



The Senior Connection

St. Joseph County Commission on Aging Newsletter

April 2026

Serving Older Adults in St. Joseph County Since 1973



PLANT TREES



BUY LOCAL FOOD



REDUCE PLASTIC



CONSERVE ENERGY



CARPOOL



CONSERVE ENERGY



SAVE WATER



DRIVE LESS



REDUCE WASTE



CLEAN UP LITTER

Spring is bringing plenty of excitement to the COA! Inside this issue, you'll discover upcoming trips, special events, fitness opportunities, and helpful resources for our members. Take a moment to explore what's happening this month and find something new to enjoy!

**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.sjcco.com
FAX: (269) 273-7058



Like us on Facebook!

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



From the Executive Director...

As spring begins to bloom across St. Joseph County, it's a wonderful reminder of the growth, renewal, and connections that make our community so special. April is shaping up to be an exciting and meaningful month at the Commission on Aging, filled with opportunities to stay active, learn something new, and spend time with friends.

One of the highlights this month is a very special celebration. Our Oaks Enrichment Center in Sturgis is turning 10 years old, and we invite you to join us on April 15th for an all-day birthday bash as we celebrate a decade of fun, laughter, fitness, and shared meals. Over the past ten years, the Oaks Center has become a vibrant place where friendships flourish and our members continue to grow, stay active, and support one another. We hope you'll stop in, bring a friend, and help us celebrate this milestone—there will even be plenty of cake!

April also offers a variety of trips, activities, and programs designed to keep our members engaged and connected. From a visit to Frederik Meijer Gardens to see thousands of butterflies, to a Jayco Factory Tour and lunch at Das Dutchman Essenhaus, there is something for everyone to enjoy. Back at the centers, you'll find opportunities to gather for movies, puzzles, trivia, book clubs, and our COA Laughter Lounge, where we'll share a few good laughs watching a comedy special together. As we often say, laughter truly is one of the best medicines.

Our commitment to health and wellness continues with a wide range of exercise classes and programs designed specifically for older adults. Whether you prefer gentle yoga, cardio drumming, line dancing, or our evidence-based arthritis exercise programs, these classes help improve strength, balance, and mobility while providing a supportive and social environment.

Behind every activity and service are the dedicated staff and volunteers who make our centers welcoming places for everyone. Their compassion and energy are what truly bring the COA to life each day. As our programs continue to grow, we are always excited to welcome new volunteers, instructors, and team members who share our passion for supporting older adults in our community.

Thank you for being part of the COA family. Your participation, friendships, and enthusiasm are what make our centers such special places. I look forward to seeing many of you this month as we celebrate spring, enjoy new adventures, and mark 10 wonderful years at the Oaks Enrichment Center.

Warmly,

Pam



You're Invited!

To our Sturgis, Oaks Enrichment Center's 10th Birthday Bash!



When: Wednesday, April 15th

Time: All Day!

Where: Oaks Enrichment Center

306 N. Franks Ave. Sturgis

Cheers to 10 Great Years!

Our Sturgis, Oaks Enrichment Center is turning 10! To celebrate this double digit milestone we invite you to join us for an all day birthday party to celebrate 10 years of fun, laughter, connection, shared meals, and fitness! Our Sturgis, Oaks Enrichment Center has been thriving and growing for 10 years and we want to celebrate with you.

Our members are the heart of what makes the COA a special place to be. We encourage you to come in and see all of the great things our Oaks Enrichment Center has to offer and explore some of the great activities we offer.

Bring a friend to check it out and we'll bring the cake, lots of cake!

Holiday Closings:

Friday, April 3rd, Good Friday

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, June 23, 2026

1:00 pm (Classroom)

Three Rivers P.A.C.

Friday, June 12, 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:

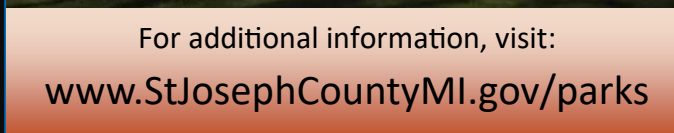
- ◆ Michigan Department of Health and Human Services, Bureau of Aging, Community Living and Supports
- ◆ Branch-St. Joseph Area Agency on Aging (Region IIIc)
- ◆ St. Joseph County Senior Millage
- ◆ Older American's Act
- ◆ Older Michiganiaan's Act
- ◆ Donations

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

Dear COA Members,

We strive to offer beautiful, natural parks for our residents, visitors, and wildlife. Our goal is to provide the public with outstanding recreational experiences, in parks that make the most of and protect our unique natural resources. We hope you will visit often and enjoy our county parks!

-St. Joseph County Parks & Recreation Dept.



For additional information, visit:
www.StJosephCountyMI.gov/parks

April 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.

Butterflies are Blooming at Meijer Gardens

Where: Grand Rapids, Michigan

When: Monday, April 13th

Cost: \$23 per person (Lunch on your own)

8:00am Depart from Sturgis COA

8:45am Depart from Three Rivers COA

Lunch at Fuji Buffet and Grill

Frederik Meijer Gardens

3:30pm Return to Three Rivers COA

4:00pm Return to Sturgis COA



Butterflies are Blooming is a seasonal favorite at Frederik Meijer Gardens & Sculpture Park and the largest temporary tropical butterfly exhibition in the United States. Now in its 31st year, the exhibition offers a warm, colorful escape filled with thousands of live butterflies.

Four Winds Casino Trip

Where: Four Winds Casino, South Bend, Indiana

When: Thursday, April 23rd

Cost: \$17 (Lunch on your own)

9:15am—Depart Three Rivers COA

10:00am—Depart Sturgis COA

Casino

5:15pm—Return to Sturgis COA

5:45pm—Return to Three Rivers COA



Jayco Factory Tour and Essenhaus Lunch

Where: Middlebury, Indiana

When: Tuesday, April 21st

Cost: \$36 per person (Lunch & gratuity included)

10:15am Depart from Three Rivers COA

11:00am Depart from Sturgis COA

12:00 Jayco Factory Tour

Late lunch at Das Dutchman Essenhaus & visit Bakery & Shops

4:45pm Return to Sturgis COA

5:15pm Return to Three Rivers COA

Come experience the excitement and craftsmanship during a Motorhome Tour at the Jayco Motorized Manufacturing Plant. You'll learn about some of the extra steps we take during the process and see the meticulous work our team does, firsthand. You'll also have the chance to walk through some of the latest models in our outdoor showroom!



COA Laughter Lounge

Sturgis—Thursday, April 16th @ 2:00pm

Three Rivers—Friday, April 24th @ 2:00pm

Join us for a relaxing afternoon of laughs with friends! We'll be watching a comedy special from **Jim Gaffigan**, known for his clean, relatable humor and funny takes on everyday life.

Snacks will be provided, so sit back, relax, and enjoy the show.

After all, laughter really is the best medicine!



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, April 23rd from 2:00 pm to 5:00 pm

NOTE THE NEW TIME.

Where: Oaks Enrichment Center, Sturgis



Volunteer Appreciation Month

Below is a list of ways we can honor
Volunteer Appreciation Month.

Say **"thank you"** and greet volunteers by name.

Write a **short thank-you card or note.**

Share a **kind compliment** about their help or positive attitude.

Tell a **staff member** when a volunteer has done a great job.

Make a **small handmade craft or decoration** for volunteers.

Help with **small tasks like cleaning up or putting supplies away.**

Participate in activities so volunteers know their time is valued.

Share a **positive story about a volunteer.**

Create a **"Thank You Volunteers" message board** at the center.

Encourage friends or family members to **become volunteers.**

Write a **short testimonial** about how a volunteer has helped you.

Offer a **smile and friendly conversation** when you see them.

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.



The Thursday Murder Club (PG-13)

Thursday, April 9th

Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.

Eleanor the Great (PG-13)

Monday, April 27th

Grieving a friend, Eleanor moves to New York and meets a journalism student fascinated by her life story—a tall tale that soon spins out of control.



DINNER & A MOVIE

Tuesday, April 14th 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:

County Administration, Human Resources, and Finance

Behind the scenes of St. Joseph County government are several departments that work together to ensure county services run smoothly and responsibly. County Administration, Human Resources, and Finance play a critical role in supporting county operations, employees, and the community.

The County Administrator's Office serves as the central coordination point for county government. On behalf of the St. Joseph County Board of Commissioners, the Administrator/Controller oversees the daily administrative and fiscal operations of the county. The office implements policies set by the Board, coordinates activities across departments, assists elected officials and boards, and recommends the annual county budget. This team helps ensure that county goals and services are delivered efficiently and effectively for residents.

The Human Resources staff focuses on supporting the county's workforce. HR manages recruitment, employee classification, training, compensation, benefits administration, and employee relations for county staff. They also help interpret and administer personnel policies and provide guidance on employment matters such as labor compliance and workplace issues. By supporting employees and leadership alike, HR helps maintain a strong and professional workforce serving the community.

Finance is responsible for the county's accounting and financial management functions. This includes preparing payroll, maintaining financial records, paying vendors, managing the county's general ledger, coordinating the annual audit, and preparing financial reports for the Board of Commissioners. Finance staff work closely with departments to monitor spending and budgets.

Together, these functions help ensure that St. Joseph County government operates efficiently, supports its employees, and has the resources to serve the public.

SERVICES & SUPPORT

Foot Doctor



Three Rivers: Tuesday, May 5th
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**

CaptionCall

CaptionCall is for people with hearing loss who need captions to use the phone effectively. Come check out how the phone and captioning service work, why there's no cost, and what you can do to get CaptionCall and improve your conversations.

Three Rivers: Tuesday, April 21st
10am-1pm

Sturgis: Monday, April 27th
10:30am-1pm

Lions Club

Vision Assistance Application Help



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 269-998-9840.

Applications can be picked up at the reception desk.



Hearing Screenings

When: Monday, May 11th

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, April 22nd

WHERE: Available by Phone

TIME: 2pm-4pm

When: Tuesday, April 28th

Where: Three Rivers Enrichment Center

Time: 10am - 11am

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, April 7th
(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, April 14th
(Second Tuesday)

TIME: 10 am - 11 am

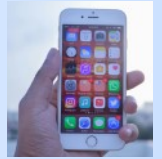
LOCATION: Beacon Health

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, April 8th & 22nd
(Second & fourth Wednesday)
10am—Noon by appointment

Three Rivers: Monday, April 20th
(Third Monday monthly)

10am—Noon by appointment

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

Life Story Lab

Sturgis: Monday, April 13th 2pm

Three Rivers: Friday, April 24th 10am

This writing workshop is a great place to create meaningful memoir writing pieces, share stories, ideas, and connect with other members.
The more the merrier.

Please Sign up by calling 269-279-8083

Potluck Bingo

Where: Sturgis, Oaks Enrichment Center

When: Wednesday, April 15th at 4pm

Join us for a fun evening of food, friends, and friendly competition! Bring a dish to pass and your own table service, enjoy dinner together with everyone, and then stick around to play Bingo. It's a great way to share a meal, connect with friends, and maybe even go home a winner!

No need to sign up, just bring a dish!

Trivia

Where: Sturgis, Oaks Enrichment Center

When: Tuesday, April 28th at 1:30pm

Put your thinking caps on and join us for Trivia! It's a fun and friendly way to test your knowledge, learn something new, and enjoy some laughs with friends. Whether you're a trivia pro or just like guessing along, everyone is welcome—bring a friend and help us grow the game!

No need to sign up, just be there, or be square!

Jude the Comfort Dog

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

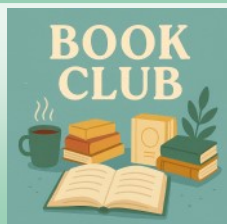
Friday, April 10th.

Love,

Jude 🐾🐾



FUN & GAMES/SOCIAL



RIVERS ENRICHMENT CENTER BOOK CLUB

Where: Three Rivers Enrichment Center

When: Wednesday, April 22nd at Noon

(Fourth Wednesday)

Book: All the Glimmering Stars

By Mark Sullivan

Oaks Enrichment Center Book Club

Where: Oaks Enrichment Center

Sturgis

When: Thursday, April 16th at 3 pm

(Third Thursday)

Book: Three Days in June

By Ann Tyler

Lethal Lunches Book Club

Where: Oaks Enrichment Center

Sturgis

When: Monday, April 13th at Noon

(Second Monday)

Book: The Last Devil to Die

By Richard Osman

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

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, April 17th

(Third Friday Monthly)

11:45am

Lunch will be in the café. RSVP for lunch as usual by calling 269-279-8083.

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!

April 2026 Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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	2 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit	3 COA CLOSED Good Friday
6 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit	7 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	8 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	9 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	10 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
13 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit TRIP—Meijer Gardens	14 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 Dinner & a Movie Night Three Rivers 6 Theater	15 10th Birthday Bash COA—Sturgis. 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 AARP Tax Aide Three Rivers Enrichment Center 3pm COA Advisory Board Mtg.	16 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit	17 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
20 10am - Arthritis Exercise - Taking it Easy 10am Tech Time 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit	21 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10am CaptionCall Rep. 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm Bingo 2:30pm - Pinochle TRIP - Jayco Tour	22 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 2pm-4pm Legal Aid (By Phone) EARTH DAY	23 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit 2pm-5pm - Pizza & Puzzles at Sturgis Enrichment Center TRIP—Four Winds Casino	24 9:30am - Line Dancing 10am Life Story Lab 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm Bingo 1pm - Mah Jongg 2pm Laughter Lounge
27 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	28 8:15am - Forever Fit—Video 9:30am - Cardio Drumming 10am-11am Legal Aide at Rivers Enrichment Center 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm Bingo 2:30pm - Pinochle	29 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		

April 2026 Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 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</p>	<p>2 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 6pm - Billards Club 7pm - Duplicate Bridge</p>	<p>3 COA CLOSED Good Friday</p>
<p>6 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre</p>	<p>7 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 6pm Alzheimer's Support Group at Rivers COA</p>	<p>8 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</p>	<p>9 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Movies at the Oaks 1:30pm - Euchre 6pm - Billards Club 7pm - Duplicate Bridge</p>	<p>10 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm Cardio Drumming</p>
<p>13 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12pm Lethal Lunches— Book Club 12:30pm - Bingo 1pm - Euchre 2pm - Life Story Lab TRIP—Meijer Gardens</p>	<p>14 9am - Chair Yoga 9:30am Foot Doctor 10am - Boards & Bagels 10am - Stroke Support Group at TR Hospital 1pm - Euchre Dinner & a Movie Night Three Rivers 6 Theater</p>	<p>15 10th Birthday Bash COA— Sturgis. 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 3pm COA Advisory Board Mtg. 4pm - Potluck Bingo</p>	<p>16 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 2pm Laughter Lounge 3pm Book Club 6pm - Billards Club 7pm - Duplicate Bridge</p>	<p>17 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>20 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre</p>	<p>21 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre TRIP - Jayco Tour</p>	<p>22 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Time 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming 2pm-4pm Legal Aid (By Phone) EARTH DAY</p>	<p>23 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 2pm-5pm - Pizza & Puzzles at Sturgis Enrichment Center 6pm - Billards Club 7pm - Duplicate Bridge TRIP—Four Winds Casino</p>	<p>24 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming</p>
<p>27 9:45am - Arthritis Exercise - Taking it Easy! 10:30am CaptionCall Rep. 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre 1:30pm - Movies at the Oaks</p>	<p>28 9am - Chair Yoga 10am - Boards & Bagels 10am-11am Legal Aide at Rivers Enrichment Center 1pm - Euchre 1:30pm Sturgis Trivia</p>	<p>29 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming</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

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
Wednesday, April 1	Chicken Ala King, Brown Rice, Scalloped Tomatoes, Mixed Vegetables
Thursday, April 2	Citrus Dill Cod, Parslied Potatoes, Asparagus, Midori Blend Vegetables
Friday, April 3	Closed For Holiday
Monday, April 6	Southwestern Egg Bake, Sausage Links, Broccoli, Peas & Pearl Onions
Tuesday, April 7	Chicken Chop Suey, Brown Rice, Oriental Blend Vegetables, Diced Beets
Wednesday, April 8	Goulash, Creamed Spinach, European Blend Vegetables
Thursday, April 9	Mandarin Pork Roast, Sweet Potatoes, Green Beans & Mushrooms
Friday, April 10	Lemon Chicken, Cheesy Grits, Zucchini & Tomatoes, Wax Beans
Monday, April 13	Broccoli & Cheese Stuffed Chicken Breast, Red Bliss Potatoes, Brussel Sprouts
Tuesday, April 14	Mushroom Swiss Burger, Au Gratin Potatoes, Mixed Vegetables
Wednesday, April 15	Turkey & Noodles, Zucchini & Summer Squash, Collard Greens
Thursday, April 16	Chicken Broccoli Casserole, Oriental Blend Vegetables, Stewed Tomatoes
Friday, April 17	Swedish Meatballs, Brown Rice, Peas & Mushrooms, Dilled Carrots
Monday, April 20	Salmon Patty, Parmesan Noodles, Asparagus, Key West Blend Vegetables
Tuesday, April 21	Turkey & Stuffing Casserole, Sweet Potatoes, Green Bean Casserole
Wednesday, April 22	Pepper Steak, Brown Rice, Broccoli, Cauliflower
Thursday, April 23	Hearty Beef Stew, Sugar Snap Peas, Hot Cinnamon Applesauce
Friday, April 24	Macaroni & Cheese, Ham Slice, European Blend Vegetables, Wax Beans
Monday, April 27	Chicken Patty, Scalloped Potatoes, Mixed Vegetables, California Blend Vegetables
Tuesday, April 28	Veal Parmesan over Noodles, Midori Blend Vegetables, Diced Beets
Wednesday, April 29	Roasted Pork Tenderloin, Sweet Potatoes, Creamy Peas with Red Peppers
Thursday, April 30	Citrus Glazed Chicken, Red Bliss Potatoes, Butternut Squash

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

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.

You can also make lunch reservations on the MySenior Center kiosk at either center.

Questions? Call Nutrition Manager Katie Hughes at 269-279-8083, Ext. 109

The Commission on Aging will
be closed Friday, April 3rd.
Happy Easter!



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 # _____