



# The Senior Connection

January 2026

St. Joseph County Commission on Aging Newsletter

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



**As we welcome the New Year...**

We welcome new beginnings and the courage to explore what inspires us.  
Here's to making friends, making memories, and making this year our best one yet!



**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](http://www.sjccoa.com)  
FAX: (269) 273-7058



**Like us on Facebook!**

**Follow us on**  
**Instagram (sjccoa)**  
**and YouTube**



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

### ***A New Year of Purpose, Connection & Community***



As we step into a brand-new year at the Commission on Aging, I am filled with both gratitude and hope for all that lies ahead. January offers us a natural moment to pause, reflect, and embrace the fresh possibilities that come with a new beginning. Here at the COA, we see this season as an opportunity to continue strengthening the programs, partnerships, and friendships that make our community such a special place.

The New Year is also a wonderful moment to try something new at the COA — whether that means joining a fitness class, signing up for a trip, participating in a creative workshop, or simply enjoying lunch with friends. Every activity you attend helps build a vibrant and welcoming environment where older adults can stay active, social, and supported. Don't forget to sign in on the kiosk when you visit — your participation not only keeps our records up to date but also enters you into our monthly drawing for fun prizes.

I also want to extend a warm welcome to Lora Livingstone, who joins us as our new Finance Manager. Her dedication, positivity, and enthusiasm for learning will be tremendous assets to our team, and we are excited for you to get to know her in the coming months.

As always, I remain deeply grateful for our incredible members, volunteers, and staff who bring so much heart to the COA each day. Whether you're attending programs, receiving services, or supporting others in our community, you play an important role in making this a place where everyone feels valued and connected.

May the year ahead be filled with good health, joyful moments, and opportunities to explore what inspires you. Together, let's make 2026 our best year yet.

Warmly,

***Pam***

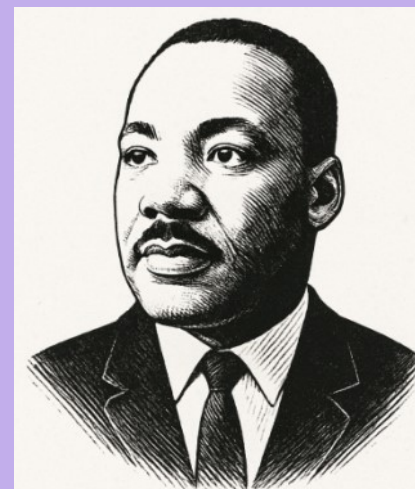
## **Honoring Martin Luther King Jr.**

At the St. Joseph County Commission on Aging, we take time each January to reflect on the legacy of Dr. Martin Luther King Jr., a leader whose work continues to shape our communities and our country. Martin Luther King Jr. Day is more than a federal holiday—it is an invitation to remember the importance of kindness, equality, and service to others.

Dr. King believed that every person has value and that positive change begins when we choose compassion over division. His commitment to nonviolence and unity helped open doors for millions of Americans, and his message still encourages us to care for our neighbors and strengthen the places we call home.

MLK Day is also recognized as a National Day of Service, reminding us that even small acts of generosity can make a meaningful difference. Whether it's lending a hand to a friend, offering a listening ear, or supporting local volunteer efforts, we honor Dr. King best by continuing the spirit of service he championed.

As we observe January 19th, we invite our COA community to reflect on Dr. King's enduring message of hope and unity. His dream lives on each time we choose respect, understanding, and connection—values that guide the work we do here every day.



## COA Advisory Board Meeting

Wednesday, January 21st, 2026

3:00 pm

Rivers Enrichment Center

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

### Member Meeting

#### Sturgis P.A.C.

Tuesday, March 24, 2026

1:00 pm (Classroom)

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

Friday, March 13, 2026

10:30 am (Atrium)

## 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.



## Employee Spotlight:

Welcome,

*Lora Livingstone*

### Finance Manager

We are excited to welcome Lora Livingstone as the COA's new Finance Manager. Lora brings years of professional experience along with a warm personality, curiosity, and a genuine love of learning. Her strong attention to detail and organization will serve our team well.

Originally from Sherrill, Iowa, Lora's path has taken her from college in Philadelphia to over 20 years in Illinois, and now to Michigan, where she and her family recently renovated their lake cottage into a year-round home. With her husband working

remotely, her 16-year-old son adjusting to lake life,

and their friendly German Short-Haired Pointer, Hunter, settling in, Michigan already feels like home. Outside of work, Lora is a born-again reader who enjoys tea, family time, Mexican food, cozy nights in, and Hallmark movies. She loves fall, tropical vacations, and welcomes any new challenge.

**We are thrilled to have Lora on our team.**

**Please join us in giving her a warm COA welcome!**

## My New Year's Resolutions:

---

---

---

---

---

---

---

---

---

---

## Reminder to Sign in on the Kiosk for all activities.

We will be doing random drawings each month with prizes for anyone that participates in any activity at our enrichment centers. The more you participate, the more chances you have to win. Each activity will generate an entry automatically into the drawing. Be certain that you have renewed your membership so that we have the correct contact information in our systems so that we are able to notify you.

The New Year is a great time to try something NEW.

**Winners will be drawn at the end of each month.**

## Holiday Closings:

**Monday, January 19<sup>th</sup>, Martin Luther King Jr. Day  
Wednesday, December 31st, New Years Eve  
Thursday, January 1st, New Years Day**



# JANUARY Trips & Special Activities

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 Kalamazoo Valley Museum & Planetarium

**Where:** Kalamazoo

**When:** Wednesday, January 14th

**Cost:** \$13 per person (Lunch & Dinner on your own)

9:30am Depart from Sturgis COA

10:15am Depart from Three Rivers COA

**Lunch at Studio Grill**

**Museum & Planetarium**

**Dessert at Grand Traverse Pie Company**

5:30pm Return to Three Rivers COA

6:00pm Return to Sturgis COA

We will eat an early lunch at Studio Grill and then visit the museum. After exploring the museum, we will go to their planetarium and see "The Sky Above Us" - *Discover the "celestial wonders" that can be seen overhead in Michigan in this live, season-focused show. From constellations, planets and meteor showers, you'll learn how to enjoy the sky from your own backyard.*

## Casino Trip

**Where:** Firekeepers Casino in Battle Creek, MI

**When:** Tuesday, January 27th

**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



## National Puzzle Day Event

There are many benefits of doing jigsaw puzzles. They help you relax, give you a break from screens, sharpen your memory, improve your motor skills, keep your brain healthy, and boost your problem-solving skills. Best of all? Puzzles are fun - especially when you do them with friends.

We've planned a friendly competition at our centers. Assemble your team or even take on the challenge solo and join us for an afternoon of fun as we race to see which team can complete a 300-piece puzzle the quickest. Teams may consist of up to 4 people. The perks of competing will be a year of bragging rights and a small prize for the winning team.

Please sign up by calling 269-279-8083 or stopping by the reception desk so we can make sure we have enough supplies.

**When:** Thursday, January 29th

**Sturgis—1:30pm** (Immediately following Bingo)

**Three Rivers—1pm**

**Cost:** \$0

## Reflections & Connections:

### The Life Story Lab

Join us for our first creative and meaningful writing workshop designed to spark memories, encourage reflection, and celebrate the stories that make each of us unique. Using guided writing prompts, participants will have the opportunity to explore personal experiences and share special moments that have shaped who they are, helping to build deeper connections with peers. Each participant will receive a composition notebook, pen, and folder with writing prompts to keep their writing and ideas organized for this session and future workshops. Come ready to write, reflect, laugh, and enjoy the power of storytelling together!

Please sign up by calling 269-279-8083 or stopping by the reception desk so we can make sure we have enough supplies.

**When:** Sturgis - Tuesday, January 20th at 1pm

Three Rivers - Wednesday, January 28th at 1:30pm

**Cost:** \$0

## 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.

### 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 will 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.

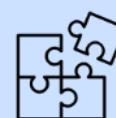
## Pizza & Puzzles

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, January 22<sup>th</sup> from 4:00 pm to 7:00 pm**

**Where: Oaks Enrichment Center**



## AARP Foundation<sup>®</sup>

# Tax-Aide

**Free Tax Help Available at Rivers Community Center**  
**Local Program Provides Assistance**

Need help filing your 2025 federal and state income taxes? Volunteers with a local program can prepare and file tax returns free of charge for you at the Rivers Community Center.

Trained, IRS-certified volunteers with the AARP Foundation Tax-Aide Program will meet with clients by appointment on Wednesdays during tax season. Tax-Aide helps *anyone, free of charge*, with a focus on taxpayers who are over 50 and have low to moderate incomes. **You don't need to be an AARP member to use the service.**

AARP Foundation Tax-Aide Program is the nation's largest free tax assistance and preparation service. Every year, from early February to mid-April, volunteers take appointments at over 3,600 locations around the country. Last year, Kalamazoo district volunteers completed 1,081 returns.

**When: Wednesdays, February 4th through April 15th**  
**Dates Available:**

**February: 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>**

**March: 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>**

**April: 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>**

**Time : 9am-2pm**

**Scheduling Begins: January 26, 2026 by calling 269-279-8083**



## 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.

### Jerry & Marge Go Large (PG)

Thursday, January 8th

JERRY & MARGE GO LARGE is inspired by the remarkable true story of retiree Jerry Selbee, who discovers a mathematical loophole in the Massachusetts lottery and, with the help of his wife, Marge, wins millions and uses the money to revive their small Michigan town.



### Secondhand Lions

Monday, January 26th

Walter, a shy 14-year-old boy, is sent to spend the summer with his two reclusive great-uncles on their Texas farm. While Walter's mother hopes he can charm his uncles out of a rumored secret fortune, he instead discovers the truth about their adventurous past as he grows closer to them.

DINNER  
& A  
MOVIE

Tuesday, January 6th 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 to let you know the movie we have selected and what time we are meeting the Friday before. Dinner at Culver's in Three Rivers afterwards.

County Department Spotlight:

## Emergency Services

St. Joseph County Emergency Services/Homeland Security (also known as Emergency Management) plays a quiet but crucial role in keeping local families — especially older adults — safe when emergencies happen. A component of the St. Joseph County Sheriff's Office, Emergency Management maintains the county's Emergency Operations Plan, making sure procedures are current and ready to activate in the event of disasters such as severe weather, flooding, or other hazards.

Beyond planning, Emergency Management offers training and resources not only for first responders and local officials, but also for community groups and residents. That includes sharing helpful guidance so residents can be better prepared before an emergency occurs.

When a significant incident happens and local resources may become overwhelmed, Emergency Management becomes the link between the county and state or federal support — helping coordinate outside assistance when needed.

Emergency Management encourages steps that can make a big difference: at-home preparedness kits, family communication plans, staying alert to weather or public-safety warnings, and knowing how to report emergencies. There are checklists and helpful hints for preparedness available at [www.ready.gov](http://www.ready.gov).

Emergency Management helps ensure that, if the unexpected occurs, our community remains equipped, coordinated, and ready!



## SERVICES & SUPPORT

### Foot Doctor



**Sturgis:** Tuesday, February 10th  
9:30 am - Noon by appt.

**Three Rivers:** Tuesday, March 3rd  
9:00 am - 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. (No appointment necessary)

**WHEN:** Thursday, January 29th  
**WHERE:** Three Rivers COA  
**TIME:** 10:00 am to Noon



### 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.**



### Legal Services of South Central Michigan

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

**WHEN:** Wednesday, January 21st  
**WHERE:** Available by Phone  
**TIME:** 9:00 am - 12:30 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, January 6th  
(First Tuesday Monthly)

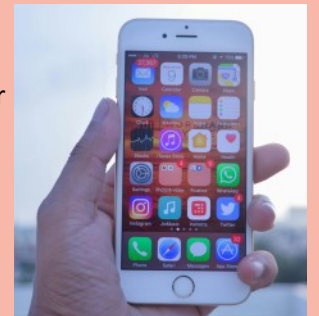
**Where:** Three Rivers Enrichment Center

**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, January 14th & 28th  
(Second & fourth Wednesday)  
10am—Noon by appointment

**Three Rivers:** Tuesday, January 20th  
(Normally Third Monday monthly, but changed date due to being closed the 19th)  
10am—Noon by appointment

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

# 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, January 13th  
(Second Tuesday)

**TIME:** 10 am - 11 am

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

## Free Bingo and Muffins & Medicare Events



**You're Invited: Free Bingo, Muffins & Medicare!**  
Come join us for a fun, no-pressure afternoon! We'll start with **FREE Bingo**, then enjoy muffins and light refreshments as we walk through a simple, easy-to-follow Medicare overview. Whether you're already on Medicare or just starting to look at your options, this relaxed **one-hour educational session** is designed to help you feel more confident and informed. No sales. No plan pitches. Just clear, helpful information — and a friendly space to ask questions. Bring a friend, bring your curiosity, and bring your appetite for muffins *and* knowledge!  
We'd love to have you there.  
**Presented by Jeff Armstrong, Independent Insurance Agent**  
Oaks Enrichment Center – Monday, Jan. 12 at 12:30 pm  
Rivers Enrichment Center – Tuesday, Jan. 20 at 1:00 pm

# Popcorn Day

Wednesday, January 21st



Stop by either center and enjoy a bag of popcorn from your friends at the COA. 10am while supplies last.

# FUN & GAMES/SOCIAL



## RIVERS ENRICHMENT CENTER BOOK CLUB

**Where:** Three Rivers Enrichment Center  
**When:** Wednesday, January 28th at Noon  
(Fourth Wednesday )  
**Book:** Many Lives of Mama Love  
By Lara Hardin

## Oaks Enrichment Center Book Club

**Where:** Oaks Enrichment Center  
Sturgis  
**When:** Thursday, January 15th at 3 pm  
(Third Thursday)  
**Book:** The Japanese Lover  
By Isabel Allende

## Lethal Lunches Book Club

**Where:** Oaks Enrichment Center  
Sturgis  
**When:** January 12th at Noon  
(Second Monday)  
**Book:** No One Can Know  
By Kate Alice Marshall

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 @ 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 @ 1pm (Beginners)

## Pinochle

Three Rivers: Mon. & Wed. @ 1:00pm  
Tuesdays @ 2:30pm

## Red Hatters Luncheon

Three Rivers: Third Friday of the Month  
Friday, January 16th  
11:45am  
RSVP for lunch on the deck by 1pm January 15th.

## Trivia

Sturgis: Tuesday, January 27th  
1:30pm  
(fourth Tuesday)



# 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:** Nancy Merkle & Terri Loomis

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:** Nancy Merkle, Terri Loomis



## Cardio Drumming

Cardio Drumming is one of the most fun workouts you'll ever do. Using the exercise ball as your drum and mixing in fun moves, cardio drumming turns keeping a rhythm into a workout you won't want to stop.

*Sturgis:* Wednesdays & Fridays at 1 p.m. (AH)

**Instructor:** Mary Haylett

*Three Rivers:* Tues. & Thursday at 9:30 a.m. (CR)

**Instructor:** Cathy Taylor



## 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



### 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



### Dance Fit

Join us for a fun dance aerobics class filled with lively music, easy-to-follow moves, and plenty of energy. Designed for older adults, this modified dance workout offers the classic moves you love at a comfortable, lower intensity. It's a great way to stay active, improve coordination, and enjoy moving with others. Combining great music with cardio dance, this uplifting class blends gentle movement and full-body exercise to deliver joyful rhythms, lots of smiles, and a workout that feels more like a dance party!

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

**Instructor:** Nancy Merkle & Terri Loomis



### 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:** Nancy Merkle & Terri Loomis



# 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> Dance Fit (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> Dance Fit (Community Room)	

Try a new class today!

January 2026 Activities CALENDAR Three Rivers				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit	30 8:15am - Forever Fit—Video 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	31 Closed Happy New Year’s Eve	1 Closed Happy New Year!	2 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
5 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit	6 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle Dinner & a Movie Three Rivers 6 Theater	7 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle	8 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit	9 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
12 9am Beltone Hearing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit	13 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10am - Stroke Support Group at Three Rivers Hospital 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	14 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 11am In Stitches 1pm Pinochle Trip to Museum	15 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit	16 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 11:45am - Red Hatters Luncheon 12:30pm - Bingo at Klines 1pm Bingo 1pm - Mah Jongg
19 Closed Martin Luther King Jr. Day	20 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10am Tech Time 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Free Bingo and Muffins & Medicare 2:30pm - Pinochle	21 9am Legal Aid (By Phone) 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle 3pm Advisory Board Meeting Popcorn Day	22 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit	23 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
26 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit AARP Tax Prep Sign-ups Available Starting Today	27 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle Trip to Casino	28 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 11am - In Stitches Noon - Book Club 1pm - Pinochle 1:30 Life Story Lab Workshop	29 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10am Lions Club Vision Assistance 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 1pm Puzzle Competition 2pm - Dance Fit	30 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



January 2026 Activities CALENDAR Sturgis				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	30 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre	31 Closed Happy New Year's Eve	1 Closed Happy New Year!	2 9:45am Arthritis Exercise - Taking it Easy! - VIDEO 11am S.A.I.L. Exercise—VIDEO 1pm - Cardio Drumming—VIDEO
5 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	6 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre Dinner & a Movie Night Three Rivers 6 Theater 6pm Alzheimer's Support Group at Rivers COA	7 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	8 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:30pm - Movies at the Oaks 6pm - Billards Club 7pm - Duplicate Bridge	9 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm Cardio Drumming
12 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise Noon - Lethal Lunches Book Club 12:30pm - Free Bingo and Muffins & Medicare 1pm - Euchre	13 9am - Chair Yoga 10am-11am Stroke Support Group at TR Hospital 10am - Boards & Bagels 1pm - Euchre	14 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Time 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming Trip to Museum	15 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm Book Club 6pm - Billards Club 7pm - Duplicate Bridge	16 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
19 Closed Martin Luther King Jr. Day	20 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 1pm Life Story Lab Workshop	21 9am Legal Aid (By Phone) 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming 3pm Advisory Board Meeting Popcorn Day	22 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 4pm Pizza & Puzzles 6pm - Billards Club 7pm - Duplicate Bridge	23 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
26 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre 1:30pm - Movies at the Oaks AARP Tax Prep Sign-ups Available Starting Today	27 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 1:30 Trivia Trip to Casino	28 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Time 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	29 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:30pm Puzzle Competition 6pm - Billards Club 7pm - Duplicate Bridge	30 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 12/31/26!**

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 2026

**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  
January 2026**

DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Thursday, January 1	Closed for Holiday
Friday, January 2	Lasagna, Peas & Pearl Onions, Glazed Carrots
Monday, January 5	Cheese Burger, Sweet Potato Wedges, Key West Blend Vegetables
Tuesday, January 6	Chicken Chop Suey, Brown Rice, Oriental Blend Vegetables, Capri Blend Vegetables
Wednesday, January 7	Citrus Glazed Turkey, Red Bliss Potatoes, Butternut Squash
Thursday, January 8	Bourbon Fish, Florentine Rice Pilaf, Parslied Cauliflower, Mixed Vegetables
Friday, January 9	Herbed Pork Loin, Sweet Potatoes, Scalloped Tomatoes, Creamy Peas with Red Peppers
Monday, January 12	Baked Chicken & Grits, Collard Greens, Sugar Snap Peas
Tuesday, January 13	Salmon Patty with Dill, Parmesan Noodles, Cauliflower, Butternut Squash
Wednesday, January 14	Bourbon Pork Chop, Whipped Sweet Potatoes, Scandinavian Blend Vegetables
Thursday, January 15	Pepper Steak, Brown Rice, Dilled Carrots, Green Beans
Friday, January 16	Turkey Noodle Casserole, Peas & Pearl Onions, Wax Beans
Monday, January 19	Closed for Holiday
Tuesday, January 20	Italian Sausage, Peppers & Onions, Roasted Butternut Squash, Capri Blend Vegetables
Wednesday, January 21	Maple Glazed Fish, Sweet Potatoes, Asparagus, Venetian Blend Vegetables
Thursday, January 22	BBQ Chicken, Au Gratin Potatoes, Baked Beans
Friday, January 23	Italian Beef Casserole, Italian Blend Vegetables, Diced Beets
Monday, January 26	BBQ Beef Sandwiches, German Potato Salad, Mixed Vegetables
Tuesday, January 27	Creamy Chicken Curry, Brown Rice, Roasted Brussel Sprouts, Yellow Squash with Onions
Wednesday, January 28	Ham Slice, Cheesy Mashed Potatoes, Stewed Tomatoes, Green Beans
Thursday, January 29	Beef & Broccoli, Brown Rice, Oriental Blend Vegetables, Normandy Blend Vegetables
Friday, January 30	Breakfast Scramble, Sausage Links, Hash Browns, Broccoli

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