The Senior Connection

November 2025

St. Joseph County Commission on Aging Newsletter

Serving Older Adults in St. Joseph County Since 1973

A season of thanks and togetherness.

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…

November offers us a special moment to pause and honor all Veterans who have served our country. Veterans Day, on Tuesday, November 11, is a time for deep gratitude — for your courage, your sacrifice, and your unwavering commitment to protecting our freedoms. From all of us at the St. Joseph County Commission on Aging, thank you for your service. We appreciate you today and every day.

Also on November 11, our friends at the Young Adult Transition Center (YATC) will host a Craft Fair at the Rivers Enrichment Center to raise funds for their upcoming prom and graduation. It's a wonderful way to support local young adults while enjoying some early holiday shopping. More information can be found on page 8. Please remember that regular activities will not be taking place while the center is closed in observance of Veterans Day, however, the building will be open for this special event.

Looking ahead to the holiday season, we're thrilled to celebrate one of the COA's most beloved traditions — the Annual Holiday Party, taking place on Thursday, December 4, at the Sturges-Young Center for the Arts. You'll find all the details on page 3, but please note that space is limited to 150 guests. Tickets will be available starting Wednesday, November 12th, and we encourage you to sign up early — this event always fills quickly!

A quick reminder that Medicare Open Enrollment is underway and runs through December 7. If you haven't reviewed your plan options yet, now's the perfect time! Call the COA to schedule an appointment with our MMAP counselor for personalized assistance.

Thanksgiving is just around the corner, and with it comes an opportunity to reflect on everything we're grateful for — our dedicated staff and volunteers, our ever-growing programs that provide help in the home, nutritious meals, and our two vibrant enrichment centers where older adults can stay active, make friends, and have fun. Each day reminds me that life is good — especially here in St. Joe County!

Warmly,

Pam

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

Project Advisory Council (P.A.C.) Member 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 lllC)
- St. Joseph County Senior Millage
- Older American's Act
- Older Michiganian's Act
- Donations

The COA complies with Title Vl of the Civil Rights Act of 1964.

Annual Holiday Party

When: Thursday, December 4, 2025

Time: 10 am - 2 pm

(Doors will open at 9:30am)

Where: Sturges-Young Center for the Arts

201 N Nottawa St. Sturgis, MI 49091

Tickets: $10

Due to high call volume at the beginning of the month, reservations will only be accepted via phone starting at 8 am on Wednesday, November 12th until full capacity is reached for the event. Please call 269-279-8083 to reserve your spot! Reminder, tickets must be paid for within 3 days of making reservation or spot will be forfeited.

Doors will not open until 9:30 am.

WAYS TO THANK A VETERAN

- Express your gratitude directly
- Send a thank-you card or letter
- Volunteer your time to help veterans
- Donate to veterans' organizations
- Attend a local Veterans Day event
- Listen to a veteran's stories
- Support veteran-owned businesses
- Fly the U.S. flag in their honor

Giving Thanks

Things our Staff are thankful for:
Our Amazing Members.
Our beautiful Enrichment Centers full of smiles and laughter.
Our diverse group of Instructors, Volunteers, and fellow Staff.
And so much more...

The German Band put on a lovely performance at our Sturgis Enrichment Center. Thank you to the Three Rivers German Band, a wonderful time was had by all.

The COA was present at the 2025 Project Connect & Veteran Standown hosted by The St. Joseph County Housing Task Force. Special Thanks to volunteer, Barb Mallo for helping to share all of the wonderful things the COA has to offer our community.

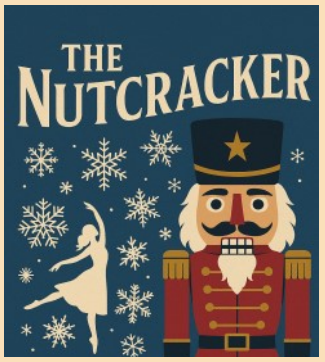
A Very Special Thank You goes out to our very own, Ethel and Dave Kaper whom donated the pumpkins from their beautiful garden for the pumpkin decorating contest and to decorate around our enrichment centers.

NOVEMBER TRIPS

Members are able to CALL on the first business day of each month to sign up for all activities, including trips. We will not take any reservations in person between 8:00 a.m. and 8:30 a.m. PHONE CALLS ONLY. **Trips must be paid in full no later than three (3) business days of the reservation being made. Non-payment will result in the forfeiture of your spot.** Trips fill up quickly, so please call on the first business day of the month at 8:00 a.m. Itineraries are available at the front desk at the beginning of the month. **No voicemail reservations will be accepted. Since our entire staff is answering phones at the reception desk, they are unable to check messages until later in the morning. At that time, the trip may already be filled. If your phone call is not answered, do not leave a voicemail - hang up and call back.**

The Nutcracker presented by the Kalamazoo Symphony Orchestra

Where: Miller Auditorium, Kalamazoo
When: Saturday, November 22nd
Cost: $47
(Lunch and Grand Traverse Pie Company on your own)



10:15 am—Depart Sturgis COA
11:00 am—Depart Three Rivers COA
Lunch: Texas Corral
2:00 pm—Showtime
Dinner: Grand Traverse Pie Company
6:00 pm—Return to Three Rivers COA
6:30 pm—Return to Sturgis COA

The Nutcracker is a beloved holiday ballet that tells the story of a young girl named Clara who receives a nutcracker doll as a Christmas gift. That night, she dreams the Nutcracker comes to life and battles the Mouse King. After the victory, the Nutcracker transforms into a prince and takes Clara on a magical journey through the Land of Snow and the Kingdom of Sweets, where they are welcomed by the Sugar Plum Fairy and dazzling dances from around the world. It's a timeless tale of wonder, imagination, and the magic of the holiday season.

Casino Trip

Where: Gun Lake Casino, Wayland Michigan
When: Thursday, November 13th
Cost: $12
(Meal on your own)

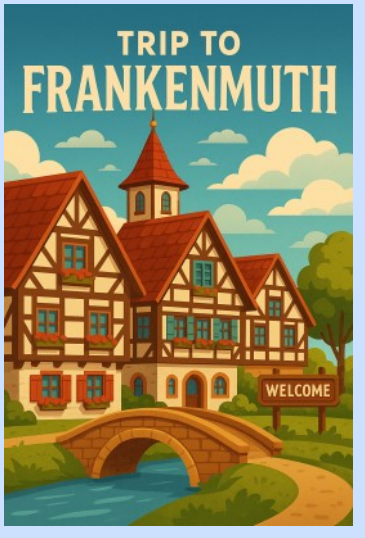
9:00 am—Depart Sturgis COA
9:45 am—Depart Three Rivers COA
Casino
4:00 pm—Return to Three Rivers COA
4:30 pm—Return to Sturgis COA

Let's Roll the Dice at Gun Lake!
Grab your lucky charm and join us for a fun-filled day at Gun Lake Casino in Wayland, MI! Enjoy flashing lights, friendly faces, and maybe even a few winning streaks! From exciting slots to tasty dining options, this trip is all about good times and great company. Don't miss out — fun, friends, and fortune await!

Frankenmuth Trip

Where: Frankenmuth and Bronner's Christmas Wonderland Shopping
When: Tuesday, December 2—3, 2025 **(Overnight Trip)**
Cost: $95
(Based on booking hotel at double occupancy, meals and shopping on your own)

Tuesday, December 2nd
8:00 am—Depart Three Rivers COA
8:45 am—Depart Sturgis COA
Lunch: Zehnder's of Frankenmuth
Shopping: Bronner's Christmas Wonderland
Check-in at hotel
Dinner: Location TBD



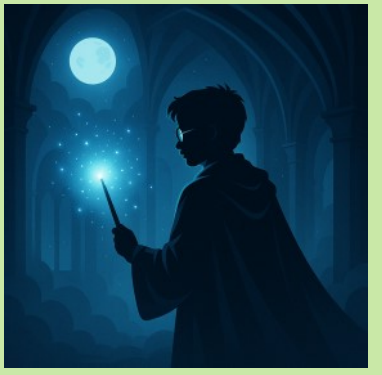
Wednesday, December 3rd
Shopping: Birch Run Outlet Mall
Lunch: UNO Pizzeria & Grill
5:30 pm—Return to Sturgis COA
6:00 pm—Return to Three Rivers COA

The long awaited and highly requested Frankenmuth trip is sure to be a blast!

Cinema Circle

Featuring: Harry Potter and the Sorcerer's Stone
Where: Sturges-Young Center for the Arts, Sturgis
When: Sunday, November 23rd, 2025
Showtime: 2:30 pm
Dinner: Sturgis Culvers, after movie
Cost: $12
(Includes movie ticket, transportation, and snack pack of Popcorn, water, and candy)
Dinner and any other concessions on your own.

1:00 pm—Bus will depart from Three Rivers COA
1:45 pm—Bus will depart Sturgis COA
Movie and then dinner
6:40 pm—Bus will return to Sturgis COA
7:10 pm—Bus will return to Three Rivers COA



Harry Potter and the Sorcerer's Stone **is the first book in J.K. Rowling's beloved fantasy series. It follows Harry Potter, an orphan who discovers on his eleventh birthday that he is a wizard. He attends Hogwarts School of Witchcraft and Wizardry, where he learns magic, makes friends like Ron Weasley and Hermione Granger, and uncovers the truth about his parents' mysterious deaths. As the school year unfolds, Harry faces dark secrets surrounding the Sorcerer's Stone, a powerful magical object, and confronts the return of the dark wizard Lord Voldemort. It's a story of friendship, courage, and discovering one's place in a magical world.**

Sturgis:
Tuesday, November 18th
10 am - 3 pm

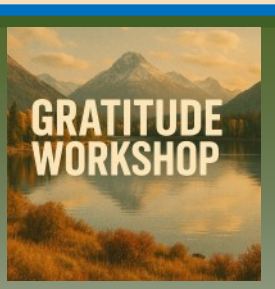
Three Rivers:
Wednesday, November 19th
10 am-3pm

Please RSVP,
Limited spots available for event.

CRAFT MANIA

Lunch will be Included.
Please bring any extra craft supplies you would like to incorporate aside from the supplied materials and a box to take your creations home. This day will be full of creativity and fun.

This is a sponsored event, there will be no charge, however, donations towards future events will be accepted.



November is National Gratitude Month, and we're celebrating with a special Gratitude Workshop! Join us for a fun and uplifting session where we'll share stories, reflect on life's simple joys, and discover how a thankful heart can brighten every day. Each participant will receive a gratitude journal to take home, perfect for continuing the practice of appreciation long after the workshop ends!

Sturgis: Tuesday, November 25th 1:00 pm

Three Rivers: Wednesday, November 26th 1:00 pm

RSVP at the front desk or call 269-279-8083.

Honoring Our Veterans

In recognition of Veterans Day, we would like to honor the brave men and women among us who have served in the United States Armed Forces. If you are a veteran, we invite you to share a photo of yourself (in uniform or not) along with the branch of service you served in. These will be proudly displayed at our centers as a small token of our deep appreciation.

Please bring your photo or a photo of your favorite veteran to us at your earliest convenience so that we can display it throughout November. If you do not have a photo available, we would still love to display your name and the branch of service you were part of throughout our enrichment centers.

Thank you for your service!

HELP WANTED

The COA is 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.

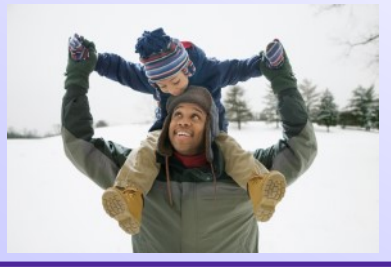
The second position the COA is looking to fill is a Chore Worker. This person would assist seniors in their homes with tasks such as lawn mowing or other yard work, moving boxes, washing windows.

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, Nicki 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!

Coats, Hats, and Gloves Drive

Three Rivers Area Mentoring has placed a box at our centers to collect winter items for those in need. If you would like to participate in donating, please place your donations in the box in our three Three Rivers Center.



To Do List

- ⇒ Renew your Membership
- ⇒ Always sign in at kiosk for all events & activities
- ⇒ Make a new friend
- ⇒ Try a fun new activity
- ⇒ Spread positivity
- ⇒ Live each day to its fullest
- ⇒ Look for a way to brighten someone's day
- ⇒ Drink your water
- ⇒ Have coffee with a friend
- ⇒ Watch a sunrise or sunset
- ⇒ Bring a friend to tour the enrichment center and to try a new activity
- ⇒ Complete a volunteer application to be a part of the behind the scenes fun that makes our centers so wonderful.
- ⇒ Give Thanks

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.

The Oaks Enrichment Center, in Sturgis will again be supporting students at Eastwood Elementary School this holiday season.

If you would like to participate, please stop by our center to see what items are needed on our Giving Tree. The gift tags will be loaded onto the tree and available for pick-up on Monday, November, 3rd.

Last year, your generous donations were able to make the holiday a little brighter for 30 students.

Recipe

SPICED CIDER

- 1 gallon apple cider
- 1 orange, sliced
- 5 whole cinnamon sticks
- 1 tbsp whole cloves
- 1 tsp whole allspice

Instructions:

Combine apple cider, orange slices, cinnamon sticks, cloves, and allspice in a large pot. Simmer over low heat for 30–40 minutes. Serve warm.

Pumpkin Soup

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1½ teaspoons ground cumin
- 3 cups pumpkin puree
- 3 cups vegetable broth

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic; cook until softened.
3. Stir in cumin, pumpkin puree, and vegetable broth.
4. Simmer for 20 minutes. Season with salt and pepper.

FUN FALL ACTIVITIES

Go apple picking
Visit a pumpkin paatch
Go on a hayride
Have a fall picnic
Enjoy a scenic drive
Jump in a pile of leaves
Take a nature walk
Go on a bike ride
Go camping
Host a bonfire
Watch a Halloween movie
Roast marshmallows
Go to a fall festival
Make caramel apples
Bake pumpkin bread
Decorate for fall
Get lost in a corn maze
Make a cozy soup or stew
Carve a jack-o'-lantern
Make a batch of chili
Attend a football game
Create a fall craft
Sip a pumpkin spice latte
Collect colorful leaves
Visit a farmers market
Host a bonfire
Watch a Halloween movie
Roast marshmallows
Go to a fall festival
Make caramel apples
Bake pumpkin bread
Decorate for fall
Get lost in a corn maze
Make a cozy soup or stew
Carve a jack-o'-lantern
Make a batch of chili
Attend a football game
Create a fall craft
Sip a pumpkin spice latte
Collect colorful leaves
Visit a farmers market
Take fall family photos
Make s'mores
Bake an apple pie
Read by the fireplace
Go for a hike
Knit a scarf or hat
Plant fall bulbs
Listen to spooky stories

Gratitude unlocks the fullness of life.

Gratitude turns what we have into enough.

What I'm Thankful For

FALL WORD SEARCH

S G I V I S G W O R C E R A C S
C O L L A H S C A E I T H R E W
P U M P K I N O K S D E R O R O
T R L U N S R A L L E R D C O R
H D E M L B O N F I R E I H N A
A C A R L O C A R A E L C E E N
N O V E T H A N K S G I V I N G
T R L P H A G O U E R I F Y A E
S W L M A L C R N L E A V E S T
E C A A N L P P A P H A L L O C
V I B H F O O T B P I D E L H O
R E T A E W S H R A N A R O A R
A D O Y T E N A N R E S T W R M
H O O R H E D I R Y A H S E V U
E R F R E N E Y O U R F N O B P
E N E N A E H S C R O W O L L E

WORD BANK

ACORNS
APPLES
BONFIRE
CIDER
CORN
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYRIDE
LEAVES
PUMPKIN
ORANGE
RED
SCARECROW
SWEATER
THANKSGIVING
YELLOW

WWW.ALWAYSTHEHOLIDAYS.COM

PLEASE JOIN US FOR OUR FIRST
YOUNG ADULT TRANSITION CENTER(YATC) and
COMMISSION ON AGING (COA)

HOLIDAY CRAFT MARKET

9 AM - 4 PM

TUESDAY NOVEMBER 11

Three Rivers Commission on Aging
1200 W. Broadway St. Three Rivers

Vendors Selling

Fall, Thanksgiving, and Christmas Décor,
Jewelry, Soaps, Maple Syrup, Books
Blankets, and so much more!

FOOD TRUCKS & A RAFFLE FOR A CHANCE TO WIN ONE OF SEVERAL DONATED GIFT BASKETS

tickets for raffle 1 for $1/6 for $5/ 12 for $10

Please contact Lori at YATC 269-279-6013
with any questions about this event.

Finding warmth, friendship, and meaning this season

As the holidays approach, it's easy to get swept up in the hustle and bustle of the season—planning meals, wrapping gifts, and preparing for family visits. But for many people, the holidays can also bring feelings of loneliness or nostalgia for past celebrations. That's why staying connected—both socially and emotionally—is one of the best gifts you can give yourself and others this time of year.

Human connection is powerful. Sharing a smile, a conversation, or a meal with someone can lift your mood, ease stress, and even boost your overall health. Studies have shown that maintaining social relationships can improve mental sharpness, lower blood pressure, and promote a greater sense of happiness and purpose.

Here are a few simple ways to stay connected this season:

- **Join a Holiday Program:** Attend upcoming Thanksgiving luncheons, craft sessions, or holiday parties at the senior center. These events are designed to bring people together in a warm and welcoming setting.
- **Reach Out to an Old Friend:** Make a phone call, send a card, or invite someone to meet for coffee. A small gesture can mean the world.
- **Send a Note of Gratitude:** Write down three people you're thankful for and let them know why. Sharing appreciation is a beautiful way to deepen relationships.
- **Volunteer Together:** Helping others—whether it's collecting coats, serving meals, or writing holiday cards—connects us through kindness and shared purpose.
- **Stay Active and Engaged:** Participate in group exercise, games, or classes at the center. You'll strengthen your body and make new friends in the process.

This time of year reminds us that connection doesn't have to be grand—it just has to be real. Whether you're sharing laughter at the senior center or a quiet cup of tea with a friend, those moments of togetherness create memories that last long after the season ends.

So, as the holidays draw near, take a moment to reach out,
join in, and let others know they matter.
After all, connection is what truly makes the season bright.

Staying Safe and Warm This Winter

Helpful Tips for Seniors as the Cold Weather Arrives

As winter settles in, it's important to take a few extra steps to stay safe, warm, and healthy. Cold temperatures, icy sidewalks, and shorter days can bring new challenges—but a little preparation can make all the difference. Here are some simple ways to help you enjoy the season safely and comfortably.

Bundle Up and Dress in Layers

When heading outdoors, wear several light layers instead of one heavy coat. Layers trap warm air better and can be removed if you start to overheat. Don't forget a hat, scarf, and gloves—most body heat is lost through the head and hands. Choose shoes or boots with **non-slip soles** to help prevent falls on icy surfaces.

Keep Your Home Warm and Safe

Set your home temperature to at least **68°F**. If heating costs are a concern, close off unused rooms and use a rolled towel or draft stopper at the base of doors. Make sure your **smoke detectors and carbon monoxide alarms** have fresh batteries—heating systems can sometimes leak carbon monoxide, which is dangerous and odorless.

If you use a space heater, keep it at least **three feet away** from curtains, bedding, or furniture, and never leave it unattended.

Prevent Slips and Falls

Winter ice is one of the leading causes of injury during the season. Sprinkle **salt, sand, or kitty litter** on icy steps and walkways to provide traction. If you need help shoveling or applying salt, don't hesitate to ask a neighbor, friend, or the COA staff for assistance. Consider using a **walking stick or cane with an ice tip** for extra stability outdoors.

Prepare Your Vehicle

If you drive, make sure your car is ready for winter. Check your tires, antifreeze, wiper blades, and battery. Always keep an **emergency kit** in your car that includes a blanket, flashlight, bottled water, and snacks. Try to keep your gas tank at least half full to prevent fuel line freezing.

Eat Well and Stay Hydrated

Even though it's cold, your body still needs plenty of fluids and nutrients. Eat warm, balanced meals and drink water throughout the day. Soups and stews are excellent choices—they provide hydration and warmth at the same time!

Stay Connected

Winter can sometimes make people feel isolated, especially when it's hard to get out. Stay connected by calling friends or family regularly, joining activities at the senior center, or checking in with neighbors. Having a **"winter buddy"**—someone who can call or stop by—can give you peace of mind and extra support during severe weather.

A safe and comfortable winter starts with a few simple steps. Keep warm, move carefully, stay in touch, and don't be afraid to ask for help when you need it. The COA is always here to lend a hand and make sure everyone enjoys a cozy, worry-free winter season.

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.

Father Goose (NR)

Thursday, November 6th

During World War II, South Sea beachcomber Walter Eckland is coerced into spying on planes passing over an island. He gets more than he bargained for as schoolteacher Catherine Frenau arrives on the run from the Japanese with her pupils in tow.

Greyhound (PG-13)

Monday, November 24th

In a thrilling WWII story inspired by actual events, Captain Ernest Krause leads an international convoy of 37 ships on a treacherous mission across the Atlantic to deliver soldiers and supplies to Allied forces.

DINNER & A MOVIE

Tuesday, November 4th 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.

The Best Gifts Don't Cost a Thing

Simple ways to give from the heart this holiday season

The holiday season is a time for giving—but that doesn't mean you have to spend money to make someone feel special. Some of the most meaningful gifts come straight from the heart, not from a store shelf. In fact, a thoughtful gesture, a shared memory, or a helping hand can mean far more than anything wrapped in paper and ribbon.

Here are a few wonderful *no-cost* gift ideas that will warm hearts and brighten spirits this Christmas:

The Gift of Time

Time is one of the most precious things you can give. Visit someone who lives alone, make a phone call to an old friend, or spend an afternoon with family playing cards, baking cookies, or sharing stories. Your presence can be the best present of all.

The Gift of Words

Write a heartfelt letter or note to someone you care about. Tell them what they mean to you, recall a favorite memory, or share how they've made a difference in your life. A sincere message can be read again and again—bringing joy long after the holidays have passed.

The Gift of Kindness

Kindness costs nothing but can change someone's whole day. Offer to shovel a neighbor's sidewalk, help a friend with errands, or share a smile with everyone you meet. Acts of kindness create ripples that spread far beyond the moment.

The Gift of Memories

Pull out those old photo albums or scrapbooks and take a walk down memory lane with loved ones. Reminiscing together can spark laughter, stories, and connections that money simply can't buy.

The Gift of Listening

In a busy world, truly listening is rare—and powerful. Sit down with a friend or loved one, turn off the distractions, and give them your full attention. Listening shows love, respect, and genuine care.

The Gift of Encouragement

A few kind words can lift someone's spirit. Offer encouragement, compliments, or simply let people know you believe in them. It's amazing how a simple, "I'm proud of you," can brighten a heart.

The Gift of Sharing Talents

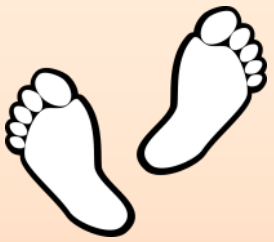
Do you love to sing, cook, or craft? Share your talents! Bake a loaf of homemade bread, sing a few carols to a neighbor, or teach someone how to make a holiday decoration. These shared moments often become treasured memories.

This year, remember that the true spirit of giving isn't found in price tags—it's found in connection, compassion, and care. Whether it's a smile, a story, or a helping hand, every heartfelt gesture makes the season brighter.

"The best gifts in life are the ones we give from the heart."

SERVICES & SUPPORT

Foot Doctor



Sturgis: Tuesday, December 9th
9:30am - Noon by appt.

Three Rivers: Tuesday, December 30th
9:00 a.m. - Noon by appt.

- **Appointments are required, please 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, November 13th (Second Thursday Monthly)**
WHERE: **Three Rivers COA**
TIME: **10 a.m. to Noon**

Beltone
Helping the world hear better

Hearing Screenings

When: Monday, November 10th
Where: Three Rivers Enrichment Center
Time: 9 am - Noon by appointment

Please call 279-8083 to make an appointment.

LSSCM
MAKING JUSTICE A REALITY

Legal Services of South Central Michigan

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

WHEN: **Wednesday, November 5th**
WHERE: **Available by Phone**
TIME: **2:00 pm - 4:00 pm**

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

Alzheimer's Association Caregiver Support Group

When: Tuesday, November 4th
(First Tuesday Monthly)
Where: Three Rivers Enrichment Center
Time: 6 pm

For more information, please call the COA at (269) 279-8083. 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.

Sturgis: Wednesday, November 12th & 26th
(Second and Fourth Wednesday monthly)
10am—Noon by appointment

Three Rivers: Monday, November 17th
(Third Monday monthly)
10am—Noon by appointment

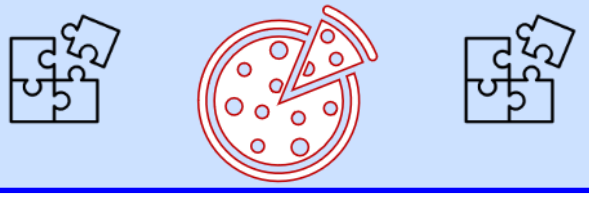
Please call 269-279-8083 to make an appointment.

Pizza & Puzzles

Join us as we get together for a fun evening of working on jigsaw puzzles at the Oaks Enrichment Center in Sturgis. Bring your favorite puzzle with you or work on one of the many puzzles here at the COA. We also will have Little Caesar's Pizza and salad for dinner.

Please be sure to make a reservation if you plan on attending so we can plan for dinner. Reservations can be made by calling at 269-279-8083 or you can sign up with the receptionist.

WHEN: Thursday, November 20th from 4:00 p.m. to 7:00 p.m. at the Oaks Enrichment Center



Volunteers Needed

Volunteer applications are located at the front desk. If you have a heart for helping, please let us know. There are always things we can do to help each other. From helping to keep our centers beautiful, to helping with activities, projects, or giving a new member a person to help show them around. Join our volunteer list today!

"When I was a young boy and I would see scary things in the news, my mother would say to me, look for the helpers. You will always find people who are helping.—**Mister Rogers**

FUN & GAMES/SOCIAL

Rivers Enrichment Center Book Club

Where: Three Rivers Enrichment Center

When: November 26th at Noon
(Fourth Wednesday)

Book: The Ride of Her Life: The True Story of a Woman, Her Horse, and Their Last-Chance Journey Across America
By Elizabeth Letts

Oaks Enrichment Center Book Club

Where: Oaks Enrichment Center
Sturgis

When: November 20th at 3 pm
(Third Thursday)

Book: A Shoe Story
By Jane L. Rosen

Lethal Lunches Book Club

Where: Oaks Enrichment Center
Sturgis

When: November 10th at Noon
(Second Monday)

Book: Our Little Secret
By Lisa Jackson

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

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, November 21st
11:45 a.m.

RSVP for lunch on the deck by 1pm November 20th.

Trivia

Sturgis: Normally on the fourth Tuesday of the month, however moved due to the Thanksgiving holiday.

Tuesday, November, 18th
1:30 p.m.

EXERCISE

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!

This class is for anyone who wants a slower-paced exercise class focused on core strength and balance with most exercises done seated.

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

Instructor: Melissa Wilson

Three Rivers: M,W,F at 10am - Taking it Easy! Mondays (CR), Wednesdays & Fridays (Atrium)

Instructor: Lynn Zeiler, Nancy Merkle & Jeanne Stumpf

All Arthritis Exercise classes are part of the Evidence Based Disease Prevention Program. All instructors are certified through the Arthritis Exercise Foundation.

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 10:00am (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

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)

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

ROOM CODES
CR – Community Room - Three Rivers
AH - Assembly Hall - Sturgis
Café - Three Rivers
Atrium - Three Rivers
CLSSRM - Sturgis

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 9:00 am (CR)
Instructor: Cathy Taylor

Gentle Yoga

This basic class will guide you through movements that develop strength, flexibility and a connection between body, mind and breath. Suggestions will be offered to accommodate limited range of motion due to injury, surgery, overuse and aging issues. While much of the class is done traditionally on a yoga mat, chairs are available when needed. Class begins with guided breath-work and ends with guided meditation.

Sturgis: Thursdays at 9:00 a.m. (CLSSRM)

Instructor: Cynthia Hoss

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

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)

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

Fitness Classes By the Day

Oaks Enrichment Center, Sturgis

Monday	Tuesday	Wednesday	Thursday	Friday
9:45 am Arthritis Exercise - Taking it Easy! (Assembly Hall) 11:00 am S.A.I.L. Exercise (Assembly Hall)	9:00 am Chair Yoga (Assembly Hall)	9:45 am Arthritis Exercise - Taking It Easy! (Assembly Hall) 11:00 am S.A.I.L. Exercise (Assembly Hall) 1:00 pm Cardio Drumming (Assembly Hall)	9:00 am Gentle Yoga (Classroom) 10:00 am Line Dancing (Assembly Hall)	9:45 am Arthritis Exercise - Taking It Easy! (Assembly Hall) 11:00 am S.A.I.L. Exercise (Assembly Hall) 1:00 pm Cardio Drumming (Assembly Hall)

Rivers Enrichment Center, Three Rivers

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am Arthritis Exercise - Taking it Easy (Community Room) 11:00 am S.A.I.L. Exercise (Community Room) 1:00 pm Chair Yoga (Community Room) 2:00 pm Zumba Gold (Community Room)	8:15 am Forever Fit (Community Room) 9:30am Cardio Drumming (Community Room) 10:30 am Arthritis Exercise (Community Room)	9:00 am Say Yes! To weights (Community Room) 10:00 am Flexible You (Community Room) 10:00 am Arthritis Exercise - Taking it Easy (Atrium) 11:00 am S.A.I.L. Exercise (Community Room)	8:15 am Forever Fit (Community Room) 9:30 am Cardio Drumming (Community Room) 10:30 am Arthritis Exercise (Community Room) 1:00 pm Chair Yoga (Cafe) 2:00 pm Zumba Gold (Community Room)	9:30 am Line Dancing (Community Room) 10:00 am Arthritis Exercise - Taking it Easy (Atrium) 11:00 am S.A.I.L. Exercise (Community Room)

Try a new class today!

November 2025 Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	4 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle Dinner and a Movie 6pm Alzheimer's Support Group ELECTION DAY	5 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle 2pm-4pm Legal Assistance by phone	6 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold Kiwanis Showboat Trip	7 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
10 9am-Noon Hearing Screenings 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	11 Veteran's Day Thank you for your service. CLOSED 9am - 4pm YATC Craft Fair Fundraiser (Three Rivers E.C.)	12 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle	13 8:15am - Forever Fit 9:30am - Cardio Drumming 10am - Noon Vision Assistance 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold Gun Lake Casino Trip	14 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
17 10am - Arthritis Exercise - Taking it Easy 10am Tech Time 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	18 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	19 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 10am - 3 pm CraftMania 11am - S.A.I.L. Exercise 11am - In Stitches 1pm - Pinochle 3pm Advisory Board Mtg. (Sturgis E.C.)	20 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	21 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
24 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	25 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	26 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 11am - In Stitches 12pm—Book Club 1pm - Pinochle 1pm Gratitude Workshop	27 CLOSED Happy Thanksgiving	28 CLOSED
REMINDER: Time changes on Sunday, November 2nd	REMINDER: Nutcracker Trip Saturday, November 22nd.	REMINDER: Cinema Circle Trip Sunday, November 23rd	REMINDER: Frankenmuth Trip Tuesday, December 2nd through 3rd (Overnight Trip)	REMINDER: Holiday Party Thursday, December 4th. Reservations are being accepted as of November 12th at 8 am via phone.

November 2025 Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	4 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 6pm Alzheimer's Support Group (Three Rivers COA) Dinner and a Movie ELECTION DAY	5 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming 2pm-4pm Legal Assistance by phone	6 9am Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billards Club 7pm - Duplicate Bridge Kiwanis Showboat Trip 1:30pm - Movies at the Oaks	7 9:45am Arthritis Exercise - Taking it Easy! 11am S.A.I.L. Exercise 1pm - Cardio Drumming
10 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 11:30am Medicare 101 12pm - Lethal Lunches Book Club 12:30pm - Free Bingo 1pm - Euchre	11 Veteran's Day Thank you for your service. CLOSED 9am - 4pm YATC Craft Fair Fundraiser (Three Rivers E.C.)	12 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Help 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	13 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Billards Club 7pm - Duplicate Bridge Gun Lake Casino Trip	14 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm Cardio Drumming
17 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	18 9am - Chair Yoga 10am - Boards & Bagels 10 am - 3 pm CraftMania 1pm - Euchre 1:30pm Trivia	19 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming 3pm Advisory Board Mtg.	20 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm Book Club 4pm - 7pm Pizza & Puzzles 7pm - Billards Club 7pm - Duplicate Bridge	21 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
24 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre 1:30pm - Movies at the Oaks	25 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 1 pm Gratitude Workshop	26 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Help 1am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	27 CLOSED Happy Thanksgiving	28 CLOSED
REMINDER: Daylight Savings Time Change Sunday, November 2nd	REMINDER: Nutcracker Trip Saturday, November 22nd	REMINDER: Cinema Circle Trip Sunday, November 23rd	REMINDER: Frankenmuth Trip Tuesday, December 2nd through 3rd (Overnight Trip)	REMINDER: Holiday Party Thursday, December 4th. Reservations are being accepted starting on Wednesday, November 12th at 8 am via phone.

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

Meals on Wheels & Congregate Menu
November 2025

DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Monday, November 3	Oven Baked Fish, Au Gratin Potatoes, Mixed Vegetables
Tuesday, November 4	Apple Pork Chop, Roasted Rosemary Potatoes, Collard Greens
Wednesday, November 5	Ranch Chicken Breast, Parslied Potatoes, Green Beans, Carrots
Thursday, November 6	Turkey Shepherd's Pie, Mashed Potatoes, Roasted Brussel Sprouts
Friday, November 7	Tuna Noodle Casserole, Sugar Snap Peas, Wax Beans
Monday, November 10	Pork Tenderloin Sandwich, Baked Beans, Sweet Potato Wedges
Tuesday, November 11	Closed for Holiday
Wednesday, November 12	Turkey Cacciatore over Pasta, Italian Blend Vegetables, Butternut Squash
Thursday, November 13	Maple Glazed Fish, Florentine Rice Pilaf, Zucchini & Tomatoes
Friday, November 14	Baked Chicken, Sweet Potatoes, Cheesy Cauliflower
Monday, November 17	Beef Ravioli, Wax Beans, Peas & Mushrooms
Tuesday, November 18	Chicken Pot Pie, Riveria Blend Vegetables, Peach Crisp
Wednesday, November 19	Mexican Lasagna, Parslied Cauliflower, Yellow Squash with Onions
Thursday, November 20	Bourbon Pork Chop, Whipped Sweet Potatoes, Brussel Sprouts
Friday, November 21	Beef Stroganoff, Buttered Noodles, Dilled Carrots, Broccoli
Monday, November 24	Dijon Chicken Meatballs, Brown Rice, Creamy Peas with Red Peppers
Tuesday, November 25	Ham Slice, Scalloped Potatoes, Normandy Blend Vegetables
Wednesday, November 26	Chicken with Cavatappi Pasta, Beets, Caribbean Blend Vegetables
Thursday, November 27	Closed for Holiday
Friday, November 28	Closed for Holiday

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 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 # _____