



The Senior Connection

St. Joseph County **Commission on Aging** Newsletter

February 2026

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

Love Your Heart!



♥ Eat healthy foods • ♥ Exercise regularly • ♥ Watch your blood pressure & cholesterol! ♥

♥ Drink water • Laugh more • ♥ Manage stress • Stay connected with loved ones ♥



February is a month to celebrate the heart—love, friendship, and staying healthy. Inside this issue, you'll find heart-healthy tips and plenty of fun activities to enjoy all month

St. Joseph County Commission on Aging

Rivers Enrichment Center & Residence

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

Oaks Enrichment Center

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

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



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



From the Executive Director...

February is a month that invites us to focus on the heart — not only through heart health, but also through love, friendship, and the connections that keep us feeling supported and engaged. At the Commission on Aging, we believe caring for your heart includes staying active, eating well, laughing often, and spending time with others.



This month, we are proud to recognize American Heart Month with educational opportunities and activities designed to encourage movement, healthy habits, and motivation in a fun and supportive way. From heart-healthy workshops and fitness classes to gentle exercise options and walking-friendly activities, there are many ways to keep your body moving while enjoying the company of friends.

February also brings many opportunities to connect socially. Whether you're attending Dinner Night Out, joining us for trips and crafts, enjoying movies, games, or book clubs, or simply stopping by for lunch and conversation, these shared experiences play an important role in overall well-being. Staying connected is just as important as staying physically active.

I also want to thank our generous donors whose support made recent updates to the Oaks and Rivers Enrichment Center gyms possible. Their generosity helps ensure our members have access to safe, welcoming spaces that promote wellness and active aging.

As always, I encourage you to sign in on the kiosk when you participate in activities — your involvement helps us plan future programming and enters you into our monthly prize drawings. Most importantly, your presence helps make our centers the warm, vibrant places we are so proud of. Thank you to our members, volunteers, and staff for the kindness, energy, and heart you bring to the COA every day. May your February be filled with good health, meaningful connections, and plenty of reasons to smile.

Warmly,

Pam

♥ Dinner Night Out ♥

Join us for a night of great music, delicious food, sweet treats, and fun.

This event features the very talented local musician:



Joe Oliva



Come prepared to have a great time!

Who knows—you might even find yourself singing along or getting up to dance.

Where: Sturgis, Oaks Enrichment Center

When: Wednesday, February, 18th at 5pm

Ticket Cost: \$15

Tickets go on sale February 4th and will be available until February 11th or until sold out. Call 269-279-8083 to reserve your ticket. As a reminder, tickets must be paid for within 3 days or spot is forfeited.



COA Advisory Board Meeting

Wednesday, April 15th, 2026
3:00 pm
Sturgis 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

WNND (NBC) South Bend

The COA is supported by funds from:

- ◆ Michigan Department of Health and Human Services, Bureau of Aging, Community Living and Supports
- ◆ Branch-St. Joseph Area Agency on Aging (Region IIIC)
- ◆ St. Joseph County Senior Millage
- ◆ Older American's Act
- ◆ Older Michiganian's Act
- ◆ Donations

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

New Years Refresh for our Enrichment Center Gyms

Thanks to the generosity of donors, the Oaks and Rivers Enrichment Centers have added new and donated fitness equipment to our gyms, helping to further promote active aging and overall wellness.



We are truly grateful for this support, which continues to enrich the lives of our members every day.



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 you sign in for will generate an entry automatically into the drawing. There's never been a better time to try a new activity or make new friends.

Winners will be drawn at the end of each month and contacted by phone.

Holiday Closings:

Monday, February 16th, Presidents' Day

FEBRUARY 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.

Turkeyville—A Taste of Broadway

Where: Cornwell's Dinner Theatre

When: Friday, February 20th

Cost: \$76 per person
(includes lunch & Show)

9:15am Depart from Three Rivers COA

10am Depart from Sturgis COA

Lunch & Show

5:15pm Return to Sturgis COA

5:45pm Return to Three Rivers COA

A Curated Music and Dining Experience. Each course is inspired by, and featuring the music of a different Broadway show! Includes Wicked, Girls and Dolls, Legally Blonde, and Chicago. This is sure to be a great show!



Casino Trip

Where: Firekeepers Casino, Battle Creek, MI

When: Tuesday, February 24th

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



Craft

Our February craft is going to be extra sweet! We will make Valentine treats, decorated with chocolate and festive toppings. You'll be taking a nice box of treats home to enjoy or to share with someone.

Three Rivers: Monday, February 9th – 1pm

Sturgis: Tuesday, February 10th – 1pm

Cost: \$0, Donations accepted.

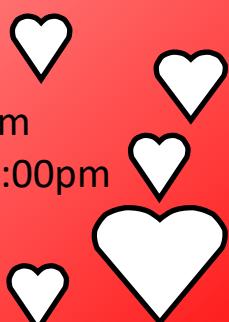
Please sign up by calling 269-279-8083.



♥ American Heart Month ♥

Taking care of your heart can be as simple as adding a little more movement to your day. Join us to learn ways to boost heart health, stay active, and enjoy some friendly motivation along the way.

We will be going over heart healthy facts, foods, tools, habits, support, and much more. Each participant will leave with resources and tools that will help you on your journey to heart health long after the workshop.



Sturgis: Thursday, February 12th – 1:45pm

Three Rivers: Tuesday, February 17th – 3:00pm

Please sign up by calling 269-279-8083.

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!

We look forward to growth and exciting new programs and activities. 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, February 19th from 4:00 pm to 7:00 pm

Where: Oaks Enrichment Center, Sturgis



AARP Foundation **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: 4th, 11th, 18th, 25th

March: 4th, 11th, 18th, 25th

April: 1st, 8th, 15th

Time : 9am-2pm

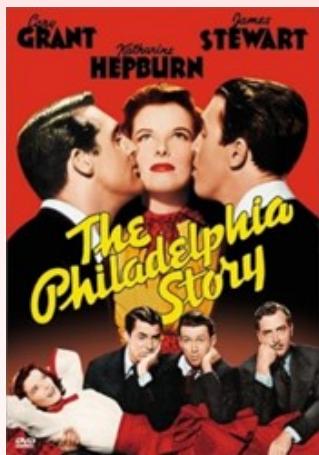
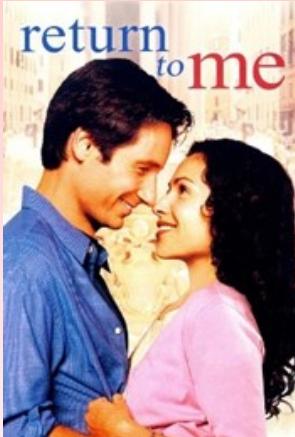
Scheduling Begins January 26th and will continue until all appointments have been filled. **Call 269-279-8083 to sign up.**

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.

Return to Me (PG-13) Thursday, February 5th

A Chicago architect donates his wife's heart after she's killed in an accident and then falls for the woman who received the heart.



The Philadelphia Story (NR) Monday, February 23th

A socialite whose wedding plans are complicated by the simultaneous arrival of her ex-husband and a tabloid magazine journalist.



Tuesday, February 3rd 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:

Community Corrections

Community Corrections helps keep St. Joseph County safer by working with people who are involved in the court system—but may not need to be in jail. Instead, eligible individuals can stay in the community while being supervised and connected to programs that help them make better choices and access necessary services.

This department supports the courts by offering structured supervision and evidence-based programs. A major focus is helping participants build practical skills—like problem-solving, decision-making, and managing stress—through approaches such as cognitive behavioral programming. These programs are designed to reduce repeat offenses and encourage positive change over time.

Community Corrections is guided by the Community Corrections Advisory Board (CCAB), which includes local criminal justice professionals, treatment providers, community members, and representatives from service organizations. The board helps monitor programs, identify community needs, and support improvements so that services remain effective and accountable.

By using alternatives to incarceration when appropriate, Community Corrections helps reduce overcrowding and preserves jail space for individuals who pose a higher risk to the community. At the same time, participants are still held responsible through supervision and clear expectations.

To learn more about the department, available programs, or get contact information, visit stjosephcountymi.gov/government/courts-law-enforcement/community-corrections.

Heart-Healthy Ways to Celebrate Valentine's Day

- Take a walk with a friend or join a group stroll
- Share fresh fruit or a healthier sweet treat
- Laugh together—watch a funny movie or tell stories
- Try a gentle exercise class or stretching session
- Cook or share a heart-healthy meal or snack
 - Practice relaxation or deep breathing
 - Drink water and check in on your health
- Send a cheerful card or make a friendly phone call
- Spend time visiting and connecting with others
 - Take care of yourself—and each other

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, February 26th
WHERE: Three Rivers COA
TIME: 10:00 am to Noon



Hearing Screenings

When: Monday, March 9th
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, February 18th
WHERE: Available by Phone
TIME: 2pm - 4pm

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

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



Alzheimer's Association Caregiver Support Group

When: Tuesday, February 3rd
(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, February 11th & 25th
(Second & fourth Wednesday)
10am—Noon by appointment

Three Rivers: Tuesday, February 17th
(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, February 10th

(Second Tuesday)

TIME: 10 am - 11 am

LOCATION: Beacon Health

Rehab Dining Room

701 S. Health Parkway, Three Rivers

We invite you to visit our centers to check out our lending libraries.



The Three Rivers Enrichment Center has a lending library of books, puzzles, and movies.



The Sturgis Enrichment Center has a lending library of puzzles.

Jude the Comfort Dog

Hi, I'm Jude from Lutheran Church Charities K-9 Comfort Dogs. I visit the Rivers Enrichment center on the first Friday monthly from 10:30am-11am.



This month I will be visiting on **Friday, February 6th.**

Love,
Jude



FUN & GAMES/SOCIAL



Rivers Enrichment Center Book Club

Where: Three Rivers Enrichment Center

When: Wednesday, February 25th at Noon
(Fourth Wednesday)

Book: The Briar Club

By Kate Quinn

Oaks Enrichment Center Book Club

Where: Oaks Enrichment Center

Sturgis

When: Thursday, February 19th at 3 pm
(Third Thursday)

Book: Mockingbird Summer

By Lynda Rutledge

Lethal Lunches Book Club

Where: Oaks Enrichment Center

Sturgis

When: Monday, February 9th at Noon
(Second Monday)

Book: The Briar Club

By Kate Quinn

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, February 20th
11:45am

RSVP for lunch on the deck by 1pm February 19th by calling 269-279-8083 and being placed on attendee list.

Trivia

Sturgis: Tuesday, February 24th
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



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



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, Rebecca 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: 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!

February 2026 Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit	3 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 Dinner & a Movie Night Three Rivers 6 Theater	4 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle AARP Tax Aide Three Rivers Enrichment Center	5 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 1:30pm - Movies at the Oaks, Sturgis Enrichment Center 2pm - Dance Fit	6 9:30am - Line Dancing 10am - Arthritis Exercise - Taking it Easy 10:30am Jude the Comfort Dog 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm - Bingo 1pm - Mah Jongg
9 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm—Craft 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit	10 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	11 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle AARP Tax Aide Three Rivers Enrichment Center	12 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit	13 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
16 Closed Presidents' Day	17 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10am Tech Time 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 3pm Heart Health Workshop	18 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 2pm Legal Aid (By Phone) AARP Tax Aide Three Rivers Enrichment Center Dinner Night Out	19 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit 4pm Pizza & Puzzles at Sturgis Enrichment Center	20 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 Turkeyville Trip
23 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 1:30pm - Movies at the Oaks, Sturgis Enrichment Center 2pm - Dance Fit	24 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm Bingo 2:30pm - Pinochle Casino Trip	25 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 11am - In Stitches Noon - Book Club 1pm - Pinochle AARP Tax Aide Three Rivers Enrichment Center	26 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10am Lions Club Vision Assistance 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit	28 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

February 2026 Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	3 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 6pm Alzheimer's Support Group at Rivers COA Dinner & a Movie Night Three Rivers 6 Theater	4 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming AARP Tax Aide Three Rivers Enrichment Center	5 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	6 9:45am Arthritis Exercise - Taking it Easy! - VIDEO 11am S.A.I.L. Exercise—VIDEO 1pm - Cardio Drumming—VIDEO
9 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12pm Lethal Lunches— Book Club 12:30pm - Bingo 1pm - Euchre	10 9am - Chair Yoga 9:30pm Foot Doctor 10am - Boards & Bagels 10am - Stroke Support Group at TR Hospital 1pm - Euchre 1pm Craft	11 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Time 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming AARP Tax Aide Three Rivers Enrichment Center	12 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:45pm Heart Health Workshop 6pm - Billards Club 7pm - Duplicate Bridge	13 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm Cardio Drumming
16 Closed Presidents' Day	17 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre	18 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming 2pm Legal Aid (By Phone) AARP Tax Aide Three Rivers Enrichment Center Dinner Night Out	19 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm Book Club 4pm-7pm - Pizza & Puzzles at Sturgis Enrichment Center 6pm - Billards Club 7pm - Duplicate Bridge	20 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming Turkeyville Trip
23 9:45am - Arthritis Exercise - Taking it Easy! - VIDEO 11am - S.A.I.L. Exercise—VIDEO 12:30pm - Bingo 1pm - Euchre 1:30pm - Movies at the Oaks	24 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 1:30pm Trivia Casino Trip	25 9:45am - Arthritis Exercise - Taking It Easy! - VIDEO 10am - Tech Time 11am - S.A.I.L. Exercise—VIDEO 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming AARP Tax Aide Three Rivers Enrichment Center	26 9am - Gentle Yoga—VIDEO 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Billards Club 7pm - Duplicate Bridge	27 9:45am - Arthritis Exercise - Taking It Easy! - VIDEO 11am - S.A.I.L. Exercise—VIDEO 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

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

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

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

February 2026

DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Monday, February 2	Chicken Cordon Bleu, Scalloped Potatoes, Midori Blend Vegetables
Tuesday, February 3	Turkey Tetrazzini with Pasta, Stewed Tomatoes, Broccoli
Wednesday, February 4	Bratwurst, Peppers & Onions, Butternut Squash, Peas & Pearl Onions
Thursday, February 5	Beef & Noodles, Green Beans, Carrots
Friday, February 6	Honey Mustard Chicken, Red Bliss Potatoes, Crumb Topped Brussel Sprouts
Monday, February 9	Oven Baked Fish Sandwich, Tater Tots, Northwest Blend Vegetables
Tuesday, February 10	Korean Beef BBQ with Vegetables, Brown Rice, Capri Blend Vegetables
Wednesday, February 11	Turkey Stroganoff, Succotash Blend Vegetables, Caribbean Blend Vegetables
Thursday, February 12	Chicken & Dumplings, Yellow Squash with Onions, Oriental Blend Vegetables
Friday, February 13	Cranberry Glazed Pork, Cinnamon Maple Squash, California Blend Vegetables
Monday, February 16	Closed for Holiday
Tuesday, February 17	Chicken Tenders, Sweet Potato Wedges, Mixed Vegetables
Wednesday, February 18	Salisbury Steak, Mashed Potatoes, Cauliflower, Creamy Peas w/Red Peppers
Thursday, February 19	Herbed Pork Loin, Red Bliss Potatoes, Key West Blend Vegetables
Friday, February 20	Turkey & Stuffing Casserole, Nantucket Blend Vegetables, Green Bean Almondine
Monday, February 23	Cheese Omelet, Sausage Links, Hash Browns, Broccoli
Tuesday, February 24	Mandarin Pork Roast, Whipped Sweet Potatoes, Italian Blend Vegetables
Wednesday, February 25	Tahitian Chicken, Brown Rice, Wax Beans, Winter Blend Vegetables
Thursday, February 26	Citrus Dill Cod, Parmesan Noodles, Capri Blend Vegetables, Beets
Friday, February 27	Baked Spaghetti, Broccoli, Key West Blend Vegetables

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 # _____

