



The Senior Connection

June 2026

St. Joseph County Commission on Aging Newsletter

Serving Older Adults in St. Joseph County Since 1973



JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH

Every Mind Matters. ❤️ Every Moment Counts.

Alzheimer's disease is a progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks.



BY THE NUMBERS



6.9 MILLION+

Americans age 65 and older are living with Alzheimer's.



EVERY 65 SECONDS

someone in the United States develops Alzheimer's.



11 MILLION+

family members and friends provide unpaid care.



\$360 BILLION

in 2024—projected cost of care for people with Alzheimer's and other dementias.



THERE IS HOPE.

Research is advancing and offers hope for the future.

KNOW THE WARNING SIGNS

Talk with a doctor if you or someone you know is experiencing:



Memory loss that disrupts daily life



Challenges in planning or solving problems



Difficulty completing familiar tasks



Confusion with time or place



Trouble understanding visual images and spatial relationships



New problems with words in speaking or writing



Poor judgment or decision-making



Withdrawal from work or social activities



Changes in mood or personality

TIPS FOR BRAIN HEALTH

Small steps today may support your brain health for tomorrow.



STAY ACTIVE

Engage in regular physical activity.



EAT HEALTHY

Follow a balanced diet rich in fruits, vegetables, and whole grains.



CHALLENGE YOUR BRAIN

Keep learning, try new things, and stay mentally engaged.



STAY CONNECTED

Build strong relationships and engage with others.



GET QUALITY SLEEP

Good sleep is essential for brain health.



MANAGE HEALTH

Control blood pressure, diabetes, cholesterol, and weight.



YOU ARE NOT ALONE.

Support is available. Reach out to family, friends, or a healthcare professional.



NEED HELP OR INFORMATION?

Contact your healthcare provider or local community resources.

Together, we can make a difference.



June is Alzheimer's & Brain Awareness Month, a time to raise awareness about a disease that impacts memory, thinking, and daily life. At the COA, we are here to support our community with education, guidance, and helpful resources. If you have questions or need support, we're here to help you stay informed and connected.

**St. Joseph County
Commission on Aging**

**Rivers Enrichment Center
& Residence**

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

Oaks Enrichment Center

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

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



Like us on Facebook!

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



From the Executive Director...



As we welcome the month of June, we look forward to a season filled with connection, celebration, and community spirit. Summer brings with it so many opportunities to gather, and we are excited to share a full calendar of activities, events, and programs for everyone to enjoy.

This month, we invite you to join us for our Summer Picnic on June 10th at Covered Bridge Farm, where we'll enjoy food, music, games, and a patriotic theme to kick off the season.

We're also proud to participate in the Three Rivers Water Festival, including the parade and free bingo celebrations at both centers. These events are a wonderful way to come together and celebrate our community.

We are incredibly grateful for the continued support we receive from our community partners. This month, we extend a special thank you to the St. Joseph County Masonic Lodges for their generous donation to our Meals on Wheels program in honor of Ron Roth. Their support helps us continue providing essential services to the seniors we serve.

We would also like to recognize the heart of our organization—our volunteers. Their dedication, kindness, and willingness to give their time make a meaningful difference every single day. From serving meals to assisting with programs and helping create a welcoming environment, their impact cannot be overstated. We were thrilled to celebrate them at our recent Volunteer Appreciation Luncheons, which were both wonderful events filled with gratitude, laughter, and well-deserved recognition.

At the COA, it is our mission to ensure that older adults in St. Joseph County remain healthy, connected, and supported. Whether you're joining us for a fitness class, a trip, a meal, or simply stopping in for conversation, you are an important part of our COA family. We look forward to seeing you this month and hope you take advantage of all the opportunities to stay active, engaged, and connected.

Warmly,
Pam

Three Rivers Water Festival

Parade: Thursday June 18th (Rain Date: Friday June 19th) 7pm

CANDY DONATIONS

We need **LOTS** of candy donations for our parade participants to hand out during the parade season. Please no chocolate as it will melt. Please drop off candy donations at the reception desk.

Parade Theme:

Everything **Red White & Blue!**
Feel free to wear all your patriotic gear!

PARADE PARTICIPANTS

Group members will meet at the Rivers Enrichment Center and ride the bus to the parade starting location. Participants will walk alongside the bus and help hand out candy during the parade. Bus seating is limited; however, anyone interested in participating is encouraged to sign up. If bus seats are full, participants may need to drive themselves to the starting location. To sign up, please call 269-279-8083 and leave your phone number so we can share additional details regarding exact times and locations once they are finalized. Following the parade, the bus will transport participants back to the Rivers Enrichment Center.



BINGO

We will have Free Bingo in celebration of the Three Rivers Water Festival on Thursday June 18th at the Oaks Enrichment Center and on Friday, June 19th at the Rivers Enrichment Center. Prizes will be donated by the Life Enrichment Department and there will be no charge to play.

Fireworks will be at dusk June 20th.

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.

Summer Picnic

When: June 10th, 2026
Where: Covered Bridge Farm
56705 Covered Bridge Rd.
Three Rivers, MI

Time: 10am-2pm
Cost: \$5 per person
RSVP: 269-279-8083
Tickets go on sale: June 1st, 8am
(limited to 100 tickets)



We'll be taking a patriotic spin on our picnic this year. We will be enjoying yard games, music, and lots of patriotic fun. The menu will be an assortment of summer favorites and free bingo will follow lunch.

No lunch will be served at the centers that day, home delivered meals will still run.

St. Joseph County Masonic Lodges Make Donation in Honor of Ron Roth

The St. Joseph County Commission on Aging is honored to receive a generous \$2,500 donation in support of our Meals on Wheels program. This meaningful gift represents a collective effort from all five Masonic Lodges in St. Joseph County, with each Lodge contributing \$500.

We are especially grateful to have been selected as the first recipient of what will become an annual St. Joseph County Masonic Lodge Donation Event, designed to benefit local charities. Each year, a different Lodge will have the opportunity to select an organization, and we are truly humbled to be chosen for this inaugural contribution.

This year's donation to Meals on Wheels was selected by Three Rivers–Mt. Hermon #24 in honor of Ron Roth. Ron was a dedicated Meals on Wheels driver and a valued member of both Three Rivers–Mt. Hermon #24 and Sturgis Meridian Sun Eagle #49 Lodges. His legacy of service makes this gift all the more meaningful.

We extend our sincere gratitude to all the participating Lodges for their generosity and community spirit. It is deeply appreciated and will make a lasting impact on the seniors we serve.



Participating St. Joseph County Masonic Lodges:

- Three Rivers–Mt. Hermon #24
- Constantine Siloam #35
- Sturgis Meridian Sun Eagle #49
- Colon Lodge #73
- Mendon Lodge #137

To learn more, please visit:
www.michiganmasons.org



Back Row: Bruce Gosling, Mike Hargreave, Buzz Farrand, Josh Williams, Tim Mitchell.

Front Row: Austin Mercer, Rick Farrand, Katie Hughes, Pamela Riley (unpictured) Mike Ingold.

June 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) business days** of making your reservation. Unpaid reservations will be forfeited. Trip itineraries are available at the front desk at the beginning of each month.

Historic Charlton Park

Where: Hastings, MI

When: Friday, June 12, 2026

Cost: \$15 per person (Lunch and ice cream on your own)

8:30am Depart from Three Rivers COA

9:30am Depart from Sturgis COA

11:15am Lunch at Walldorf Brew Pub & Bistro

Historic Charlton Park Tour

Ice Cream at Moo-ville Creamery

6:00pm Return to Sturgis COA

6:30pm Return to Three Rivers COA

Step back into the late 1800s with a visit to the village and museum at Historic Charlton Park. Stroll through a recreated small-town setting featuring original and restored buildings, including a schoolhouse, general store, and church, all filled with authentic artifacts. The museum offers engaging exhibits that bring Michigan's rural history to life.

Four Winds Casino

Where: New Buffalo, MI

When: Wednesday, June 24, 2026

Cost: \$16 per person (Lunch on your own at Casino)

9:00am Depart from Sturgis COA

9:45am Depart from Three Rivers COA

Four Winds Casino

5:30pm Return to Three Rivers COA

6:00pm Return to Sturgis COA



Binder Park Zoo

Where: Battle Creek, MI

When: Monday, June 29, 2026

Cost: \$32 per person includes box lunch (Dinner on your own)

9:15am Depart Three Rivers COA

10:00am Depart Sturgis COA

11:15am Box lunch before entering the zoo

Explore Zoo (Wild Africa & front of zoo)

5:00pm Dinner at Cracker Barrel Family Restaurant

7:30pm Return to Sturgis COA

8:00am Return to Three Rivers COA

Join us for a fun day at Binder Park Zoo! We'll start with a boxed lunch before riding the tram through Wild Africa to see giraffes, lions, zebras, and more. Afterward, enjoy free time in the main zoo, then unwind with dinner at Cracker Barrel before heading home. A perfect summer outing full of fun and adventure!

June Craft

Firecracker Decoration

Celebrate 250 years of American independence with this festive firecracker craft! Join us as we create a fun and patriotic decoration to honor the spirit of the Declaration of Independence. It's a great way to show your red, white, and blue pride while enjoying a hands-on activity together.



Sturgis:

Tuesday, June 16th 1:00pm

Call to sign up.
269-279-8083

Three Rivers:

Wednesday, June 17th 1:00pm



Dinner Night Out

Featuring Local Musician:

Joe Oliva

Join us for a night of great music, delicious food, and fun. We are so excited to welcome back a very talented local musician: Joe Oliva. Come prepared to have a great time! Who knows—you might even find yourself singing along or getting up to dance.

Where: Rivers Enrichment Center
1200 W. Broadway St.
Three Rivers, MI

When: Wednesday, July 8th at 5pm

Ticket Cost: \$15
(limited to 50 tickets)

Tickets go on sale Tuesday, June 9th. at 8am. To reserve your ticket, please call 269-279-8083. To ensure fairness, reservations will be accepted by phone only between 8:00 a.m. - 8:30 a.m. In-person reservations will be accepted after that. Tickets must be paid for within 3 days of reservation or the spot will be forfeited.

The COA is happy to announce that we have hired a new Chore Worker to better serve our members!

Chore services may include:

- Yard work and seasonal cleanup
- Light handyman tasks and small household repairs
 - Installation of safety items such as grab bars
 - Other minor home maintenance needs

This service is intended for members who do not have outside support available to assist with these tasks.

Yard work services are limited to city-sized lots.

If you or someone you know could benefit from this program, please contact the COA for more information and availability.



Caring for a loved one is rewarding—but everyone deserves a chance to rest, recharge, and enjoy life's important moments. The COA is pleased to offer limited funding to support caregivers and families through respite care in our community.

Respite funding may be used for evening or weekend care, coverage during special events such as weddings, graduations, and family gatherings, short-term weekend needs, or simply time for caregivers to run errands, attend appointments, or take a well-deserved break.

Whether you need a few hours away or support during an important event, respite care offers peace of mind knowing your loved one is receiving safe, compassionate care.

Funding is limited and available on a first-come, first-served basis.

For more information or to see if you qualify, please contact the COA at (269) 279-8083 and ask to speak with our Residential Services Manager, Nicki Notestine.

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 Derby Stallion (PG)

Thursday, June 4th

Fifteen-year-old Patrick doesn't know what he wants to do with his life, and the pressure put on him by his dad isn't helping. But then he meets a misunderstood horse trainer who convinces him to train for the Derby Cup. Can Patrick convince his parents to let him compete, beat out the rich town bully and find the champion that lies within?



Caramelo (TV14)

Monday, June 22nd

Caramelo is a stray dog with an endless appetite and a knack for chaos. He's not the best boy round – until he meets Pedro, a chef in need of a friend.



This Father's Day, Sunday, June 21, we honor fathers and all who provide guidance, support, and care with strength, wisdom, and love. Whether you are a father, grandfather, mentor, or caregiver, your presence makes a lasting difference in the lives of others.

We warmly invite you to stop by our centers on **Friday, June 19**, to enjoy a special treat in your honor. It's a small token of our appreciation and a chance to gather and connect.

Join us as we celebrate the strength and connections that bring our community together.

DINNER & A MOVIE

Tuesday, June 9th at Three Rivers 6

Since movies and showtimes aren't available in advance, please call the COA if you're interested. We'll contact you the Friday before with the selected movie and meeting time. Dinner at Culver's in Three Rivers will follow.

"CRAFTS ON BROADWAY"

Vendor Fair

When: Saturday, July 25

Time: 9:00 AM – 3:00 PM

Where: St. Joseph County Commission on Aging
Three Rivers Enrichment Center
1200 W. Broadway St.
Three Rivers, MI 49093

Come shop, support local vendors, have lunch, and enjoy a fun day at the COA!

Vendor Space Available!

- One table and two chairs provided
- \$25 per space
- \$20 per space with a raffle item donation towards the COA Life Enrichment Program.

To reserve a booth space, contact:
Ange at 269-816-2749

Join us for crafts, a variety of vendors, and exciting raffles! This event is sure to be packed with a wonderful selection of goodies.

Sponsored by:



Smoke & Tallow BBQ Co.
& Fresh Lemonade Stand



Painting with Pat

Sign up to learn how to paint "Chickadee in the Cherry Tree" with local artist Pat Asbury.

When: Monday, June 15th and 22nd

10am-12:30pm

(Must be able to attend both sessions)

Where: Sturgis, Oaks Enrichment Center

Cost: \$30 includes both weeks. (All supplies included)

Call 269-279-8083 to sign up June 1st.



SERVICES & SUPPORT

Foot Doctor



Three Rivers: Tuesday, July 7th
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 Victor Gonzalez 616-375-3753

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, July 13th

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, June 17th

WHERE: Available by Phone

TIME: 2pm-4pm

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

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

alzheimer's association

Alzheimer's Association Caregiver Support Group

When: Tuesday, June 2nd
(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, June 9th
(Second Tuesday)

TIME: 10 am - 11 am

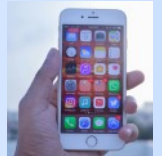
LOCATION: Beacon Health

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, June 10th & 24th
(Second & fourth Wednesday)
10am—Noon by appointment

Three Rivers: Monday, June 15th
(Third Monday monthly)

10am—Noon by appointment

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

Potluck Bingo

Where: Sturgis, Oaks Enrichment Center

When: Wednesday, June 17th 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, June 23rd 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!

Life Story Lab

Sturgis: Monday, June 8th 2pm

Three Rivers: Tuesday, June 30th 2pm

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

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, June 5th.**

Love,

Jude 

FUN & GAMES/SOCIAL



RIVERS ENRICHMENT CENTER BOOK CLUB

Where: Three Rivers Enrichment Center

When: Wednesday, June 24th at Noon

(Fourth Wednesday)

Book: The House in the Cerulean Sea

By T.J. Klune

Oaks Enrichment Center Book Club

Where: Oaks Enrichment Center

Sturgis

When: Thursday, June 18th at 3 pm

(Third Thursday)

Book: The Lost Apothecary

By Sarag Penner

Lethal Lunches Book Club

On break
until September.

Have a great summer!

For more information about the Sturgis Book Club or Lethal Lunches please call the Sturgis District 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, June 19th

(Third Friday Monthly)

11:45am

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

Thank you to Glen Oaks Community College volunteers for their help with delivering Meals on Wheels during their Annual Day of Service.



Thank you to Bayer Midwest Production Co., LLC in Constantine for the donation of beautifully potted flowers to our Enrichment Centers for Mother's Day.



Big thanks to the volunteers from Immaculate Conception School.



DONATIONS NEEDED FOR ROOTED OF ST. JOSEPH COUNTY



Rooted of St. Joseph County is a nonprofit ministry that helps meet basic needs—such as clothing, hygiene items, and bedding—for children experiencing difficult transitions like foster care, guardianship, or kinship placement.

The both the Oaks Enrichment Center and the Rivers Enrichment Center is proud to serve as a donation drop-off location for **hygiene items only**. All other donations will need to be dropped off at the address below during the noted hours.

EXAMPLES OF ITEMS TO DONATE:

Daily Basics

- Toothbrush (soft bristle)
- Toothpaste
- Dental floss/floss picks
- Mouthwash
- Shampoo & conditioner (variety for different hair types/textures)
- Body wash or bar soap
- New Washcloths/loofahs
- Deodorant (stick or spray)
- Hairbrushes/combs (include wide-tooth combs)
- Hand sanitizer
- Lotion (scented & unscented options)
- Lip balm
- Any hygiene item

Hair Care (important to offer variety)

- New Brushes/combs
- Leave-in conditioner/Detangler
- Hair oil or scalp treatments
- Styling gel/cream
- Hair ties, scrunchies, clips
- Satin bonnets or durags (for textured hair)

Feminine Hygiene

- Pads (variety of sizes)
- Tampons (variety, including beginner options)
- Panty liners

Teen-Specific Needs

- Razors (manual/electric)
- Shaving cream/gel
- Facial cleanser (gentle + acne options)
- Moisturizer (oil-free & regular)
- Acne treatments (spot treatment, pads)
- Body spray/light fragrance

Additional Helpful Items

- Nail clippers & files
- Tweezers
- Cotton swabs & cotton pads
- Tissues
- Diapers (all sizes)
- Baby Wipes
- Small toiletry bags or kits
- Laundry detergent pods (gentle)
- Reusable water bottles (encourages hydration & health)

Thoughtful Extras

- Travel-size kits (great for new placements or transitions)
- Sensitive-skin and fragrance-free choices
- Instruction cards (basic hygiene tips for younger youth)

Also Cleaning supplies:

- Laundry soap
- Cleaning supplies
- Ziplock bags (all sizes)

Additionally, donations can be mailed to:

Rooted of St. Joseph County
P.O. Box 173
Centreville, MI 49032

Alternatively, donations can be hand-delivered during Rooted's drop-off hours:

Mondays: 4:00 PM – 8:00 PM
Thursdays: 9:00 AM – 3:00 PM

at 104 W. Main St in downtown Centreville.

Please view their facebook page and view their Amazon Wish List for additional donation ideas.

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!

June 2026 Activities CALENDAR Three Rivers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit	2 8:15am - Forever Fit 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	3 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle	4 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit	5 9:30am - Line Dancing 10am - Arthritis Exercise—Taking it Easy 10am Jude the Comfort Dog 10:30am Jude the Comfort Dog 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm Bingo 1pm - Mah Jongg
8 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit	9 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle 10am - Stroke Support Group at Three Rivers Hospital Dinner & a Movie Night Three Rivers 6 Theater	10 No Congregate Lunch Summer Picnic 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. 11am - In Stitches 1pm - Pinochle	11 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit	12 9:30am - Line Dancing 10am - Arthritis Exercise—Taking it Easy 10:30am PAC Meeting 11am - S.A.I.L. Exercise 12:30pm - Bingo at Klines 1pm Bingo 1pm - Mah Jongg TRIP—Historic Charlton Park
15 10am - Arthritis Exercise - Taking it Easy 10am Tech Time 10am Painting with Pat - Oaks Enrichment Center 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit	16 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm - Bingo 2:30pm - Pinochle	17 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 2pm-4pm Legal Aid (By Phone) 3pm Advisory Board Meeting at Rivers Enrichment Center	18 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit Three Rivers Waterfest Parade	19 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 FREE Bingo 1pm - Mah Jongg Father's Day Treat (Waterfest Parade Rain Date)
22 10am - Arthritis Exercise - Taking it Easy 10am Painting with Pat - Oaks Enrichment Center 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 1:30pm - Movies at the Oaks, Sturgis Enrichment Center 2pm - Dance Fit	23 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm Bingo 2:30pm - Pinochle	24 9am Say Yes! To weights 10am - Flexible You 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 11am - In Stitches 12pm Book Club 1pm - Pinochle TRIP - Four Winds Casino	25 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 1pm - Chair Yoga 1pm - Euchre 2pm - Dance Fit	26 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
29 10am - Arthritis Exercise - Taking it Easy 11am - S.A.I.L. Exercise 1pm - Chair Yoga 1pm - Pinochle 2pm - Dance Fit TRIP—Binder Park Zoo	30 8:15am - Forever Fit 9:30am - Cardio Drumming 10:30am - Arthritis Exercise 12:45pm - Mah Jongg 1pm Bingo 2pm Life Story Lab 2:30pm - Pinochle			

June 2026 Activities CALENDAR Sturgis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	2 9am - Chair Yoga - VIDEO 10am - Boards & Bagels 1pm - Euchre 6pm Alzheimer's Support Group at Rivers COA	3 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	4 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Movies at the Oaks 1:30pm - Euchre 7pm - Duplicate Bridge	5 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm Cardio Drumming
8 9:45am - Arthritis Exercise - Taking it Easy! 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre 2pm Life Story Lab	9 9am - Chair Yoga 10am - Boards & Bagels 10am - Stroke Support Group at TR Hospital 1pm - Euchre Dinner & a Movie Night Three Rivers 6 Theater	10 No Congregate Lunch Summer Picnic 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Time 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming	11 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge	12 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm Cardio Drumming TRIP—Historic Charlton Park
15 9:45am - Arthritis Exercise - Taking it Easy! 10am Painting with Pat 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre	16 9am - Chair Yoga 9:30am Foot Doctor 10am - Boards & Bagels 1pm - Euchre 1pm - Craft	17 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming 2pm– 4pm Legal Aid by Phone 3pm Advisory Board Meeting at Rivers Enrichment Center 4pm - Potluck Bingo	18 9am - Gentle Yoga 10am - Line Dancing 12:30pm - FREE Bingo 1pm - Hand & Foot 1:30pm - Euchre 3pm Book Club 7pm - Duplicate Bridge Three Rivers Waterfest Parade	19 9:45am - Arthritis Exercise - Taking It Easy! 11am - S.A.I.L. Exercise 1pm - Cardio Drumming Father's Day Treat (Waterfest Parade Rain Date)
22 9:45am - Arthritis Exercise - Taking it Easy! 10am Painting with Pat 11am - S.A.I.L. Exercise 12:30pm - Bingo 1pm - Euchre 1:30pm - Movies at the Oaks	23 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre 1pm PAC Meeting 1:30pm Sturgis Trivia	24 9:45am - Arthritis Exercise - Taking It Easy! 10am - Tech Time 11am - S.A.I.L. Exercise 1pm - Hand & Foot 1pm - Euchre 1pm - Cardio Drumming TRIP—Four Winds Casino	25 9am - Gentle Yoga 10am - Line Dancing 12:30pm - Bingo 1pm - Hand & Foot 1:30pm - Euchre 7pm - Duplicate Bridge	26 9:45am - Arthritis Exercise - Taking It Easy! - VIDEO 11am - S.A.I.L. Exercise - VIDEO 1pm - Cardio Drumming
29 9:45am - Arthritis Exercise - Taking it Easy! - VIDEO 11am - S.A.I.L. Exercise - VIDEO 12:30pm - Bingo 1pm - Euchre TRIP—Binder Park Zoo	30 9am - Chair Yoga 10am - Boards & Bagels 1pm - Euchre			

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

Thank you, Jean Angell, for so generously sharing the gift of music throughout our Rivers Enrichment Center. Your beautiful playing in the café and atrium brings warmth and joy to all who visit. We are also deeply grateful for the care and dedication you put into refurbishing the piano in loving memory of your late husband, Don Angell.



Meals on Wheels & Congregate Menu

June 2026

DATE	HOT ENTRÉE - MEALS ON WHEELS AND CONGREGATE SITES
Monday, June 1	Lemon Baked Fish, Brown Rice, Cauliflower, Creamy Peas & Red Peppers
Tuesday, June 2	Apple Pork Chop, Rosemary Potatoes, Scalloped Tomatoes, Capri Blend Vegetables
Wednesday, June 3	Chicken & Dumplings, Baby Carrots, Asparagus, Blueberry Crisp
Thursday, June 4	Turkey Shepherd's Pie, Mashed Potatoes, Roasted Brussel Sprouts
Friday, June 5	Italian Sausage, Peppers & Onions, Roasted Butternut Squash, Peas & Carrots
Monday, June 8	Dijon Chicken, Sweet Potatoes, Beets, Broccoli
Tuesday, June 9	Hamburger Stroganoff, Egg Noodles, Collard Greens, Mixed Vegetables
Wednesday, June 10	BBQ Pulled Chicken, Roasted Butternut Squash, Baked Beans (No Lunch at centers, HDM ONLY)
Thursday, June 11	Tropical Pork, Black Beans & Rice, Scalloped Tomatoes, Creamy Peas & Red Peppers
Friday, June 12	Turkey Pot Roast, Mashed Potatoes, Carrots, Asparagus
Monday, June 15	Bourbon Pork Chop, Whipped Sweet Potatoes, Broccoli
Tuesday, June 16	Salmon Patty, Parmesan Noodles, Peas & Mushrooms, Butternut Squash
Wednesday, June 17	Homestyle Veal, Mashed Potatoes & Gravy, Asparagus, Roasted Brussel Sprouts
Thursday, June 18	Pepper Steak, Brown Rice, Glazed Carrots, Italian Green Beans
Friday, June 19	Italian Chicken, Au Gratin Potatoes, Collard Greens, Cauliflower & Cheese
Monday, June 22	Oven Baked Fish Sandwich, Butternut Squash, Green Beans & Mushrooms
Tuesday, June 23	Goulash, Collard Greens, Cauliflower
Wednesday, June 24	Chicken Marsala, Mashed Potatoes, Beets, Baby Carrots
Thursday, June 25	Maple Glazed Fish, Florentine Rice Pilaf, Broccoli, Capri Blend Vegetables
Friday, June 26	Turkey & Butternut Squash Bake, Red Bliss Potatoes, Asparagus
Monday, June 29	Hamburger, Italian Green Beans, Honey Glazed Carrots
Tuesday, June 30	Raspberry Chicken, Wild Rice & Orzo Pilaf, Scalloped Tomatoes, Italian Blend Vegetables

Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

IT IS VERY IMPORTANT THAT YOU CALL THE COA 24 HOURS IN ADVANCE TO RESERVE LUNCH.

SUGGESTED DONATION: \$3.50

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

Rivers Enrichment Center
269-279-8083
1200 W. Broadway Street
Three Rivers, MI 49093
Lunch is served at Noon
Reservations required

Oaks Enrichment Center
269-279-8083
306 N. Franks Avenue
Sturgis, MI 49091
Lunch is served at Noon
Reservations required

Klines Resort
269-279-8083
22260 Klines Resort Road
Lunch is served at Noon
on Fridays only.
Reservations required.

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

— JUNE IS —
**ALZHEIMER'S
& BRAIN**
AWARENESS MONTH



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 # _____