



The Senior Connection

St. Joseph County Commission on Aging Newsletter

December 2025

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



The COA — Where Winter Glows and Friendships Grow

Join us in celebrating the warmth of the season as we welcome the holidays and a New Year filled with joy, laughter, and lasting connections.

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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Follow us on
Instagram (sjccoa)
and YouTube



From the Executive Director...

As we enter this season of reflection and gratitude, I want to begin by addressing an important concern affecting many older adults in our community. With ongoing uncertainty surrounding federal funding and the recent pause in the Food Assistance Program for seniors, we know that food insecurity is a growing challenge for some in our county.

At the Commission on Aging, we want you to know that help is available. Our Congregate Meal Program offers nutritious lunches Monday through Friday at both our Three Rivers and Sturgis Enrichment Centers, providing not only a healthy meal but also a chance to connect with others. Please see page 5 for more details about making a lunch reservation and for information about obtaining additional food resources if you are in need of support.

As we close out another wonderful year at the COA, I am filled with gratitude for our vibrant members, dedicated volunteers, and compassionate staff who make this such a special place. Whether you've joined a fitness class, attended a trip or special event, shared lunch with friends, or lent a helping hand to others, your participation helps make the COA a community of warmth, joy, and belonging.

We also want to take a moment to recognize our homebound members who receive Meals on Wheels and In-Home Services. You remain an essential part of our COA family, and we are honored to support you throughout the year. A heartfelt thank-you goes out to our Meals on Wheels drivers and In-Home Aides who brave Michigan's winter weather to ensure that older adults receive nourishment, care, and connection even on the coldest days. Your dedication truly embodies the spirit of service and compassion.

On behalf of our entire COA team, I wish you and your loved ones a safe, peaceful, and joyful holiday season. May your days be filled with laughter, your hearts with gratitude, and your new year with health and happiness.

Here's to another fabulous year ahead together—where *winter glows and friendships grow*.

Warmly,

Pam



We're Here to Help — Because You're Part of Our COA Family

At the St. Joseph County Commission on Aging, we want every older adult in our community to know this simple truth: you are not alone. Life can bring challenges — from managing expenses and transportation to staying active or finding the right kind of support when things get tough. Whatever your situation may be, we are here to help you find the resources you need to stay healthy, independent, and connected.

Our community is rich with caring organizations and kind-hearted people who are ready to lend a hand. Whether you need help with nutrition, housing, healthcare, or simply want to reconnect with others, our COA team can help connect you to the right programs and services. Sometimes all it takes is a conversation to open the door to new opportunities and renewed confidence.

We also encourage you to visit our COA centers and see everything we have to offer. From exercise and wellness classes that keep your body moving, to nutritious meals and educational programs that support good health, to social gatherings and special events that help you make new friends — there's something here for everyone.

It's never too late to meet people who understand where you're coming from, to laugh over lunch, or to try something new. We want you to live a great and fulfilling life, and our doors are always open to help you do just that.

So please, don't hesitate to ask for assistance — and come spend time with us. Together, we can make sure that every member of our COA community feels supported, valued, and at home.

COA Advisory Board Meeting

Wednesday, January 21st

3:00 p.m.

Rivers 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 IIIC)
- ♦ St. Joseph County Senior Millage
- ♦ Older American's Act
- ♦ Older Michiganiaan's Act
- ♦ Donations

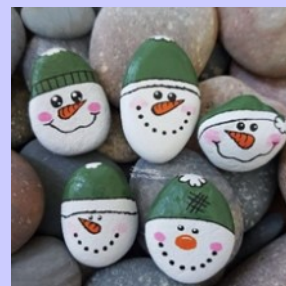
The COA complies with Title VI of the Civil Rights Act of 1964.

Rock Painting

Sturgis: Tuesday, December 9th @ 1:00 p.m.

Three Rivers: Wednesday, December 10th @ 1:00 p.m.

Please RSVP at 269-279-8083



Cinema Circle and Dinner Trip

Where: Sturges Young Center for the Arts in Sturgis, MI

When: Friday December 19th

Cost: \$2 (Includes transportation, admission, popcorn, drink, and candy)

1:00pm—Depart Three Rivers COA

1:45pm—Depart Sturgis COA

Showing of White Christmas

Dinner at Culvers

6:10pm—Return to Sturgis COA

6:40pm—Return to Three Rivers COA

"White Christmas" (1954) follows two World War II veterans turned entertainers, Bob Wallace and Phil Davis, who team up with singing sisters Betty and Judy Haynes to save a Vermont inn owned by their former general. Filled with classic songs, romance, and festive charm, the film celebrates friendship, love, and the joy of the holiday season — all set to Irving Berlin's unforgettable music.



DECEMBER 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.

Grand Rapids Christkindl Market Shopping & Let It Snow Light Show at the Planetarium

Where: Grand Rapids Downtown Market & Planetarium

When: Wednesday, December 10th

Cost: \$22 (includes light show, lunch on your own at Market)

10:30am Depart from Sturgis COA

11:15am Depart from Three Rivers COA

Christkindl Market

Planetarium

6:15pm Return to COA

6:45pm Return to COA



The Grand Rapids Christkindl Markt is a festive Christmas market with wooden vendor booths, holiday food, gifts, and fun activities. After enjoying the market, we'll visit the Roger B. Chaffee Planetarium to watch the "Let It Snow" light show, featuring classic holiday music and bright, colorful dome visuals.

Mannheim Steamroller Christmas

Where: Blue Gate Performing Arts Center, Shipshewana, IN

When: Friday, December 12th

Cost: \$85 (includes show, dinner, and gratuity)

1:00pm—Depart from Three Rivers COA

1:45pm—Depart from Sturgis COA

Dinner & Show

8:00pm—Return to Sturgis COA

8:30pm—Return to Three Rivers COA

Experience the magic of the holidays with Mannheim Steamroller Christmas — a dazzling blend of beloved carols, spectacular light displays, and the group's signature mix of classical and modern sound. This high-energy performance fills the stage with festive spirit and timeless holiday cheer that delights audiences of all ages.



Shopping Trip

Where: Portage, MI

When: Monday, December 15th

Cost: \$10 (Lunch on your own)



8:00am—Depart Sturgis COA

8:45am—Depart Three Rivers COA

Shopping

Lunch at Antique Kitchen Family Restaurant

Shopping

4:30pm—Return to Three Rivers COA

5:00pm—Return to Sturgis COA

Shopping stops include: B & G Discount, Southland Shopping Plaza (Kohl's, TJ Maxx, Barnes & Noble, etc.) Hobby Lobby, and Michaels.

Casino Trip

Where: Firekeepers Casino in Battle Creek, MI

When: Thursday, December 30th

Cost: \$10 (Lunch on your own)

8:00am—Depart Three Rivers COA

8:45am—Depart Sturgis COA

Casino

3:00pm—Return to Sturgis COA

3:30pm—Return to Three Rivers COA



Visit our centers to uncover ways you can help support those in need this holiday season.



Organizations with drop boxes:

Three Rivers Lions Club, Three Rivers Fire Department, Eastwood Schools, COA Dropbox, Area Schools, and more.

Items that can be donated:

Hats, Gloves, Scarves, Coats, Toys, Hygiene Items, Snacks, Food, School Supplies, new Blankets, Coloring Books, Crayons, Games, etc.

There are tags available in the lobby of the Sturgis location for specific gift requests for Eastwood School needs. In order to distribute donations in time please make sure to bring donations before December 15th.

Together we can help make our community a little brighter this season.



Important Dates and Closings

Thursday, December 4th—Centers are open but no activities or congregate lunch

Wednesday, December 17th—Closing at 12:30pm for Staff Training

Wednesday, December 24th—Closed

Thursday, December 25th—Closed

Wednesday, December 31st—Closed

Thursday, January 1st—Closed

Join Us for Lunch

Nourishment for Body and Community

Food insecurity affects millions of older adults across the country — including right here in St. Joseph County. Rising grocery prices and limited transportation options can make it difficult for many seniors to enjoy regular, nutritious meals. The St. Joseph County Commission on Aging is committed to ensuring that no one in our community faces that struggle alone.

Our daily Congregate Meal Program provides more than just a balanced, home-style lunch — it's a chance to share conversation, laughter, and friendship. Each meal is planned to meet nutrition standards, offering the vitamins and nutrients that help support health and well-being. Beyond nutrition, these meals help reduce social isolation by creating a welcoming space where people can come together, enjoy one another's company, and stay connected to the community.

We warmly invite all adults age 60 and older to join us for lunch each weekday at your local COA Enrichment Center. Whether you come once in a while or make it part of your daily routine, you'll find familiar faces, friendly smiles, and a table waiting for you.

To help our kitchen team plan and prepare enough meals for everyone, we ask that you make your lunch reservation by noon the day before you plan to attend. To make your reservation please call 269-279-8083 or stop into our Enrichment Centers and sign up on the kiosk. We also have community help cards and flyers available at the information desk for more resources. Check us out on Facebook for links to community resources or ask a COA staff member to guide you to resources in the computer room or through your mobile device. We can also get you in touch with resources and contacts to help with specific needs.

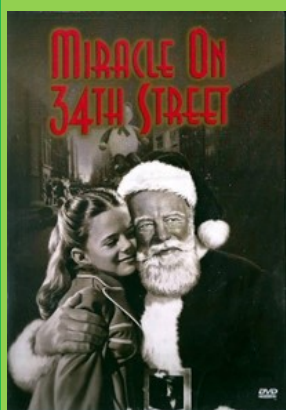
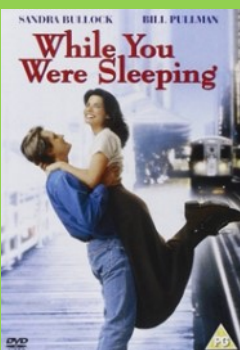
A good meal shared with good company can brighten any day — come see what makes lunch at the COA a tradition worth keeping! Come for the meal — stay for the friendships!

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.

While You Were Sleeping (PG) **Monday, December 8th**

A transit worker pulls commuter Peter off railway tracks after he's mugged, but—while he's in a coma—his family mistakenly thinks she's Peter's fiancée, and she doesn't correct them. Things get more complicated when she falls for his brother, who's not quite sure that she's who she claims to be.



Miracle on 34th Street (1947) **Thursday, December 18th**

Kris Kringle, seemingly the embodiment of Santa Claus, is asked to portray the jolly old fellow at Macy's following his performance in the Thanksgiving Day parade. His portrayal is so complete that many begin to question if he truly is Santa Claus, while others question his sanity.

Christmas Chronicles (PG) **Monday, December 22nd**

Siblings Kate and Teddy Pierce hatch a scheme to capture Santa Claus on Christmas Eve. When the plan goes awry, the kids join forces with a somewhat jolly Saint Nick and his loyal elves to save the holiday before it's too late.



DINNER & A MOVIE

Tuesday, December 9th 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 Department Spotlight: County Clerk – Elections Division

The St. Joseph County Clerk's Office – Elections Division is responsible for administering all federal, state, and local elections within the county. The division manages voter registration, ballot preparation, polling place coordination, and the certification of election results. It also maintains election records and ensures compliance with Michigan election law.

The county's elections webpage provides additional details, including sample ballots, upcoming election dates, and information about early voting. Visit www.stjosephcountymi.gov and select the County Clerk's Office for more information.

With recent changes in Michigan election procedures, voters now have expanded opportunities for early in-person voting and continued access to absentee ballots. These options are intended to make participation more convenient for residents. Early voting is available for at least nine consecutive days, ending the Sunday before each statewide or federal election.

The Elections Division also coordinates the recruitment and training of dedicated community members to serve as Election Inspectors (poll workers), helping to ensure fair, secure, and efficient elections across our county. Election Inspectors support voting efforts at polling places on Election Day and during early voting. This role is an important part of maintaining organized elections across the county.

For questions about early voting, voter registration, absentee ballots, or upcoming elections, contact the Elections Division at (269) 467-5594 or elections@stjosephcountymi.gov.

Stroke Support Group in Three Rivers

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

DATE: Tuesday, December 9th

(Second Tuesday of Each Month)

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

LOCATION: Rehab Dining Room 701 S. Health Parkway, Three Rivers

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**



Hearing Screenings

When: Monday, January 12th

Where: Three Rivers Enrichment Center

Time: 9 am - Noon by appointment

Please call 279-8083 to make an appointment.

alzheimer's  association

Alzheimer's Association Caregiver Support Group

When: Tuesday, December 2nd
(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).



Legal Services of South Central Michigan

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

WHEN: **Wednesday, December 17th**

WHERE: **Available by Phone**

TIME: **9:00am - 12:30pm**

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.

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.

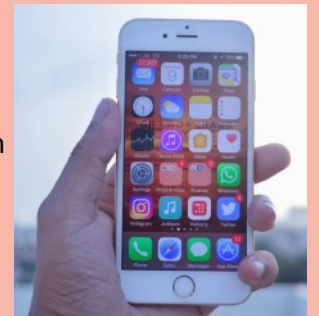
WHEN: **Thursday, January 29th**

WHERE: **Three Rivers COA**

TIME: **10:00am to Noon**

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, December 10th
(Second Wednesday only for December)
10am—Noon by appointment

Three Rivers: Monday, December 15th
(Third Monday monthly)
10am—Noon by appointment

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

Join Our Team

Make a Difference Every Day

What truly makes the St. Joseph County Commission on Aging such a special place isn't just our programs — it's our people. Our dedicated staff and volunteers bring compassion, energy, and heart to everything they do, from serving meals and driving buses to teaching fitness classes, helping at home, and keeping our centers welcoming and beautiful.

If you're looking for meaningful work that makes a real impact in the lives of older adults, we'd love to have you join our COA family. Whether you're interested in becoming a fitness instructor, in-home aide, chore worker, bus driver, or volunteer, your time and talents help our members stay healthy, connected, and thriving.

In-Home Aide

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. This is a paid position. If this 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.

Chore Worker

Assist seniors in their homes with tasks such as lawn mowing or other yard work, moving boxes, washing windows. This is a paid position. If this 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.

Fitness Instructors

When you ask our members what their favorite part of the COA is, you will hear about the robust fitness options available. In order to make sure we are providing ample opportunities for our members to enjoy a wide variety of activities, we would like to bring on more fitness instructors and options. This is a paid position. If you are a group fitness instructor or know someone who is, please have them reach out to Ammara at 269-365-8447 for further information.

Volunteer Bus Drivers Needed

At the COA we like to always be on the move. We would like to expand our footprint and participate in more activities that would provide a need for more volunteer bus drivers. There are perks! Your tickets to whatever event is planned are covered as well as your lunch/dinner. You get to enjoy great adventures with our members and make great memories. If you are interested, please reach out to Ammara at 269-365-8447.

FUN & GAMES/SOCIAL



RIVERS ENRICHMENT CENTER BOOK CLUB

Where: Three Rivers Enrichment Center

When: Wednesday, December 17th at Noon

(Note the Schedule change from the usual Fourth Wednesday due to the center being closed Dec. 24th)

Book: The Frozen River

By Ariel Lawhon

Oaks Enrichment Center Book Club

No book club for December.

Lethal Lunches Book Club

No Book Club for December

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.

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 decorated beautifully, to helping with activities, projects, or giving a new member a person to help show them around. Join our volunteer list today!

As this year comes to an end, there is a lot of opportunity for growth with the programs and activities that we offer in the future. We are so excited to be able to bring new ideas to life, however, we need the additional forces to support the growth. If you are interested in being part of the excitement, please reach out to Ammara at 269-365-8447.

Billiards

Sturgis: Every Thursday @ 6pm

(Note the new time)

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, December 19th
11:45 a.m.

RSVP for lunch on the deck by 1pm December 18th.

Trivia

Sturgis: Normally on the fourth Tuesday of the month, however CANCELLED for month of December.

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.
Note that this will be Video led instruction (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

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

Rivers Enrichment Center, Three Rivers

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

Try a new class today!

December 2025 Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	2 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 6pm Alzheimer’s Support Group at Rivers COA	3 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle	4 CENTERS ARE OPEN BUT ALL ACTIVITIES AND CONGREGATE LUNCH ARE CANCELLED Annual Holiday Party	5 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
8 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold	9 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle Dinner & a Movie Night 10am-11am Stroke Support Group at TR Hospital	10 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle 1pm Rock Painting Christkindl Market & Planetarium Trip	11 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Zumba Gold	12 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 Manheim Steamroller Christmas Trip
15 10am - Arthritis Exercise - Taking it Easy 10am Tech Time 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Zumba Gold Shopping Trip	16 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	17 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12pm Book Club 9am-12:30pm Legal assistance by phone Center Closes at 12:30pm for Staff Training	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 Cinema Circle and Dinner White Christmas Trip
22 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 Closed Happy Holidays	25 Closed Happy Holidays	26 9:30am - Line Dancing CANCELLED 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 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 9am Foot Clinic 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle Firekeepers Casino Trip	31 Closed New Years Eve	1 Closed Happy New Year	2 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

December 2025 Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	2 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 6pm Alzheimer's Support Group at Rivers COA	3 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	4 CENTERS ARE OPEN BUT ALL ACTIVITIES AND CONGREGATE LUNCH ARE CANCELLED Annual Holiday Party 6pm - Billards Club 7pm - Duplicate Bridge	5 9:45am Arthritis Exercise - Taking it Easy! 11am S.A.I.L. Exercise 1pm - Cardio Drumming
8 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre 1:30pm - Movies at the Oaks	9 9am Foot Clinic 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 1pm Rock Painting Dinner & a Movie Night 10am-11am Stroke Support Group at TR Hospital	10 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Help 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming Christkindl Market & Planetarium Trip	11 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Billards Club 7pm - Duplicate Bridge	12 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm Cardio Drumming Manheim Steamroller Christmas Trip
15 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre Shopping Trip	16 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre	17 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming 9am-12:30pm Legal Assistance by phone Center Closes at 12:30pm for Staff Training	18 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Billards Club 7pm - Duplicate Bridge 1:30pm - Movies at the Oaks	19 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming Cinema Circle and Dinner - White Christmas Trip
22 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre 1:30pm - Movies at the Oaks	23 9am - Chair Yoga— VIDEO 10am - Boards & Bagels 1pm - Euchre	24 Closed Happy Holidays	25 Closed Happy Holidays	26 9:45am - Arthritis Exercise - Taking It Easy! - VIDEO 11am - S.A.I.L. Exercise— VIDEO 1pm - Cardio Drumming
29 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	30 9am - Chair Yoga— VIDEO 10am - Boards & Bagels 1pm - Euchre Firekeepers Casino Trip	31 Closed New Years Eve	1 Closed Happy New Year	2 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming

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

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DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Monday, December 1	Chicken Kiev, Scalloped Potatoes, Green Beans, Normandy Blend Vegetables
Tuesday, December 2	Pizza Casserole, Italian Blend Vegetables, Roasted Brussel Sprouts
Wednesday, December 3	Stuffed Cabbage Rolls, Brown Rice, Peas & Pearl Onions, Key West Blend Vegetables
Thursday, December 4	Turkey Tetrazzini with Pasta, Stewed Tomatoes, Broccoli
Friday, December 5	Western Omelet Bake, Asparagus, Oriental Blend Vegetables
Monday, December 8	Bangers & Mash with Onion Gravy, Italian Blend Vegetables, Parslied Cauliflower
Tuesday, December 9	Spaghetti & Meatballs, Peas & Mushrooms, Glazed Baby Carrots
Wednesday, December 10	Chicken Marsala, Mashed Potatoes, Green Beans, Diced Beets
Thursday, December 11	Roasted Pork Tenderloin, Au Gratin Potatoes, Collard Greens, Zucchini & Yellow Squash
Friday, December 12	Mushroom Swiss Burger, Baked Beans, German Potato Salad
Monday, December 15	Veal Parmesan over Pasta, Midori Blend Vegetables, Wax Beans
Tuesday, December 16	Tuna Noodle Casserole, Garlic & Herb Broccoli, Parslied Cauliflower
Wednesday, December 17	Hearty Beef Stew with Potatoes & Carrots, Sugar Snap Peas
Thursday, December 18	Garden Citrus Chicken, Brown Rice, Scalloped Tomatoes, Mixed Vegetables
Friday, December 19	Turkey Pot Roast, Mashed Potatoes, Key West Blend Vegetables, Butternut Squash
Monday, December 22	Oven Baked Fish Sandwich, Tater Tots, Winter Blend Vegetables
Tuesday, December 23	Mustard BBQ Pork Chop, Cinnamon Maple Squash, California Blend Vegetables
Wednesday, December 24	Closed For Holiday
Thursday, December 25	Closed for Holiday
Friday, December 26	Lemon Chicken Breast, Cheese Grits, Zucchini & Tomatoes, Wax Beans
Monday, December 29	Swedish Meatballs, Buttered Noodles, Green Beans, Diced Beets
Tuesday, December 30	Blackberry Dijon Chicken, Paprika Roasted Potatoes, Mixed Vegetables, Yellow Squash with Onions
Wednesday, December 31	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.



A Winter Reminder:

Check In, Reach Out, Stay Connected

As winter settles in, the days get shorter, the nights a bit colder — and sometimes, we all feel that chill a little more deeply. This season is the perfect time to check on one another. A simple phone call, a warm smile, or a shared cup of coffee can make a world of difference.

Let's look out for our neighbors, friends, and family members — especially those who may spend more time alone during the colder months. A small act of kindness can bring warmth to someone's heart and remind them that they're cared for and not forgotten.

Together, we can make this winter a little brighter and a little warmer — one kind gesture at a time.

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 # _____