



The Senior Connection

May 2026

Serving Older Adults in St. Joseph County Since 1973

St. Joseph County Commission on Aging Newsletter



This Memorial Day, we pause to remember and honor the brave men and women who gave their lives in service to our country. We also hold in our hearts the families who shared in their sacrifice. Their courage and love will never be forgotten.

**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



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



From the Executive Director...

As we welcome the month of May, we are reminded of the many meaningful moments that bring our community together—celebration, reflection, and connection.

This month, we take time to honor both Mother's Day and Memorial Day, two occasions that invite us to reflect on love, sacrifice, and the lasting impact of those who care for others. Whether it is the quiet strength of a caregiver or the courage of those who gave their lives in service to our country, May is a time to pause and appreciate the people who shape our lives in profound ways.

We are also proud to recognize Mental Health Awareness Month and share important reminders about the many dimensions of wellness. As highlighted in this issue, maintaining physical, emotional, social, and intellectual well-being plays a vital role in living a balanced and fulfilling life. At the COA, we are committed to supporting all aspects of wellness by offering a wide variety of programs—from fitness classes and educational opportunities to social activities and support services.

May is filled with opportunities to stay engaged and connected. From exciting trips, to special activities such as our Cinco de Mayo cooking demo and monthly crafts, there is truly something for everyone to enjoy. Whether you are joining us for a class, a trip, or simply a conversation with a friend, these moments help build the strong sense of community that makes our centers so special.

We are also excited to celebrate Older Americans Month by capturing and sharing your stories, memories, and advice. Your experiences are a powerful reminder of the wisdom and richness within our community, and we look forward to highlighting those voices in a meaningful way.

As always, we continue to grow and expand our programs, and we welcome those who are interested in becoming part of our team—whether as a staff member or volunteer. It is the compassion and dedication of our people that make the COA such a special place.

Thank you for being a part of our community. We look forward to sharing this meaningful month with you.

Warmly,

Pam



Happy Mother's Day

This Mother's Day, Sunday, May 10th we honor not only mothers, but all who have cared for others with love, patience, and strength. The compassion and dedication you share each day make a lasting difference in the lives of those around you.

We warmly invite you to stop by our centers on **Friday, May 8th** to enjoy a special treat in celebration of you. While you're here, we encourage you to share a favorite memory of your mom, or a meaningful moment from your own experience as a mother.

A memory box will be available for submissions, and these heartfelt stories will be displayed on our bulletin board for all to read and appreciate. It's a beautiful way to reflect, connect, and celebrate the moments that have shaped us.

As Mother Teresa once said, *"If you want to change the world, go home and love your family."* This simple yet powerful message reminds us that the care we give each day truly matters.

Join us as we celebrate the love, memories, and connections that bring our community together.

Holiday Closings: Monday, May 25th—Memorial Day

COA Advisory Board Meeting

Wednesday, June 17th, 2026

3:00 pm

Rivers 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.

Memorial Day

Memorial Day, observed on the last Monday in May, is a solemn American holiday dedicated to honoring the men and women who gave their lives while serving in the United States military. Its origins date back to the years following the Civil War, when communities began holding tributes known as "Decoration Day," placing flowers on the graves of fallen soldiers.



In 1868, General John A. Logan officially proclaimed Decoration Day as a national day of remembrance. Over time, the observance expanded to honor those who died in all American wars, and in 1971, Memorial Day became a federal holiday observed on the last Monday of May. While many recognize the day as the unofficial start of summer, its true purpose is reflection, gratitude, and remembrance of those who made the ultimate sacrifice for our country.

Honoring Memorial Day does not need to be elaborate to be meaningful. Simple, thoughtful gestures often carry the greatest impact. You might begin with a moment of silence, traditionally observed at 3:00 PM, to pause and reflect on the sacrifices made. Displaying the American flag is another powerful symbol. On Memorial Day, it is customary to fly the flag at half-staff until noon, then raise it to full staff for the remainder of the day. Laying flowers or small flags at the graves of veterans, whether at a local cemetery or memorial site, is a longstanding and heartfelt tradition. You could also take time to listen to or share stories of those who served, recognizing that behind every sacrifice is a life, a family, and a legacy.

This Memorial Day, we pause to honor and remember the brave men and women who gave their lives in service to our country. We also extend our heartfelt appreciation to their families, whose sacrifices will never be forgotten.



May Craft

Join us this month as we celebrate Mother's Day by creating decorative memo boards. Mothers are often the heart of the home, keeping everything organized and running smoothly—this creative and practical project is perfect for gifting or keeping for yourself.



Sturgis – Tuesday, May 19th 1:00pm

Three Rivers – Wednesday, May 20th 1:00pm

**Please call 269-279-8083
to sign up for this activity.**

May Trips & Special Activities

Members may call on the first business day of each month to register for all activities, including trips. To ensure fairness, we will not accept in-person reservations between 8:00 a.m. and 8:30 a.m.—phone calls only during this time. Trips fill quickly, so we encourage you to call promptly at 8:00 a.m. on the first business day of the month. Please note that voicemail reservations cannot be accepted. Because all staff are assisting callers at the reception desk, messages are not checked until later in the morning, and trips may already be full. If your call is not answered, please hang up and try again. Payment for trips must be made in full within three (3)

Chihuly at Meijer Gardens

Where: Grand Rapids, MI

When: Monday, May 18, 2026

Cost: \$44 per person (Lunch and pie on your own)

8:45am Depart Sturgis COA

9:30am Depart Three Rivers COA

Lunch at Matchbox Diner

Chihuly At Meijer Gardens

Grand Traverse Pie Company

5:30pm Return to Three Rivers COA

6:00pm Return to Sturgis COA



Experience color, form, and luminosity in an entirely new way at CHIHULY at Meijer

Gardens, where vibrant glass installations transform the Gardens. We will visit the indoor gallery exhibit and go on a guided tour to see the Chihuly sculptures on display in the outdoor gardens.

Gun Lake Casino

Where: Wayland, MI

When: Thursday, May 14, 2026

Cost: \$12 per person (Lunch on your own at Casino)

9:00am Depart from Sturgis COA

9:45am Depart from Three Rivers COA

Gun Lake Casino

4:00pm Return to Three Rivers COA

4:30pm Return to Sturgis COA



Grand Rapids Lantern Festival at John Ball Zoo

Where: Grand Rapids, MI

When: Tuesday, May 26, 2026

Cost: \$38 per person (Dinner on your own)

4:15pm Depart Sturgis COA

5:00pm Depart Three Rivers COA

**Dinner at Grand Rapids Garage Bar & Grill
Lantern Festival**

11:30pm Return to Three Rivers COA

12:00am Return to Sturgis COA

Back for its fourth year with all-new displays, the Grand Rapids Lantern Festival is a breathtaking celebration of Chinese artistry. As Michigan's only event of its kind, it transforms the Zoo with handcrafted lanterns inspired by wildlife and tradition. This year's theme, *Realms of Wonder*, invites guests to explore three enchanting new realms.



Cinco de Mayo

Join us for a fun Cinco de Mayo cooking demo at the enrichment centers! We'll show you how to make fresh, guacamole—perfect for celebrating this festive day. Come watch, learn, and enjoy some tasty samples!



Three Rivers:

Monday, May 4th 1:00pm

Sturgis:

Tuesday, May 5th 1:00pm

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.

St. Joseph County Spotlight:

Temporary Department Location Changes

Due to Centreville Courts Building Renovation

Instead of highlighting a single department this month, we're sharing information about an exciting project! St. Joseph County has begun preparations for a renovation of the Centreville Courts Building, with construction expected to start in late April and continue for approximately 18 months.

To allow the work to move forward safely and efficiently, several County offices and court functions have been temporarily relocated. These changes are important for residents to be aware of, especially when visiting for services.

Where Services Have Moved:

Annex Building (155 S. Dean St., Centreville)

- Administration
- Finance
- Human Resources
- Public Defender
- District Court Probation
- Facilities

Training Center (602 E. Main St., Centreville)

- Equalization
- Community Corrections

Historic Courthouse (125 W. Main St., Centreville)

- District Court (now held on the 3rd floor)
 - Prosecutor's Office (1st and 2nd floors)
- County Clerk - Elections Division (2nd floor)

Three Rivers Campus (920 W. Michigan Ave., Three Rivers)

- Circuit Court

What to Expect

These temporary moves are intended to:

- Keep services available during construction
- Improve safety for staff and visitors
- Allow the project to be completed more efficiently

Residents may notice changes in where services are located, so it's a good idea to check ahead before visiting.



If you're unsure where to go for a service, please contact the St. Joseph County Administrator's Office at 269-467-5617 or the department you need.

Monthly Movies at the Oaks

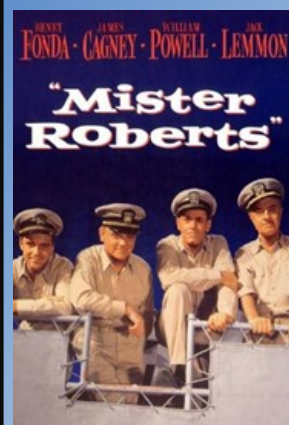
Join us each month as we show movies at the Oaks Enrichment Center in Sturgis. Movies will be shown at 1:30 pm in the classroom. We'll provide water and popcorn.



On Golden Pond (PG)

Monday, May 11th

In honor of Mother's Day, this movie reflects on the lifelong role of a mother – the love, patience, and strength that continues throughout the years, even as families grow and change. It shows that motherhood doesn't end – it evolves over a lifetime.



Mr. Roberts (NR)

Thursday, May 28th

In honor of Memorial Day, this movie celebrates the courage, humor, and resilience of those who serve, reminding us of the sacrifices made to protect our freedom.



Supporting Seniors, Promoting Independence

We need your voice!

The Area Agency on Aging IIIC is conducting a Community Needs Assessment to develop the next three year Area Plan. Your voice will help us direct the State and Federal dollars we receive to the services that mean the most to you.

To take part in the survey go to:

<https://survey.alchmer.com/s3/8786440>

or use the QR Code.



You can also get a copy of the survey at **your local Commission on Aging office** or call us at **888-615-8009** or **517-278-2538** and we can take your answers by phone.

You can participate in the local Community Input Forums at:

Branch County

Monday May 4 at 9:30 a.m.

Union City Senior Center

501 N Broadway St
Union City, MI 49094

St. Joseph County

Wednesday May 6 at 11:00 a.m.

Oaks Enrichment Center

306 N. Franks Ave.
Sturgis, MI 49091

Monday May 4 at 2:00 p.m.

Burnside Center

65 Grahl Drive
Coldwater, MI 49036

Wednesday May 6 at 2:00 p.m.

Rivers Enrichment Center

1200 W Broadway St.
Three Rivers, MI 49093

DINNER & A MOVIE

Tuesday, May 12th 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.

Celebrate Older Americans Month with us!

This May, we're honoring our members by capturing your best advice or favorite memory on video.

Each participant will share their best life advice or a cherished memory, and we'll compile these into a heartwarming video to share on social media.

Want to be part of it? Sign up today, and we'll contact you to schedule a convenient time to film your story!

SERVICES & SUPPORT

Foot Doctor



Three Rivers: Tuesday, May 5th
9:00 am - Noon by appt.

Sturgis: Tuesday, June 16th
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. Call Julie Taylor to learn more about how the phone and captioning service work, why there's no cost, and what you can do to get CaptionCall and improve your conversations.



Call Julie Taylor 616-217-7186

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, May 20th

WHERE: Available by Phone

TIME: 9am-12pm

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, May 5th

(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, May 12th

(Second Tuesday)

TIME: 10 am - 11 am

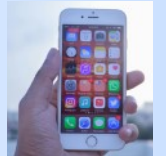
LOCATION: Beacon Health

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, May 13th & 27th

(Second & fourth Wednesday)

10am—Noon by appointment

Three Rivers: Monday, May 18th

(Third Monday monthly)

10am—Noon by appointment

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



Where: Sturgis, Oaks Enrichment Center
When: Wednesday, May 20th 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, May 26th 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 visit the Rivers Enrichment center on the first Friday monthly from 10:30am-11am. This month I will be visiting on **Friday, May 1st.**

Love,



FUN & GAMES/SOCIAL



RIVERS ENRICHMENT CENTER BOOK CLUB

Where: Three Rivers Enrichment Center
When: Wednesday, May 27nd at Noon
 (Fourth Wednesday)
Book: The Thursday Murder Club
 By Richard Osman

Oaks Enrichment Center Book Club

Where: Oaks Enrichment Center
 Sturgis
When: Thursday, May 21st at 3 pm
 (Third Thursday)
Book: The Boys of Riverside
 By Thomas Fuller

Lethal Lunches Book Club

Where: Oaks Enrichment Center
 Sturgis
When: Monday, May 11th at Noon
 (Second Monday)
Book: The Black Wolf
 By Louise Penny

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: On break, will resume in Fall.

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, May 15th
 (Third Friday Monthly)
 11:45am

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

May: Mental Health Awareness Month

Wellness in Older Adulthood: A Balanced Approach to Healthy Living

Wellness in older adulthood is about maintaining balance, independence, and overall quality of life. While needs and priorities may change over time, the foundation of well-being remains the same. A widely recognized approach includes eight dimensions of wellness, each working together to help older adults stay healthy, connected, and fulfilled.

- **Physical wellness** focuses on staying active and strong through regular movement, proper nutrition, and routine care. Activities such as walking, stretching, or participating in fitness classes can help maintain mobility and energy.
- **Emotional wellness** involves adapting to life's changes with resilience. Transitions such as retirement, health challenges, or loss can be difficult, but having healthy coping strategies, staying positive, and seeking support can make a meaningful difference.
- **Social wellness** is essential for maintaining connection and reducing isolation. Building relationships through friendships, group activities, and community involvement fosters a strong sense of belonging.
- **Intellectual wellness** encourages keeping the mind engaged. Reading, puzzles, classes, and learning new skills all support memory, focus, and cognitive health.
- **Spiritual wellness** provides a sense of meaning and purpose. Whether through faith, reflection, or time in nature, this dimension helps bring peace and fulfillment.
- **Occupational or purposeful wellness** shifts from traditional work to meaningful daily activities. Volunteering, hobbies, mentoring, and participation in programs can offer a strong sense of contribution and satisfaction.
- **Environmental wellness** focuses on creating safe, comfortable, and supportive surroundings that promote independence and peace of mind.
- **Financial wellness** involves managing resources in a way that promotes security and reduces stress, including budgeting, planning, and accessing available support.

Together, these dimensions support not just longevity, but a life filled with dignity, purpose, and enjoyment. Programs offered through the Commission on Aging help strengthen each of these areas by providing opportunities for movement, connection, learning, and engagement.

A well-rounded wellness lifestyle is built through small, consistent actions. Simple daily habits can make a significant impact. Taking a short walk, staying hydrated, connecting with a friend, or trying a new activity are all meaningful steps. Reflecting on emotions, practicing gratitude, and setting aside time for personal interests can further enhance well-being.

Creating a safe home environment, staying organized, and keeping up with important appointments also support overall health. At the same time, remaining informed about finances and utilizing community resources can provide added peace of mind.

When these habits are woven into everyday life, wellness becomes a natural and sustainable routine. Over time, these small steps build a strong foundation for a healthier, more balanced, and more fulfilling life.

Dimensions of Wellness



Physical Wellness

Staying active and strong.



Emotional Wellness

Coping with feelings and adapting to change.



Social Wellness

Building relationships and community.



Intellectual Wellness

Engaging the mind and learning new skills.



Spiritual Wellness

Finding meaning and purpose.



Occupational Wellness

Engaging in meaningful activities.



Environmental Wellness

Living in a safe and comfortable space.



Environmental Wellness

Living in a safe and comfortable space.

FITNESS

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

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

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

All Arthritis Exercise classes are part of the Evidence Based Disease Prevention Program. All instructors are certified through the Arthritis

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

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

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. (CR)

Instructor: Kathy Bingaman

Dance Fit

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

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

Instructor: Nancy Merkle & Terri Loomis

S.A.I.L. (Stay Active and Independent for Life)

This class is designed to help older adults improve strength, balance and fitness, which is one of the most important activities adults can do to stay active and reduce their chances of falling. This class is part of the Evidence Based Disease Prevention Program and our instructors are certified to teach S.A.I.L.

Sturgis: M,W,F at 11 a.m. (AH)

Instructor: Melissa Wilson

Three Rivers: M,W,F at 11 a.m. (CR)

Instructor: Nancy Merkle, Jeanne Stumpf, Terri Loomis

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, Jeanne Stumpf, Terri Loomis

ROOM CODES

CR – Community Room - Three Rivers

AH - Assembly Hall - Sturgis

Café - Three Rivers

Atrium - Three Rivers

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 (Atrium)</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!

May 2026 Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30am - Line Dancing— CANCELLED 10am - Arthritis Exercise— Taking it Easy 10:30am Jude the Comfort Dog 11am - S.A.I.L. Exercise (ATRIUM) 12:30pm - Bingo at Klines 1pm—Bingo—Cancelled 1pm - Mah Jongg
4 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 1pm Cinco de Mayo Guac. demo 2pm - Dance Fit	5 Election Day 8:15am - Forever Fit 9am Foot Doctor 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	6 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. (ATRIUM) 11am - In Stitches 11:30 Volunteer Luncheon 1pm - Pinochle 2pm Community Input Forum	7 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit	8 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 Mother's Day Treat
11 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 9am Beltone Hearing 1pm - Chair Yoga 1pm - Pinochle 1:30pm - Movies at the Oaks, Sturgis Enrichment Center 2pm - Dance Fit	12 8:15am - Forever Fit 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	13 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	14 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit TRIP - Casino	15 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
18 10am - Arthritis Exercise - Taking it Easy 10am Tech Time 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit TRIP—Meijer Gardens	19 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm Bingo 2:30pm - Pinochle	20 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 1pm - Craft 9am-12pm Legal Aid (By Phone)	21 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit	22 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
25 COA CLOSED Memorial Day	26 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm Bingo 2:30pm - Pinochle TRIP - Lantern Festival	27 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	28 8:15am - Forever Fit 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	29 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

May 2026 Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm Cardio Drumming
4 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	5 Election Day 9am - Chair Yoga 10am - Boards & Bagels 1pm Cinco de Mayo Guac. demo 1pm - Euchre 6pm Alzheimer's Support Group at Rivers COA	6 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 11am Community Input Forum 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	7 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge	8 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm Cardio Drumming Mother's Day Treat
11 9:45am - Arthritis Exercise - Taking it Easy! 9am Beltone Hearing T.R. 11am - S.A.I.L. Exercise 12pm Lethal Lunches—Book Club 12:30pm - Bingo 1pm - Euchre 1:30pm - Movies at the Oaks	12 9am - Chair Yoga 10am - Boards & Bagels 10am - Stroke Support Group at TR Hospital 10:30 Volunteer Luncheon 1pm - Euchre Dinner & a Movie Night Three Rivers 6 Theater	13 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Time 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	14 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge TRIP - Casino	15 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
18 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre TRIP—Meijer Gardens	19 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 1pm Craft	20 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming 9am-12pm Legal Aid (By Phone) 4pm - Potluck Bingo	21 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm Book Club 7pm - Duplicate Bridge	22 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming
25 COA CLOSED Memorial Day	26 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 1:30pm Sturgis Trivia TRIP - Lantern Festival	27 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Time 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	28 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 1:30pm - Movies at the Oaks 7pm - Duplicate Bridge	29 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming

Senior Congregate Restaurant

Program Guidelines

Coupons for the COA Restaurant Program are available at Three Rivers, Sturgis and Klines Resort meal sites. The recommended donation per ticket is \$5.00.

Rules:

- Intake Form must be filled out at time of acquisition, or must present current COA membership card.
- Coupons must be signed when used at restaurant.
- You must be 60 years of age to participate, or married to a registered eligible person.
- Present your coupon to your server at time of ordering.
- You cannot share tickets with others.
- You must order from the special COA menu. No Substitutions.
- No “Carry Out”, Delivery or “To Go” orders; Meals must be consumed at restaurant.
- Restaurants, at their own discretion, have the option to offer clients “doggie bags” for leftovers that are not consumed. The restaurant may not charge the client or COA for this container. The restaurant assumes liability for food safety (through abiding by the regulations of the local health department) until the food leaves the premises, at which time the meal recipient is liable for proper food handling and food safety. (Amended 5/26/2010)
- *Coffee and other beverages are not included in the cost of your meal.* This is extra.
- Tip is on your own, it is not included. Please tip on the actual cost of your meal not the cost of the coupon.
- One person per ticket, meals cannot be shared.

Tickets Expire 12/31/26!

Participating restaurants are listed on this page. If you have any questions about the Restaurant Program, please call COA Nutrition Manager Katie Hughes at (269) 279-8083.

Participating Restaurants

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

Community Appreciation Spotlight

We would like to take a moment to express our heartfelt gratitude to a truly special member of our community, Mr. Fish. Over the years, this dedicated locksmith has generously supported the Commission on Aging by providing services whenever needed—often refusing payment and simply being happy to help.

His kindness, reliability, and willingness to give back have made a meaningful difference in our ability to serve older adults in St. Joseph County. Beyond his skilled work, he has also been a strong advocate for the COA, helping spread the word about our programs and encouraging others to get involved.

It is individuals like this who remind us what community is all about—neighbors helping neighbors, and generosity that comes straight from the heart.

We are incredibly thankful for your continued support and partnership. Your kindness does not go unnoticed, and it is deeply appreciated by our staff, our members, and the entire COA family.

For all of your locksmith needs, save his new #:

C.L. Fish Locksmith 269-625-1301

Meals on Wheels & Congregate Menu May 2026

DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Friday, May 1	Turkey Mostaccioli, Succotash Vegetable Blend, Sugar Snap Peas
Monday, May 4	Sweet & Sour Meatballs, Brown Rice, Broccoli, Diced Beets
Tuesday, May 5	Creamy Baked Fish, Penne Pasta, Peas & Pearl Onions, Key West Vegetable Blend
Wednesday, May 6	Bruschetta Chicken, Long Grain & Wild Rice, Capri Blend Vegetables
Thursday, May 7	Maple Mustard Pork Tenderloin, Sweet Potato, Mixed Vegetables
Friday, May 8	Cowboy Cavatini, Italian Blend Vegetables, Zucchini & Summer Squash
Monday, May 11	Chicken Tenders, Tater Tots, Green Beans, Malibu Blend Vegetables
Tuesday, May 12	Beef & Noodles, European Blend Vegetables, Creamy Peas & Red Peppers
Wednesday, May 13	Roasted Pork Tenderloin, Mashed Potatoes, Okra & Stewed Tomatoes
Thursday, May 14	Creole Fish, Parslied Potatoes, Asparagus, Key West Blend Vegetables
Friday, May 15	Breakfast Scramble, Sausage Links, Hash Browns, Broccoli
Monday, May 18	Pork Fritter, Baked Beans, Sweet Potatoes
Tuesday, May 19	Bourbon Chicken, Cheese Grits, Pinto Beans, Collard Greens
Wednesday, May 20	Cabbage Rolls, Brown Rice, Mixed Vegetables, Venetian Blend Vegetables
Thursday, May 21	Chicken Alfredo, Buttered Noodles, Oriental Blend Vegetables
Friday, May 22	Turkey Burger, Baked Beans, Au Gratin Potatoes
Monday, May 25	CLOSED FOR HOLIDAY
Tuesday, May 26	Spaghetti & Meatballs, Venetian Vegetable Blend, Glazed Baby Carrots
Wednesday, May 27	Bratwurst, Creamy Peas & Red Peppers, Butternut Squash
Thursday, May 28	Turkey & Stuffing Casserole, Mixed Vegetables, Wax Beans
Friday, May 29	Chicken Jambalaya, Winter Blend Vegetables, Yellow Squash with Onions

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 MySeniorCenter kiosk at either center.

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

The Commission on Aging will be closed Monday, May 25th in observance of Memorial Day.



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 # _____