



The Senior Connection

March 2026

St. Joseph County Commission on Aging Newsletter

Serving Older Adults in St. Joseph County Since 1973

MARCH

WOMEN'S HISTORY MONTH



ST. PATRICK'S DAY



MARCH MUSIC MADNESS



March is filled with celebration and connection! Join us as we honor Women's History Month, enjoy festive St. Patrick's Day activities, and turn up the volume for March Music Madness with games, themed treats, and friendly competition. With exciting trips, special events, and plenty of opportunities to stay active and engaged, there's something for everyone.

**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 step into March, we are greeted with a season of renewal, celebration, and connection. This month's newsletter is filled with meaningful moments and joyful opportunities that reflect the heart of the St. Joseph County Commission on Aging.

March is a time to honor strength and legacy as we celebrate Women's History Month. We are proud to recognize the resilience, leadership, and contributions of women—both throughout history and right here in our own community. Every day, we see the impact of strong women who volunteer, teach, support, lead, and inspire at our centers.

Of course, March also brings a bit of festive fun! We look forward to celebrating St. Patrick's Day together with a little extra green, a sweet treat, and our King or Queen of Green Competition. It's these shared experiences that remind us how special it is to gather, laugh, and enjoy one another's company.

And get ready... because March Music Madness is here! All month long, we'll be taking a trip down memory lane with music-themed activities, friendly competitions, and nostalgic favorites that have been the soundtrack to our lives. Whether you're testing your knowledge at Name That Tune, enjoying a themed snack, or simply tapping your toes along the way, we hope you'll join in the fun.

Beyond the celebrations, our calendar is filled with opportunities to stay active, engaged, and connected—from exercise classes and support groups to trips, crafts, movies, and volunteer opportunities. Your participation brings life to our centers, and we are so grateful for the energy and enthusiasm you share with us.

Thank you for being part of the COA family. It is an honor to serve this community, and we look forward to making March a month filled with warmth, laughter, and meaningful moments together.

Warmly,

Pam



St. Patrick's Day

On Tuesday, March 17th, anyone that joins us for lunch on St. Patrick's Day will be treated to a scoop of mint chocolate ice cream for dessert. Be sure to sign up for lunch no later than noon on Monday, March 16th.

King or Queen of Green

The crown will go to the person that wears the most green to the center St. Patrick's Day.

Anyone that wants to be considered for the title needs to meet at the café at 12:15 p.m.



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

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.

Spring Door Hanger Craft

Three Rivers: Monday, March 16th
at 1pm

Sturgis: Tuesday March 17th
at 1pm

Cost: No charge,
however donations
are appreciated.



RSVP: Please call 269-279-8083 to sign up.

Name That Tune Competition

Test your musical memory and have some friendly competition! Teams will listen to short snippets of well-known songs and work together to guess the song title (and maybe even the artist!) to earn points. It's a fun, fast-paced game filled with laughter, nostalgia, and plenty of toe-tapping tunes.

Teams (up to 4 people) must sign up in advance.

Sturgis: Thursday, March 12th at 2pm

Three Rivers: Friday, March 27th at
2:30pm

Please Sign up by calling 269-279-8083

February Puzzle Competition Winners



Sturgis Winning Team:

Larry Murray, Janice Murray
and Sharon Bowman



Three Rivers Winning Team:

Linda Sailor, Ester Reid,
Nancy Randazzo, and Joann Wing.

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.**

January Drawing Winners



**Oaks Enrichment
Center Winner:
Jon Lego**



**Rivers Enrichment
Center Winner:
Vickie Paananen**



MARCH 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.

Kalamazoo Wings vs. Rapid City Rush Hockey Game

Where: K Wings Stadium, Kalamazoo
When: Friday, March 20th
Cost: \$29 per person (Dinner on your own)

3:15pm Depart from Sturgis COA
4:00pm Depart from Three Rivers COA
Dinner at The Crew Family Restaurant & Bakery
Hockey Game
10:15pm Return to Three Rivers COA
10:45pm Return to Sturgis COA



This is a \$3 Friday at the K-Wings game.

\$3 Beers, Sodas, & Hot Dogs from 6pm to 8pm.

Casino Trip

Where: Firekeepers Casino, Battle Creek
When: Tuesday, March 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



MARCH "MUSIC" MADNESS

Get ready to take a trip down memory lane as we celebrate *Music Madness* all month long! March will be filled with the songs, sounds, games, and memories that have been the soundtrack to so many of our lives. Whether you're singing along, guessing tunes, enjoying a movie, or just stopping by for a fun snack, we hope you'll join us all month long as we celebrate "March Music Madness"—where every activity strikes a happy note!

To keep the fun going (and our taste buds happy), we're adding a music-themed snack that can be picked up at the center or enjoyed at lunch.

Monday, March 2nd

"Twist and Shout":
Stop by and pick up a bag of pretzel "twists" to enjoy.



Monday, March 9th

"Cheeseburger in Paradise":
We hope you will join us for Cheeseburgers in our own little paradise.

Please sign up for lunch by noon on Friday, March 6.



Monday, March 16th

"Shake, Rattle & Roll" or,
"Snap, Crackle & Pop!"
Enjoy a classic Rice Krispies Treat on us.



Monday, March 23rd

"Rockin' Root Beer Floats"
Root beer floats will be served for dessert to those joining us for lunch.
Please sign up for lunch by noon on Friday, March 20.



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, March 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, through April 15th

Dates Available

February: 25th

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

April: 1st, 8th, 15th

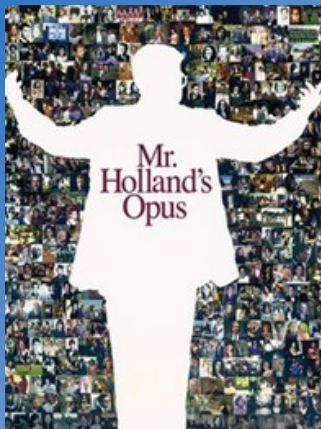
Time : 9am-2pm

Call to make your appointment TODAY, we will continue to schedule until all appointments have been filled.

Call 269-279-8083 to sign up.

Monthly Movies at the Oaks

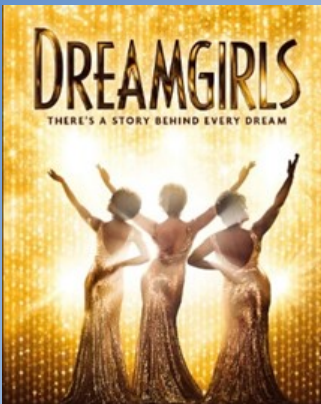
Join us each month as we show movies at the Oaks Enrichment Center in Sturgis. Movies will be shown at 1:30 pm in the classroom. We'll provide water and popcorn.



Mr. Holland's Opus (PG-13)

Tuesday, March 10th

Glenn Holland is a passionate musician who dreams of composing one truly memorable piece of music. But reality intrudes when he reluctantly accepts a "day job" as a high school music teacher to support his family. In time, however, Mr. Holland realizes that his real passion is teaching, and his legacy is the generations of young people he inspires.



Dream Girls (PG-13)

Monday, March 23rd

A trio of black female soul singers cross over to the pop charts in the early 1960s, facing their own personal struggles along the way.

DINNER & A MOVIE

Tuesday, March 10th 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:

Animal Control

St. Joseph County Animal Control is dedicated to protecting both residents and animals while promoting responsible animal ownership throughout the county. Based in Centreville, this county department is a component of the St. Joseph County Sheriff's office, responsible for enforcing the Animal Control Ordinance and state law, by responding to concerns involving stray animals, animal welfare, and public safety issues related to animals. Their work helps ensure a safe, humane, and healthy community for everyone.

Michigan law requires dog licenses for all dogs four months of age and older. Dog licenses help reunite lost pets with their owners and confirm that animals are properly vaccinated against rabies. For residents' convenience, licenses may be purchased at your local Township or City Treasurer's Office from December 1 through March 1 each year. Licenses are also available year-round at St. Joseph County Animal Control or at the County Treasurer's Office. Online dog licenses can be found at www.stjacac.org.

Animal Control also investigates reports of animal cruelty or neglect, responds to complaints about stray or dangerous animals, handles calls involving livestock, and provides education on responsible pet care. While the department works closely with local municipalities, it does not enforce private rules such as homeowners' association or apartment complex pet policies.

In addition, the County Animal Control Shelter offers adoption services, helping animals to find safe, loving homes. Adoptions are available Monday through Friday during regular business hours.

For questions about licensing, animal concerns, or available services, residents may contact St. Joseph County Animal Control at (269) 467-6475 or visit the county website for more information, www.stjosephcountymi.gov.



SERVICES & SUPPORT

Foot Doctor



Three Rivers: Tuesday, March 3rd
9:00 am - Noon by appt.

Sturgis: Tuesday, April 14th
9:30 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, March 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.



Legal Services of South Central Michigan

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

WHEN: Wednesday, March 18th
WHERE: Available by Phone
TIME: 9am - Noon

When: Tuesday, March 24th
Where: Sturgis, Oaks Enrichment Center
Time: 10am - 11am call for appt.

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, March 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).

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, March 10th
(Second Tuesday)
TIME: 10 am - 11 am
LOCATION: Beacon Health
Rehab Dining Room
701 S. Health Parkway, Three Rivers

Technology Help at the COA

If you have questions about your laptop, smartphone, iPad, or other mobile device, we're here to help!



Whether you need assistance getting started, browsing the internet, sending photos, checking email, or using Facebook and other social media, we're happy to assist.

Sturgis: Wednesday, March 11th & 25th
(Second & fourth Wednesday)
10am—Noon by appointment
Three Rivers: Monday, March 16th
(Third Monday monthly)
10am—Noon by appointment
Please call 269-279-8083 to make an appointment.

Maple Syrup Open House
Butternut Creek
Sugar Shack



Where: 24890 Flach Rd. Mendon

When: Saturday, March 21st & Sunday, March 22nd
 10am-4pm

Cost: \$0



Free Pancake & Sausage Breakfast served all day.

Sugar Bush Tour—Locate and tap maple tree. Learn how sap is collected and transported.

Sugar Shack Tour—See how maple sap is collected, filtered, and evaporated in a wood fired evaporator

Maple Syrups (plain, cinnamon, jalapeno, Bourbon, whiskey) Maple Sugar, candy, nuts, cream, and cotton candy available for purchase

No sign up necessary.

Open to public, transportation on your own.

Life Story Lab

Writing workshop.

Sturgis: Monday, March 9th 2pm

Three Rivers: Friday, March 27th 10am

Please Sign up by calling 269-279-8083

Potluck Bingo

Where: Sturgis, Oaks Enrichment Center

When: Wednesday March 18th at 4pm

Trivia

Where: Sturgis, Oaks Enrichment Center

When: Tuesday, March 24th at 1:30pm

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, March 6th.

Love,

Jude



FUN & GAMES/SOCIAL



RIVERS ENRICHMENT CENTER
BOOK CLUB

Where: Three Rivers Enrichment Center

When: Wednesday, March 25th at Noon

(Fourth Wednesday)

Book: The Grapes of Wrath

By John Steinbeck

Oaks Enrichment Center
Book Club

Where: Oaks Enrichment Center

Sturgis

When: Thursday, March 19th at 3 pm

(Third Thursday)

Book: Looking for Salvation

at the Dairy Queen

By Susan Gregg Gilmore

Lethal Lunches Book Club

Where: Oaks Enrichment Center

Sturgis

When: Monday, March 9th at Noon

(Second Monday)

Book: The Unwedding

By Allyson Condie

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: Friday, March 20th

(Third Friday Monthly)

11:45am

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

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



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



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



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



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



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

Rivers Enrichment Center, Three Rivers

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

Try a new class today!

March 2026 Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Pinochle</p> <p>2pm - Dance Fit</p> <p>“Twist & Shout” Pretzel Day</p>	<p>3</p> <p>8:15am - Forever Fit—Video</p> <p>9am - Foot Doctor</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>12:45pm - Mah Jongg</p> <p>1pm - Bingo</p> <p>2:30pm - Pinochle</p> <p>6pm Alzheimer’s Support Group at Rivers COA</p>	<p>4</p> <p>9am Say Yes! To weights</p> <p>10am - Flexible You</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L.</p> <p>11am - In Stitches</p> <p>1pm - Pinochle</p> <p>AARP Tax Aide Three Rivers Enrichment Center</p>	<p>5</p> <p>8:15am - Forever Fit—Video</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Euchre</p> <p>2pm - Dance Fit</p>	<p>6</p> <p>9:30am - Line Dancing CANCELLED</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>10:30am Jude the Comfort Dog</p> <p>11am - S.A.I.L. Exercise</p> <p>12:30pm - Bingo at Klines</p> <p>1pm - Bingo</p> <p>1pm - Mah Jongg</p>
<p>9</p> <p>9am - Beltone Hearing Screenings at Rivers COA</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Pinochle</p> <p>2pm - Dance Fit</p> <p>Cheesburger in Paradise Day (Please sign up for lunch by 3/6)</p>	<p>10</p> <p>8:15am - Forever Fit—Video</p> <p>9:30am - Cardio Drumming</p> <p>10am - Stroke Support Group at Three Rivers Hospital</p> <p>10:30am - Arthritis Exercise</p> <p>12:45pm - Mah Jongg</p> <p>1pm - Bingo</p> <p>1:30pm - Movies at the Oaks, Sturgis Enrichment Center</p> <p>2:30pm - Pinochle</p> <p>Dinner & a Movie Night Three Rivers 6 Theater</p>	<p>11</p> <p>9am Say Yes! To weights</p> <p>10am - Flexible You</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L.</p> <p>11am - In Stitches</p> <p>1pm - Pinochle</p> <p>AARP Tax Aide Three Rivers Enrichment Center</p>	<p>12</p> <p>8:15am - Forever Fit—Video</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Euchre</p> <p>2pm - Dance Fit</p>	<p>13</p> <p>9:30am - Line Dancing</p> <p>10am - Arthritis Exercise—Taking it Easy</p> <p>10:30am PAC Meeting</p> <p>11am - S.A.I.L. Exercise</p> <p>12:30pm - Bingo at Klines</p> <p>1pm—Bingo</p> <p>1pm - Mah Jongg</p>
<p>16</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>10am Tech Time</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Pinochle</p> <p>1pm Craft</p> <p>2pm - Dance Fit</p> <p>“Shake, Rattle, & Roll” Rice Krispies Treat Day</p>	<p>17</p> <p>8:15am - Forever Fit—Video</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>12:45pm - Mah Jongg</p> <p>1pm - Bingo</p> <p>2:30pm - Pinochle</p> <p>St. Patrick’s Day Festivities</p>	<p>18</p> <p>9am Say Yes! To weights</p> <p>10am - Flexible You</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>11am In Stitches</p> <p>1pm Pinochle</p> <p>9am-Noon Legal Aid (By Phone)</p> <p>AARP Tax Aide Three Rivers Enrichment Center</p>	<p>19</p> <p>8:15am - Forever Fit—Video</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Euchre</p> <p>2pm - Dance Fit</p> <p>4pm Pizza & Puzzles at Sturgis Enrichment Center</p>	<p>20</p> <p>9:30am - Line Dancing</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>11:45am - Red Hatters Luncheon</p> <p>12:30pm - Bingo at Klines</p> <p>1pm Bingo</p> <p>1pm - Mah Jongg</p> <p>Trip - K-Wings Hockey Game</p>
<p>23</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Pinochle</p> <p>1:30pm - Movies at the Oaks, Sturgis Enrichment Center</p> <p>2pm - Dance Fit</p> <p>Rockin’ Root Beer Float Day (Please sign up for lunch by 3/20)</p>	<p>24</p> <p>8:15am - Forever Fit—Video</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>12:45pm - Mah Jongg</p> <p>1pm Bingo</p> <p>2:30pm - Pinochle</p> <p>Trip - Casino</p> <p>10am-11am Legal Aide at Oaks Enrichment Center</p>	<p>25</p> <p>9am Say Yes! To weights</p> <p>10am - Flexible You</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>11am - In Stitches</p> <p>Noon - Book Club</p> <p>1pm - Pinochle</p> <p>AARP Tax Aide Three Rivers Enrichment Center</p>	<p>26</p> <p>8:15am - Forever Fit—Video</p> <p>9:30am - Cardio Drumming</p> <p>10am Lions Club Vision Assistance</p> <p>10:30am - Arthritis Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Euchre</p> <p>2pm - Dance Fit</p>	<p>27</p> <p>9:30am - Line Dancing</p> <p>10am Life Story Lab</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>12:30pm - Bingo at Klines</p> <p>1pm Bingo</p> <p>1pm - Mah Jongg</p> <p>2:30pm Name That Tune</p>
<p>30</p> <p>10am - Arthritis Exercise - Taking it Easy</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Chair Yoga</p> <p>1pm - Pinochle</p> <p>2pm - Dance Fit</p>	<p>31</p> <p>8:15am - Forever Fit—Video</p> <p>9:30am - Cardio Drumming</p> <p>10:30am - Arthritis Exercise</p> <p>12:45pm - Mah Jongg</p> <p>1pm Bingo</p>			

March 2026 Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:45am - Arthritis Exercise - Taking it Easy! - VIDEO</p> <p>11am - S.A.I.L. Exercise - VIDEO</p> <p>12:30pm - Bingo</p> <p>1pm - Euchre</p> <p>“Twist & Shout” Pretzel Day</p>	<p>3</p> <p>9am - Chair Yoga - VIDEO</p> <p>10am - Boards & Bagels</p> <p>1pm - Euchre</p> <p>6pm Alzheimer’s Support Group at Rivers COA</p>	<p>4</p> <p>9:45am - Arthritis Exercise - Taking It Easy! - VIDEO</p> <p>11am - S.A.I.L. Exercise - VIDEO</p> <p>1pm - Hand & Foot</p> <p>1pm - Euchre</p> <p>1pm - Cardio Drumming</p> <p>AARP Tax Aide Three Rivers Enrichment Center</p>	<p>5</p> <p>9am - Gentle Yoga - VIDEO</p> <p>10am - Line Dancing CANCELLED</p> <p>12:30pm - Bingo</p> <p>1pm - Hand & Foot</p> <p>1:30pm - Euchre</p> <p>6pm - Billards Club</p> <p>7pm - Duplicate Bridge</p>	<p>6</p> <p>9:45am Arthritis Exercise - Taking it Easy! - VIDEO</p> <p>11am S.A.I.L. Exercise - VIDEO</p> <p>1pm - Cardio Drumming</p>
<p>9</p> <p>9am - Beltone Hearing Screenings at Rivers COA</p> <p>9:45am - Arthritis Exercise - Taking it Easy!</p> <p>11am - S.A.I.L. Exercise</p> <p>12pm Lethal Lunches— Book Club</p> <p>12:30pm - Bingo</p> <p>1pm - Euchre</p> <p>2pm - Life Story Lab</p> <p>Cheeseburger in Paradise Day (Please sign up for lunch by 3/6)</p>	<p>10</p> <p>9am - Chair Yoga</p> <p>10am - Boards & Bagels</p> <p>10am - Stroke Support Group at TR Hospital</p> <p>1pm - Euchre</p> <p>1:30pm - Movies at the Oaks Dinner & a Movie Night Three Rivers 6 Theater</p>	<p>11</p> <p>9:45am - Arthritis Exercise - Taking It Easy!</p> <p>10am - Tech Time</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Hand & Foot</p> <p>1pm - Euchre</p> <p>1pm - Cardio Drumming - Video</p> <p>AARP Tax Aide Three Rivers Enrichment Center</p>	<p>12</p> <p>9am - Gentle Yoga</p> <p>10am - Line Dancing</p> <p>12:30pm - Bingo</p> <p>1pm - Hand & Foot</p> <p>1:30pm - Euchre</p> <p>2pm Name That Tune</p> <p>6pm - Billards Club</p> <p>7pm - Duplicate Bridge</p>	<p>13</p> <p>9:45am - Arthritis Exercise - Taking It Easy!</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm Cardio Drumming</p>
<p>16</p> <p>9:45am - Arthritis Exercise - Taking it Easy!</p> <p>11am - S.A.I.L. Exercise</p> <p>12:30pm - Bingo</p> <p>1pm - Euchre</p> <p>“Shake, Rattle, & Roll” Rice Krispies Treat Day</p>	<p>17</p> <p>9am - Chair Yoga</p> <p>10am - Boards & Bagels</p> <p>1pm - Euchre</p> <p>1pm Craft</p> <p>St. Patrick’s Day Festivities</p>	<p>18</p> <p>9am-Noon Legal Aid (By Phone)</p> <p>9:45am - Arthritis Exercise - Taking It Easy!</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Hand & Foot</p> <p>1pm - Euchre</p> <p>1pm - Cardio Drumming</p> <p>AARP Tax Aide Three Rivers Enrichment Center</p> <p>4pm - Potluck Bingo</p>	<p>19</p> <p>9am - Gentle Yoga</p> <p>10am - Line Dancing</p> <p>12:30pm - Bingo</p> <p>1pm - Hand & Foot</p> <p>1:30pm - Euchre</p> <p>3pm Book Club</p> <p>4pm-7pm - Pizza & Puzzles at Sturgis Enrichment Center</p> <p>6pm - Billards Club</p> <p>7pm - Duplicate Bridge</p>	<p>20</p> <p>9:45am - Arthritis Exercise - Taking It Easy!</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Cardio Drumming</p> <p>Trip - K-Wings Hockey Game</p>
<p>23</p> <p>9:45am - Arthritis Exercise - Taking it Easy!</p> <p>11am - S.A.I.L. Exercise</p> <p>12:30pm - Bingo</p> <p>1pm - Euchre</p> <p>1:30pm - Movies at the Oaks</p> <p>Rockin’ Root Beer Float Day (Please sign up for lunch by 3/20)</p>	<p>24</p> <p>9am - Chair Yoga</p> <p>10am - Boards & Bagels</p> <p>10am-11am Legal Aide at Oaks Enrichment Center</p> <p>1pm - Euchre</p> <p>1pm - PAC Meeting</p> <p>1:30pm Trivia</p> <p>Trip - Casino</p>	<p>25</p> <p>9:45am - Arthritis Exercise - Taking It Easy!</p> <p>10am - Tech Time</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Hand & Foot</p> <p>1pm - Euchre</p> <p>1pm - Cardio Drumming</p> <p>AARP Tax Aide Three Rivers Enrichment Center</p>	<p>26</p> <p>9am - Gentle Yoga</p> <p>10am - Line Dancing</p> <p>10am - Lions Club Vision Assistance at Rivers COA</p> <p>12:30pm - Bingo</p> <p>1pm - Hand & Foot</p> <p>1:30pm - Euchre</p> <p>6pm - Billards Club</p> <p>7pm - Duplicate Bridge</p>	<p>27</p> <p>9:45am - Arthritis Exercise - Taking It Easy!</p> <p>11am - S.A.I.L. Exercise</p> <p>1pm - Cardio Drumming</p>
<p>30</p> <p>9:45am - Arthritis Exercise - Taking it Easy!</p> <p>11am - S.A.I.L. Exercise</p> <p>12:30pm - Bingo</p> <p>1pm - Euchre</p>	<p>31</p> <p>9am - Chair Yoga</p> <p>10am - Boards & Bagels</p> <p>1pm - Euchre</p>			

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 March 2026

DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Monday, March 2	Ham & Beans, Collard Greens, Corn Bread
Tuesday, March 3	Chili Mac, Asparagus, Zucchini & Summer Squash
Wednesday, March 4	Turkey & Noodles, Stewed Tomatoes, Oriental Blend Vegetables
Thursday, March 5	Chicken Enchiladas, Cilantro Lime Rice, Seasoned Black Beans
Friday, March 6	Garlic Herb Cod, Almond Rice Pilaf, Peas & Pearl Onions
Monday, March 9	Cheese Burger, Potato Wedges, Garden Seasoned Broccoli
Tuesday, March 10	Dijon Chicken, Cheesy Grits, Mixed Vegetables, Crumb Topped Brussel Sprouts
Wednesday, March 11	Turkey & Butternut Squash Bake, Scalloped Potatoes, Asparagus
Thursday, March 12	Lemon Baked Fish, Roasted Potato Medley, Midori Blend Vegetables
Friday, March 13	Cheese Omelet, Hash Browns, Scalloped Tomatoes
Monday, March 16	Dijon Chicken Meatballs, Brown Rice, Creamy Peas w/ Red Peppers
Tuesday, March 17	BBQ Turkey Burger w/Pineapple, Roasted Sweet Potatoes, Peas & Pearl Onions
Wednesday, March 18	Chicken Cacciatore, Buttered Noodles, Creamed Spinach
Thursday, March 19	Beef Manhattan, Mashed Potatoes, Green Beans, Yellow Squash w/Onions
Friday, March 20	Vegetable Lasagna, Green Bean Almondine, Hot Cinnamon Applesauce
Monday, March 23	Cheese Ravioli with Marinara, Capri Blend vegetables, Wax Beans
Tuesday, March 24	Citrus Chicken, Mexican Rice, Pinto Beans, Stewed Tomatoes & Okra
Wednesday, March 25	Meatloaf, Red Bliss Potatoes, Prince Charles Blend Vegetables
Thursday, March 26	Bourbon Pork Chop, Sweet Potatoes, European Blend Vegetables
Friday, March 27	Tuna Noodle Casserole, Sugar Snap Peas, Diced Beets
Monday, March 30	BBQ Beef Sandwiches, German Potato Salad, Baked Beans
Tuesday, March 31	Tropical Pork, Black Beans & Rice, Creamy Peas & Red Peppers, Dilled Carrots

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

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.



HAPPY
**WOMEN'S
HISTORY
MONTH**

Celebrating Strength · Courage · Legacy

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 # _____