independent Insurance Agent

Rivers Enrichment Center – Friday, Sept. 12 at 1:00 pm

Oaks Enrichment Center – Monday, Sept. 22 at 12:30 pm

Klines Resort – Friday, Sept. 26 at 12:30 pm

You're Invited to a Fraud Prevention & Awareness Seminar

**Presented by
Southern Michigan Bank & Trust**

Join us for a very informative presentation on fraud prevention and awareness. Knowledge is power and the more you know about the types of frauds and scams financial institutions are seeing every day, the better equipped you are to protect yourself. Please call the COA at (269) 279-8083 to sign up. Light refreshments will be provided.

WHEN: Wednesday, September 24 in Three Rivers at 1pm
Thursday, September 25 in Sturgis at 1:30pm

County Spotlight: Central Dispatch

Operating 24 hours a day, 365 days a year, Central Dispatch is the community's vital link in emergencies, and it is this month's featured spotlight. The department coordinates responses from police, fire, and emergency medical services across the county, ensuring help gets where it's needed - fast.

In addition to dispatching first responders, Central Dispatch serves as the after-hours answering point for other county services, including human services and public works. During major incidents such as severe weather or public safety emergencies, the department also supports the county's Emergency Management operations.

To improve service and response times, Central Dispatch continually adopts new technology. Phase 2 Wireless allows dispatchers to pinpoint a caller's location within feet, even when the caller cannot speak. This is critical in rural or medical emergencies. Text-to-911 offers another way to reach help silently, such as when a medical emergency where talking is difficult.

A valued member of the Central Dispatch team is Bolo, their dedicated facility dog. Bolo plays a vital role in supporting the emotional well-being



of dispatchers, offering comfort in a high-stress environment. Whether encouraging a needed break or quietly resting by a workstation, Bolo is a constant and reassuring companion to the team.

Central Dispatch also partners with the COA to share vital home health information with first responders. When individuals use home health services

such as oxygen or medical devices - the COA shares that information with Central Dispatch to update records and tag addresses, helping first responders arrive better prepared.

For more information, visit stjosephcountymi.gov/911-central-dispatch

Monthly Movies at the Oaks Enrichment Center in Sturgis

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

Thursday, September 11

An Affair to Remember

A man and a woman have a romance while on a cruise. Despite being engaged to other people, both agree to reunite at the top of the Empire State Building in six months. However, an unfortunate accident keeps her from the reunion, and he fears that she has married or does not love him anymore. Bring tissues! This movie is definitely a tear-jerker.



Monday, September 22

Bringing up Baby

David Huxley is waiting to get a bone he needs for his museum collection. Through a series of strange circumstances, he meets Susan Vance, and the duo have a series of misadventures which include a leopard called Baby. Starring Katharine Hepburn and Cary Grant, this movie will be sure to put a smile on your face.



Lions Club to Offer Help Applying for Vision Assistance

Once a month a representative from the Three Rivers Lions Club will be available by appointment to help people apply for financial assistance for eye exams and/or eyeglasses. This is an income-based program and seniors can receive up to \$200. If you are in financial need to help pay for an eye exam or eyeglasses, please call (269) 279-8083.

WHEN: Thursday, September 25
TIME: 10 a.m. to Noon
WHERE: Three Rivers COA

Foot Doctor

Tuesday, October 7
9:30am - Noon
Oaks Enrichment Center - Sturgis

Tuesday, October 28
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



Each year the COA receives grant dollars to assist grandparents raising grandchildren. Our Marketing and Life Enrichment Manager Ruth Mancina took eight families shopping for back to school supplies. Pictured here are Rick and Sara Shaffer’s grandchildren, Ashlynn and Carson.



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 available 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 available 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.



**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, September 2, 2025 at 6 p.m.
For more information, please call the COA at (269) 279-8083 and ask for the Marketing and Life Enrichment Manager. 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, September 24
TIME: 9:00 a.m. - 12:30 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.

COA Advisory Board Meeting Schedule

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

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

Book Clubs

The Three Rivers Book Club is reading The Berry Pickers by Amanda Peters. The group meets on the fourth Wednesday of each month at Noon (September 24). 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 Tomorrow and Tomorrow and Tomorrow by Gabrielle Zevin (September 18).

Lethal Lunches is Back! The group meets on the second Monday of the month at Noon at the Oaks Enrichment Center. In September the group is reading And There He Kept Her by Joshua Moehling. (September 8)

For more information about the Sturgis Book Club and Lethal Lunches 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

Red Hatters Luncheon

Three Rivers: Third Friday of the Month
Friday, September 19
11:45 a.m.

Trivia

Sturgis: Fourth Tuesday of the Month
Tuesday, September 23
1:30 p.m.

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 the COA at (269) 279-8083.

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

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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

American Legion Post 170
59990 S. Main Street
(269) 273-5205

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
(269) 228-6977

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

SEPTEMBER Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 THE COA IS CLOSED TODAY IN HONOR OF LABOR DAY	2 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exer. 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 6pm - Alzheimer's Association Caregiver Support Group	3 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	4 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	5 9:30am - NO Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg
8 9am - Beltone Hearing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold FREE FAIR TICKETS AVAILABLE AT 8AM	9 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise - Taking it Easy 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle CAREGIVER RETREAT AT AMIGO CENTRE	10 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	11 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise - Taking it Easy 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	12 9:30am - Line Dancing 10am - Arthritis Exercise 10:30am - P.A.C. Meeting 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - FREE Bingo sponsored by Tri-State Health & Wellness followed by Muffins and Medicare 1pm - Mah Jongg
15 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	16 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	17 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 3pm - COA Board Meeting - Three Rivers SENIOR DAY AT THE FAIR	18 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	19 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 11:45am - Red Hatters 12:30pm - Bingo at Klines 1pm Bingo 1pm - Mah Jongg FARRAND HALL TRIP
22 10am - Tech Help 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	23 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	24 8:30am - Flexible You 9:30am - Say Yes! to Weights 10:00am - AE - Taking it Easy 10am - Gallery Wall Painting 11am - S.A.I.L. Exercise 11am - In Stitches 12pm—Book Club 1pm - Pinochle 1pm - Fraud Presentation 6pm - Three Rivers German Band Concert - Sturgis	25 8:15am - Forever Fit 9:30am - Cardio Drumming 10am - Lions Club Vision Assistance Application 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold CASINO TRIP	26 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - FREE Bingo at Klines sponsored by Tri-State Health & Wellness 1pm - Bingo 1pm - Mah Jongg
29 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	30 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise Noon - DOGS & DONUTS 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle			

SEPTEMBER Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>THE COA IS CLOSED TODAY IN HONOR OF LABOR DAY</p>	<p>2</p> <p>9am - VIDEO Chair Yoga 10am - Boards & Bagels 1pm - Euchre</p>	<p>3</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - VIDEO Cardio Drumming</p>	<p>4</p> <p>9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge</p>	<p>5</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>8</p> <p>9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12pm - Lethal Lunches 12:30pm - Bingo 1pm - Euchre FREE FAIR TICKETS AVAILABLE AT 8AM</p>	<p>9</p> <p>9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre CAREGIVER RETREAT AT AMIGO CENTRE</p>	<p>10</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Help 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming</p>	<p>11</p> <p>9am - VIDEO Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Movies at the Oaks 1:30pm - Euchre 7pm - Duplicate Bridge</p>	<p>12</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>15</p> <p>9:45am - Arthritis Exercise - Taking it Easy! 10am - Painting with Pat 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre</p>	<p>16</p> <p>9am - Chair Yoga 10am - Gallery Wall Painting with Pat Asbury 10am - Boards & Bagels 1pm - Euchre</p>	<p>17</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming 3pm - COA Advisory Board Meeting - Three Rivers SENIOR DAY AT THE FAIR</p>	<p>18</p> <p>9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3:00pm - Book Club 7pm - Duplicate Bridge</p>	<p>19</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming FARRAND HALL TRIP</p>
<p>22</p> <p>9:45am - Arthritis Exercise - 10am - Painting with Pat 11am - S.A.I.L. Exercise 12:30pm - FREE Bingo sponsored by Tri-State Health & Wellness followed by Muffins and Medicare 1pm - Euchre 1:30pm - Movies at the Oaks</p>	<p>23</p> <p>9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 1pm - P.A.C. Meeting 1:30pm - Tuesday Trivia</p>	<p>24</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Help 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming 6pm - Three Rivers German Band Concert</p>	<p>25</p> <p>9am - VIDEO Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Fraud Presentation 1:30pm - Euchre 7pm - Duplicate Bridge CASINO TRIP</p>	<p>26</p> <p>9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>29</p> <p>9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12pm - DOGS & DONUTS 12:30pm – Bingo 1pm - Euchre</p>	<p>30</p> <p>9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre</p>			

Meals on Wheels & Congregate Menu
SEPTEMBER 2025

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Monday, September 1	Closed for Holiday
Tuesday, September 2	Baked Italian Chicken, Mashed Potatoes, Broccoli & Cheese
Wednesday, September 3	Jeweled Pork Loin, Long Grain & Wild Rice, Dilled Carrots, Capri Blend Vegetables
Thursday, September 4	Beef Fajitas, Spanish Rice, Seasoned Black Beans, Key West Blend Vegetables
Friday, September 5	Oven Baked Fish, Butternut Squash, Green Beans & Mushrooms
Monday, September 8	Chicken Kiev, Brown Rice, Oriental Blend Vegetables, Normandy Blend Vegetables
Tuesday, September 9	Pizza Casserole, Green Beans, Creamed Spinach
Wednesday, September 10	Country Fried Steak, Mashed Potatoes & Gravy, Capri Blend Vegetables
Thursday, September 11	Cracker Crumb Cod, Broccoli & Rice Au Gratin, Asparagus
Friday, September 12	Tex Mex Turkey & Rice Casserole, Zucchini & Tomatoes
Monday, September 15	Salisbury Steak, Mashed Potatoes, Parslied Cauliflower, Diced Beets
Tuesday, September 16	Bruschetta Chicken, Brown Rice, Oriental Blend Vegetables, Wax Beans
Wednesday, September 17	Tuna Noodle Casserole, Peas & Pearl Onions, Midori Blend Vegetables
Thursday, September 18	Cranberry Glazed Pork, Sweet Potatoes, Key West Blend Vegetables, Asparagus
Friday, September 19	Southwest Egg Bake, Cheesy Grits, Scalloped Tomatoes
Monday, September 22	Chicken Parmesan over Pasta, Roasted Brussel Sprouts, Italian Blend Vegetables
Tuesday, September 23	Herb Crusted Cod, Rice Pilaf, Broccoli, Glazed Baby Carrots
Wednesday, September 24	Mandarin Pork Roast, Roasted Red Potatoes, Green Bean Casserole
Thursday, September 25	Honey Mustard Chicken, Cheesy Grits, Collard Greens, Midori Blend Vegetables
Friday, September 26	Meatloaf, Mashed Potatoes, Creamy Peas & Red Peppers, Mixed Vegetables
Monday, September 29	Swedish Meatballs, Brown Rice, Peas & Carrots, Stewed Tomatoes TR & HDM ONLY
Tuesday, September 30	Turkey Tetrazzini, Wax Beans, Butternut Squash STURGIS & HDM ONLY

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 COA will
be closed on
Monday,
September 1
for the Labor Day
Holiday.**

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 # _____