



The Senior Connection

St. Joseph County Commission on Aging Newsletter

October 2025

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



Fall Fun at the COA!
Oktoberfest, Pumpkins, Donuts & More!

St. Joseph County
Commission on Aging

Rivers Enrichment Center
& Residence

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

Oaks Enrichment Center

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

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



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



From the Executive Director...



I am delighted to introduce our new Marketing and Life Enrichment Manager, Ammara Kanjanayothee. Ammara has jumped into her role with incredible energy and enthusiasm. She's already been out and about meeting many of our members, so be sure to stop and say hello when you see her! You can also learn more about her story on page 7.

This summer gave us so many special moments—most notably our Summer Picnic and Caregiver Retreat. Both were a true success thanks to the wonderful engagement of our members and the dedication of our staff. A heartfelt thank-you goes out to our maintenance, grounds, and Nutrition teams—your behind-the-scenes efforts made the Summer Picnic possible, and we couldn't have done it without you.

The Caregiver Retreat was equally inspiring, with keynote speakers Jim Mangi and Christy McDonald leading thoughtful, uplifting sessions. Caregivers shared their stories, their challenges, and found a space where they truly felt heard. Many left with "fuller tanks," refreshed after a day of learning, connecting, and simply enjoying the beauty of the Amigo Center's setting (and its delicious food!).

Now, as we head into fall, the COA is buzzing with activity. From fun fall trips to sweet treats that highlight the best flavors of the season—pumpkin, apple, and cinnamon spice—there's plenty to enjoy. We're especially excited about our upcoming Dinner Night Out Oktoberfest Celebration, complete with live music from a traditional German band. This is one event you won't want to miss!

October also brings two important reminders:

COA Membership Renewal: Membership is free, but we ask all members to renew beginning October 1. The form is simple—just stop by the reception desk to complete it.

Medicare Open Enrollment: Between October 15 and December 7, you have the opportunity to review or change your 2026 prescription drug or Medicare coverage. To schedule an appointment with our Michigan Medicare Assistance Program (MMAP) specialist, please call us at (269) 279-8083.

Pam

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

Three Rivers P.A.C.

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

Sturgis P.A.C.

Tuesday, December 16, 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.

Oktoberfest Celebration!

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Our final Dinner Night Out of the year is here—don't miss it!

We're excited to welcome back the always-popular Three Rivers German Band, whose lively music will have you clapping along all evening.

Dinner will feature traditional Oktoberfest favorites, so bring your appetite and enjoy the flavors of the season.



Reservations are required.

WHEN: Wednesday, October 22

TIME: 5:00 p.m.

WHERE: Rivers Enrichment Center, 1200 W. Broadway Street, Three Rivers

COST: \$15.00 per person

RSVP: Call (269) 279-8083 to sign up by Monday, October 13 or until we sell out

YATC Fundraiser Fall Craft Fair at the COA

The Young Adult Transitions Center (YATC) is holding a craft fair at the COA in Three Rivers on **Tuesday, November 11, 2025**. 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.

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. Their mission is to empower independence for young adults with disabilities with a focus on employability, independence, and self-advocacy. Their program helps to develop daily living skills, on-the-job social skills, Vocational experiences, community-based instruction, and work-based learning.

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.



HALLOWEEN HAPPENINGS

October is one of our most favorite months at the COA. We get to decorate pumpkins, drink cider and enjoy the beautiful fall colors. Check out our trips on the next page to see where we are headed to in the coming weeks.

Here's what else we have on tap:

PUMPKIN DECORATING CONTEST

Pick up your pumpkin on Monday, October 13 at either center. Drop off your decorated pumpkin no later than Thursday, October 23. Please let us know if you plan to participate in the contest so we can ensure we have enough pumpkins for everyone. We will have the pumpkins on display from October 24 through October 31. Members will vote for their favorite pumpkin through October 30 and the winner will be announced on October 31. You can work on your pumpkin by yourself or with a friend or two. If you would like your decorated pumpkin back, you must pick it up by 3pm on October 31.

YOU MUST SIGN UP FOR THIS ACTIVITY SO WE HAVE ENOUGH PUMPKINS

CIDER & DONUT HOLES

On Monday, October 27, stop by either center and enjoy some cider and donut holes that will be available in our lobbies from 10 a.m. to Noon.

TRICK OR TREAT

Be sure to stop by either center on Halloween to Trick or Treat for a yummy surprise!

Halloween Costume Contest Friday October 31st.

Costumes are encouraged to be worn on Halloween.

Anyone wearing a costume should go to the café at 12:30 p.m. for the costume judging contest.

Prizes for the following categories:

- Funniest
- Most Creative/Original
- Best Classic Halloween Character (ghost, skeleton, pumpkin, etc.)

OCTOBER 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.**



Thursday, October 16 Fun Fall Day in Battle Creek

Let's spend the day shopping and enjoying lunch at Clara's on the River in Battle Creek. Shopping stops will include Hobby Lobby and Horrocks Farm Market. We will end our shopping adventures with a special treat at Station 66 Ice Cream!

Depart Three Rivers at 8:30 a.m. and Sturgis at 9:15 a.m.

Return to Sturgis at 5:00 p.m. and Three Rivers at 5:30 p.m.

Cost: \$12.00 per person. (Lunch, shopping, and ice cream are on your own.)

Tuesday, October 21 Covered Bridges & Fall Color Tour

All aboard for a perfect autumn adventure! Join us as we travel through Michigan's beautiful countryside at the peak of fall color. This all-day tour will take us across four historic covered bridges—Langley, Fallasburg, Whites, and Ada—each offering its own charm and picture-perfect views. We'll also make a stop at the ever-popular Red Barn Market, a local favorite for fresh produce, baked goods, and seasonal goodies. Along the way, we'll pause for a hearty lunch at Keiser's Kitchen in Lowell, and later enjoy a casual dinner stop at Steak 'n Shake in Kalamazoo.

Bus Departs Three Rivers at 8:00 a.m. and Sturgis at 8:45 a.m.

Return to Sturgis at 7:30 p.m. and Three Rivers at 8:00 p.m.

Cost: \$20.00 per person. (Lunch, dinner, and market are on your own).



Thursday, October 30 Four Winds Casino in South Bend

We're heading to Four Winds Casino for a day of jackpot magic. Test your Halloween luck—because black cats and lucky 7s might just be on your side!

Depart Three Rivers at 8:00 a.m. and Sturgis at 8:45 a.m.

Return to Sturgis at 3:00 p.m. and Three Rivers at 3:45 p.m.

Cost: \$15.00 per person

Thursday, November 6 Mendon Showboat

It wouldn't be fall without the Mendon Kiwanis Showboat! This beloved tradition brings our community together every year with toe-tapping music, heartfelt singing, and plenty of laugh-out-loud comedy. If you've never been, it's small-town entertainment at its best—fun, lively, and full of local talent. Don't miss the boat this season! We will have dinner at Family Affair Restaurant prior to the show.

Depart Three Rivers at 3:45 p.m. and Sturgis at 4:30 p.m.

Return to Sturgis at 10:00 p.m. and Three Rivers at 10:30 p.m.

Cost: \$10.00 per person





The St. Joseph County Housing Task Force Presents

PROJECT CONNECT & VETERAN STAND DOWN

FRIDAY, OCTOBER 3, 2025

10 AM - 1:00 PM

Centreville Fairgrounds - Henningsen Show Arena

FREE LUNCH 10:30-12:30



St. Joseph County Transportation Authority is providing
FREE TRANSPORTATION TO EVENT WITH 48 HOUR NOTICE
Call: 269-273-7808 If Outside the Local Calling Area: 1-800-964-5700

PROJECT CONNECT EVERYONE IS WELCOME



FOOD ASSISTANCE RESOURCES

Food Boxes while supplies last



SUPPORT SERVICES

Utility assistance information
Housing Information
Senior Home Repair Information



ADDITIONAL RESOURCES

Aging Adults • Employment
Education • Legal Aide •
Family Services • Mental Health
Substance Use

MEDICAL SCREENS

Free Flu Shots



Immunizations Free to Most:
MMR, HEPA, HEPB, Tetanus,
HPV9, Shingles, Pneumonia

Blood Pressure & Glucose
Checks, Stroke Screens
Pre-Screen for Vision Clinic

HYGIENE ITEMS

HAIRCUTS



If you have served in the
military, the STAND DOWN
area is dedicated just for YOU!

THANK YOU FOR YOUR SERVICE.

Must have your photo ID. If you
are enrolled in the Battle Creek
Healthcare System, also bring
your DD214, VA ID, or Military ID.

For questions about the Stand
Down: (269) 966-5600 ext. 33563



COA Looking for

In-Home Aides & Chore Worker

The COA has 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!

A big Thank you to

Thurston Woods Village

For graciously allowing us to use their bus. Your generosity helps keep our group on the move, and we truly appreciate your support!

Thank you!



COA Advisory Board

Meeting

Wednesday, November 19

3:00 p.m.

Oaks Enrichment Center



Ammara Kanjanayothee

Marketing and Life
Enrichment Manager
Commission on Aging

I am honored to step into the role of Marketing and Life Enrichment Manager at the St. Joseph County Commission on Aging. I am deeply grateful for the warm welcome I have already received from our members and staff—it has made me feel right at home.

In this role, I look forward to building on the wonderful foundation that already exists while bringing new energy and ideas to our programs. My goal is to create meaningful opportunities for connection, learning, and fun that make our center an even more vibrant and engaging place to be. There is so much excitement ahead as we grow together, and I can't wait to see all that we will accomplish as a community.

Most importantly, I know that our members are truly the heart of the organization. Your energy, stories, and participation are what make this center such a special place, and I am looking forward to getting to know each of you better as we share this journey together.

Your input will be an important part of that growth. I invite you to share your thoughts and suggestions during PAC Meetings or even through the suggestion box, so we can better understand your hopes for the future of our enrichment centers. Together, we can continue to shape a place that reflects the interests, creativity, and spirit of our members. I encourage you to share your experiences by bringing a friend to visit the Enrichment Centers so they too can share in some of the wonderful activities.

-Ammara

Open Enrollment Time is Here!

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.

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 or the Area Agency on Aging IIIC at (517) 278-2538.



St. Joseph County Commission on Aging



Ammara Kanjanayothee
*Marketing & Life
Enrichment Manager*

Rivers Enrichment Center & Residence
1200 W. Broadway Street
Three Rivers, MI 49093

Oaks Enrichment Center
306 N. Franks Avenue
Sturgis, MI 49091

P: 269-279-8083, Ext. 108
F: 269-273-7058
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ammarak@sjccoa.com
www.sjccoa.com

Coming in November.....



Be sure to check out the craft projects
in the November Newsletter.

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. We'll provide water and popcorn.

The Intern (PG) **Thursday, October 9th**

Seventy-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin.



Blue Miracle (PG) **Monday, October 20th**

"Blue Miracle" is based on the true story of Casa Hogar, a Mexican orphanage struggling to survive. When the world's biggest fishing tournament offers an unexpected chance to win prize money, the boys and their caretaker team up with a reluctant boat captain. Together, they embark on a life-changing journey filled with faith, teamwork, and hope as they fight to save their home.

DINNER & A MOVIE

Tuesday, October 7 at Three Rivers 6

Movie and Time To Be Announced

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 Friday, October 4 to let you know the movie we have selected and what time we are meeting. Dinner at Culver's in Three Rivers afterwards.

County Spotlight

Geographic Information Systems (GIS)

Geographic Information Systems (GIS) is a department of St. Joseph County that works behind the scenes to create, maintain, and share maps and spatial information. If you enjoy knowing more about your neighborhood, your property, or the land around you, the GIS department has tools and resources designed to help.

What is GIS? It involves collecting geographical data—details about land ownership, roads and infrastructure, natural areas, and more—and turning it into useful maps and visual tools. The GIS team supports county decision makers, helping plan services, and maintain accurate property maps.

St. Joseph County GIS offers several tools that make maps and property information easy to access. Through the Interactive Map Portal, residents can view county maps on their computer, zoom in on property lines, check roads and utilities, and find tax maps. The FetchGIS Property Records & Tax Search allows you to look up property tax details and ownership information, which is especially helpful for learning about your own lot or nearby properties. In addition, Plat and Subdivision Maps, Tax Maps, and other digital data can be downloaded for use with legal documents, home projects, or even planning outings around the county. All of these resources are available online at www.stjosephcountymi.gov/government/geographic-information-systems-gis

Maps and data might seem technical, but they are powerful. If you'd like guidance navigating these tools or understanding a map, please call the office for more information at (269) 467-5543.



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**

Lions Club

Vision Assistance Application Help



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, October 23

TIME: 10 a.m. to Noon

WHERE: Three Rivers COA



Hearing Screenings

If you are in need of a hearing screening, Beltone Hearing is at the Rivers Enrichment Center five times per year. The next visit will be in the morning on **Monday, November 10th 9am-noon**. 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.

IN-PERSON

WHEN: Tuesday, October 28

**WHERE: Oaks Enrichment Center
306 N. Franks Avenue, Sturgis**

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

Please call 269-224-5040 if you wish to speak with an attorney. You can leave a message on the voicemail if the attorney is busy.

Legal Services of South Central Michigan is funded in part by the Calhoun County Senior Millage, CareWell Services Southwest, and AAA-Region 3C through the Michigan Aging and Adult Services Agency under the Older Americans Act of 1965.



Alzheimer's Association Caregiver Support Group

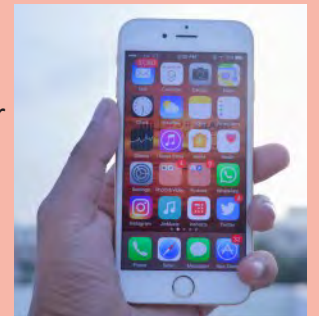
The support group meet at the Rivers Enrichment Center, 1200 W. Broadway Street on the first Tuesday of each month.

Tuesday, October 7th, 2025 at 6 p.m.

For more information, please call the COA at (269) 279-8083 and ask for Marketing Manager, Ammara Kanjanayothee. 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 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.

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 10:30 a.m. (CR)

Instructor: Cathy Taylor

Arthritis Foundation Exercise - Taking it Easy!

Sturgis: M,W,F at 9:45 a.m.

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 1 p.m. (AH)

Instructor: Mary Haylett

Three Rivers: Tues. & Thursday at 9:30 a.m. (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 a.m. (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 8:15 a.m. (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 a.m. (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 9:30 a.m. (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 11 a.m. (AH)

Instructor: Melissa Wilson

Three Rivers: M,W,F at 11 a.m. (CR)

Instructor: Lynn Zeiler, Nancy Merkle & Jeanne Stumpf

EXERCISE

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



Kathy Bingaman, Fitness Instructor, shares relaxation tools and techniques with the attendees of the Caregiver Retreat.

FUN & GAMES/SOCIAL

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RIVERS ENRICHMENT CENTER BOOK CLUB

Where: Three Rivers Enrichment Center

When: October 22 at Noon
(Fourth Wednesday)

Book: James
By Percival Everett

Oaks Enrichment Center Book Club

Where: Oaks Enrichment Center
Sturgis

When: October 23rd at 3 pm
(Usually on the Third Thursday,
but rescheduling for this month)

Book: The Guncle Abroad
By Julianne Maclean

Lethal Lunches Book Club

Where: Oaks Enrichment Center
Sturgis

When: October 13th at Noon
(Second Monday)

Book: Something in the Water
By Catherine Steadman

Billiards

Sturgis: Every Thursday @ 7pm

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, October 17th
11:45 a.m.

RSVP for lunch on the deck by 1pm October 16.

Trivia

Sturgis: Fourth Tuesday of the Month
Tuesday, September 23
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

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

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

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

OCTOBER 2025 **Activities** CALENDAR **Three Rivers**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Be sure to check out the Mendon Kiwanis Showboat trip scheduled for November 6th. Sign-up for this trip will begin on October 1st.		1 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	2 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	3 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
6 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	7 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 6pm - Alzheimer's Association Caregiver Support Group Dinner and a Movie at TR6	8 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	9 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise - 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	10 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
13 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold Pick up pumpkin for decorating contest	14 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	15 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 Medicare Open Enrollment Begins	16 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold Horrocks Trip	17 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
20 10am - Tech Help 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	21 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle Covered Bridges Trip	22 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 12pm—Book Club 1pm - Pinochle 5:00pm - Dinner Night Out - Three Rivers	23 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 PUMPKINS DUE	24 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
27 10am - Arthritis Exercise - Taking it Easy 10am - Cider & Donut Holes 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	28 8:15am - Forever Fit 9:00am - Foot Doctor 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	29 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 12pm—Book Club 1pm - Pinochle	30 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold Four Winds Casino Trip	31 9:30am - No Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Costume Judging 12:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg TRICK OR TREATING

OCTOBER 2025 **Activities** CALENDAR **Sturgis**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Be sure to check out the Mendon Kiwanis Showboat trip scheduled for November 6th. Sign-up for this trip will begin on October 1st.		1 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	2 9am - Video - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billards Club 7pm - Duplicate Bridge	3 9:45am - Video - Arthritis Exercise - Taking it Easy! 11am - Video - S.A.I.L. Exercise 1pm - Cardio Drumming
6 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	7 9am - Chair Yoga 9:30am - Foot Doctor 10am - Boards & Bagels 1pm - Euchre Dinner and a Movie at TR6	8 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Help 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	9 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Movies at the Oaks 1:30pm - Euchre 7pm - Billards Club 7pm - Duplicate Bridge	10 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Video - Cardio Drumming
13 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12pm - Lethal Lunches 12:30pm - Bingo 1pm - Euchre Pick up pumpkin for decorating contest	14 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre	15 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming Medicare Open Enrollment Begins	16 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billards Club 7pm - Duplicate Bridge Horrocks Trip	17 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
20 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre 1:30pm - Movies at the Oaks	21 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre Covered Bridges Trip	22 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Help 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming 5:00pm - Dinner Night Out - Three Rivers	23 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3:00pm - Book Club 7pm - Billards Club 7pm - Duplicate Bridge PUMPKINS DUE	24 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
27 9:45am - Arthritis Exercise - Taking it Easy! 10am - Cider & Donut Holes 11am - S.A.I.L. Exercise 12:30pm – Bingo 1pm - Euchre	28 9am - Chair Yoga 10:00am Legal Aid 10am - Boards & Bagels 1pm - Euchre 1:30pm - Tuesday Trivia	29 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	30 9am - Video - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billards Club 7pm - Duplicate Bridge Four Winds Casino Trip	31 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 12:30pm - Costume Judging 1pm - Cardio Drumming TRICK OR TREATING AT THE COA!

Meals on Wheels & Congregate Menu
OCTOBER 2025

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Wednesday, October 1	Chicken a la King, Brown Rice, Scalloped Tomatoes, Mixed Vegetables
Thursday, October 2	Hearty Beef Stew, Sugar Snap Peas, Hot Cinnamon Applesauce
Friday, October 3	Cheesy Turkey Casserole, Broccoli & Cauliflower, Blueberry Crisp
Monday, October 6	Salmon Patty, Parmesan Noodles, Asparagus, Key West Blend Vegetables
Tuesday, October 7	Chicken Chop Suey, Brown Rice, Oriental Blend Vegetables, Diced Beets
Wednesday, October 8	Goulash, Creamed Spinach, European Blend Vegetables
Thursday, October 9	Mandarin Pork Roast, Sweet Potatoes, Green Beans & Mushrooms
Friday, October 10	Lemon Chicken, Cheese Grits, Zucchini & Tomatoes, Wax Beans
Monday, October 13	Broccoli & Cheese Stuffed Chicken Breast, Red Bliss Potatoes, Crumb Topped Brussel Sprouts
Tuesday, October 14	Cheeseburger, Au Gratin Potatoes, Mixed Vegetables
Wednesday, October 15	Turkey & Noodles, Zucchini & Summer Squash, Collard Greens
Thursday, October 16	Citrus Dill Cod, Parslied Potatoes, Asparagus, Midori Blend Vegetables
Friday, October 17	Macaroni & Cheese, Ham Slice, European Blend Vegetables, Wax Beans
Monday, October 20	Vegetable Lasagna, Green Bean Almondine, Hot Cinnamon Applesauce
Tuesday, October 21	Cheese Omelet, Sausage Links, Asparagus, Peas & Pearl Onions
Wednesday, October 22	Pepper Steak, Brown Rice, Dilled Carrots, Cauliflower
Thursday, October 23	Chicken Broccoli Casserole, Oriental Blend Vegetables, Stewed Tomatoes
Friday, October 24	Turkey & Stuffing Casserole, Sweet Potatoes, Green Bean Casserole
Monday, October 27	Chicken Patty, Mixed Vegetables, California Blend Vegetables, Scalloped Potatoes
Tuesday, October 28	Veal Parmesan over Noodles, Midori Blend Vegetables, Diced Beets
Wednesday, October 29	Roasted Pork Tenderloin, Mashed Potatoes, Collard Greens, Green Beans
Thursday, October 30	Citrus Glazed Turkey, Red Potatoes, Butternut Squash
Friday, October 31	Swiss Steak, Mashed Potatoes, Peas & Carrots, Yellow Squash & Onions

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.



REMINDER!

All COA members are required to renew their membership each year on October 1. Stop by either center and we will be happy to assist you!



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 # _____