

April 2024



The Messenger



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by Nature

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Volunteer Month

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Cass
County  **COA**
Enhancing Life

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HEALTHY BY NATURE

by TAYLOR LEE
Certified COA Fitness Trainer

As the weather gets warmer, we can't help but spend more time in the great outdoors. Not only is it enjoyable, there are many benefits to spending time out in nature.

Improved Mental Abilities

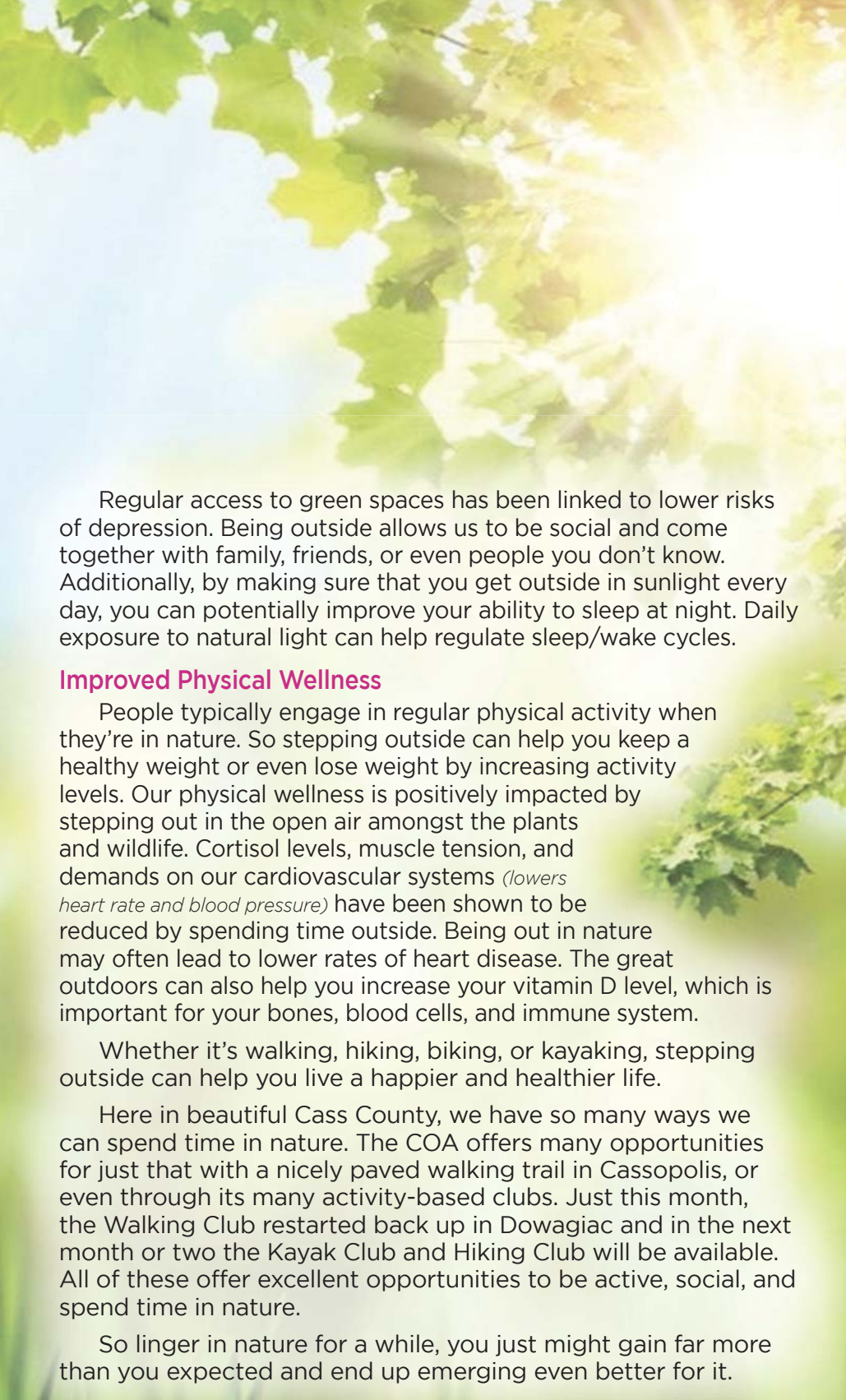
Sensory overload and mental fatigue are common side effects of the urban environments in which many of us work and live. Studies have shown that spending time in nature allows our minds and bodies to relax, and the increased feelings of pleasure we get from being in nature can help us concentrate and focus more effectively. Just 20 minutes in nature has been found to improve concentration and reduce the need for ADHD and ADD medications in children. Walking through nature also improves cognitive function and memory. Physical activity in a green space can improve cognitive control, short and long-term memory, and overall brain function.

Improved Mental Health

Nature can help decrease your anxiety levels and can aid in lessening stress and feelings of anger. Exercise can also help this, but it's even better when you're outside. Just 5 minutes of walking in nature improves mood, self-esteem, and relaxation.

Frequent exposure to nature reduces anxiety and depression, while promoting a sense of wellbeing and fulfillment. Physical activity in a green space can reduce stress and lowers cortisol levels by 15%.





Regular access to green spaces has been linked to lower risks of depression. Being outside allows us to be social and come together with family, friends, or even people you don't know. Additionally, by making sure that you get outside in sunlight every day, you can potentially improve your ability to sleep at night. Daily exposure to natural light can help regulate sleep/wake cycles.

Improved Physical Wellness

People typically engage in regular physical activity when they're in nature. So stepping outside can help you keep a healthy weight or even lose weight by increasing activity levels. Our physical wellness is positively impacted by stepping out in the open air amongst the plants and wildlife. Cortisol levels, muscle tension, and demands on our cardiovascular systems (*lowers heart rate and blood pressure*) have been shown to be reduced by spending time outside. Being out in nature may often lead to lower rates of heart disease. The great outdoors can also help you increase your vitamin D level, which is important for your bones, blood cells, and immune system.

Whether it's walking, hiking, biking, or kayaking, stepping outside can help you live a happier and healthier life.

Here in beautiful Cass County, we have so many ways we can spend time in nature. The COA offers many opportunities for just that with a nicely paved walking trail in Cassopolis, or even through its many activity-based clubs. Just this month, the Walking Club restarted back up in Dowagiac and in the next month or two the Kayak Club and Hiking Club will be available. All of these offer excellent opportunities to be active, social, and spend time in nature.

So linger in nature for a while, you just might gain far more than you expected and end up emerging even better for it.

Cover Image

Volunteer Ballroom instructor Kathie McFadden and her assistant Hans Obermueller demonstrate to the class the kind of dancing you can do after learning the basic steps. If you'd like more information on this class and others offered at the COA, check out pages 12 - 22.

Cass County COA Staff Contacts

CEO

Marty Heirty

Adult Day Service

Laura Jepkema

Care Services / Handy Helpers / Support Groups

Cindy Ledger, RN

Charitable Giving

Kelli Casey

Food Service

Michael Garcia

Front Street Crossing

Ky'sha Johnson

Human Resources / Volunteers

Danielle Dilts

Leisure Activities / Fitness /

Facilities Rental

Kelli Casey

Lifelong Learning

Patty Gremaux

Meals on Wheels / In-Home Care /

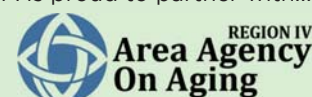
Medicare Medicaid Assistance

Cindy Ledger, RN

Operations

Danielle Dilts

The COA is proud to partner with...





April is National Volunteer Month

by SHELLY PURUCKER
Operations Assistant

Volunteering is when a person or group of people freely donates their time, labor, and energy towards a greater cause. It is because of volunteers that the lives of those in their community are changed. Through volunteering, unlimited hours are donated and many lives are enriched by acts of kindness, no matter the size. Even the smallest act of kindness can create ripples and affect those around you.

National Volunteer Month actually started off as National Volunteer Week in Canada back in 1943 as a way to pay tribute to the unwavering contributions of women during World War II. It was around this time that more and more organizations and nonprofits began to acknowledge the extensive contributions of volunteers.

In the United States, President Richard Nixon established National Volunteer Week in 1974. Since then, the week has gained widespread recognition and support to evolve into honoring volunteers all throughout the month of April.

Here at the COA, we love our volunteers and the differences they make daily. The men and women that we treasure have given more than just uncountable hours. These individuals have provided a warm smile, relieved stress, shared a laugh, alleviated some depression, and more.

Volunteers come in all sizes and shapes, and we believe that volunteering is

the backbone of our small community. It is a drive from inside the hearts of those who give without expectation and our admiration, along with gratitude for these individuals stretches far beyond words.


One of the many ways the COA honors our volunteers is through our Volunteer Recognition Dinner held in, you guessed it...April.
(For more

"Volunteering is at the very core of being a human. No one has made it through life without someone else's help."

~ Heather French Henry
(Former Miss America)

information on this event, see page 22.)

Volunteers really can make a difference. If you would like to learn more about volunteering and the many ways you can be that pebble in your community, please contact Danielle Dilts at (269) 445-8110.



Shredding Day
Tuesday, May 14
9 – 10 a.m.
COA Lowe Center Parking Lot
Cost: \$5 per car



CASS COUNTY
MedicalCare Facility
269-445-3801
23770 Hospital St.
Cassopolis, MI 49031
www.ccmcf.org



CASS COUNTY
MedicalCare Facility
OUTPATIENT THERAPY SERVICES
NOW ACCEPTING
NEW PATIENTS!
Call Rie or Matt for information
or an appointment
269-445-3801





BLACK HISTORY MONTH BREAKFAST



Volunteers

Daisy Adams
Duane Adams
Ruthann Adams
Hsiu-Chu Adkins
Joanne Anderson
Cheryl Atwater
Candy Azevedo
Carol Bailey
Rita Baker
Roger Baker
Shirley Barks
Joanne Bata
Paul Bata
Susan Bingham
Diane Bonczynski
Joyce Borton
Richard Borton
Cynthia Boss
Jacqueline Bowe
Rebecca Bowers
Camille Briegel
Linda Brossman
Judy Brown
Marie Bruegmann
Thomas Buszek
Frank Butts
Marsha Butts
Becky Caldwell
Linda Campbell
Robert Campbell
Lonnie Carlisle
Ginger Carlisle
Mary Carroll
Susan Case
Michael Casey
Carol Churchill
Berry Clark
Anne Colgan
Joe Colgan
Keryl Conkright
Sue Cook
Judy Coon

Jeff Corey
Dan Dahmen
Grace Darrow
Max Davis
Floyd Deahl
Julie Deahl
Sue Decker
Kay Diehl
Carol Dierickx
Jeff Downing
David Dunlap
Robin Emenaker
Anna Eubank
Jayne Fox
Marilu Franks
Mary Geminder
Ed Goodman
Leigh Goyings
Joyce Greenwood
John Gremaux
Cheryl Groner
Floyd Groner
Jim Grubbs
Melody Grubbs
Shirley Guilford
Joyce Hamilton
Janet Hamilton-Merckx
Brooke Hari
Marcus Hari
Debbie Hartman
Mable Hartman
Kim Hedges
Mary Hedges
Deborah Heeter
Sue Heinrich
Jim Hershberger
Marshall Higginbotham
Jason Hill
Ann Johnson
Sheryl Johnson

Mary Jones
James Karasek
Linda Keeler
George King
Penny Knepple
Stephanie Knepple
Sondra Knight
Virginia Kraft
David Kring
Luci Lafontant-Lee
Marcia Lofts
Ronald Lofts
Bobbi Lowe
Richard Macleod
Frank Maley
Carol Manning
Kathie McFadden
Kathleen McMahon
Dolores McNeary
Charlene Mielke
Carol Modigell
Pamela Moore
Carl Moraw
Lucinda Mosier
Sharon Ott
Nancy Pallas
Susan Parker
Teresa Perry
Phyllis Peterson
Michael Peterson
Ray Phillips
Terry Proctor
George Purlee
Ruth Quigley
Kylie Raab
Jannette Rafferty
Sandra Randle
Elsie Randles
Jennifer Ray
Terry Ray
Carol Reich
Joyce Rentfrow

Kirsten Rhoades
Kim Sak
Audrey Salesberry
John Seculoff
John Seidl
Jessica Slough
Marie Slough
Beverly Smith
Eileen Smith
Hopelynn Smith
John Smith
Kawanna Stoker
Renay Suseland
Walter Swann
Diane Tiser
Elizabeth Vanhphaumy
Ralph Vosburgh
Pam Welling
Debbie Wiggins
Susan Wilder
Susan Wilkins
Anne Wilkinson
Chuck Wilson
Kathleen Wishart
Linda Wolfe
Clarawayne Wolford
Roberta Woodruff
Jane Wright
Katherine Yoder
Carol Young

Volunteers listed are for the month of February, during which we had 154 active volunteers who contributed 1906 hours of work. This would be equal to more than 11 full time staff positions.



A JOB BUILT FOR YOU!

Do you enjoy building or assembling things? Why not volunteer to be one of the COA's Handy Helpers. This is your chance to use your skills to help others throughout Cass County by building wheelchair accessible ramps.

For more information, contact Cindy Ledger at (269) 445-8110.

St. Patrick's Lunch



Photos by Ky'sha Johnson & Terina Miller

Crafts & Watercolor



Photos by Ky'sha Johnson & Terina Miller



Experience the Panama Canal with a Cruise

January 23 – February 4, 2025

The mighty Panama Canal, an engineering marvel and historical landmark, beckons adventurous spirits with its promise of wonder. And what better way to experience this iconic passage than aboard the sleek and luxurious Emerald Princess. Get ready to embark on a journey that blends captivating landscapes, rich cultural encounters, and unparalleled onboard indulgence.

The Emerald Princess boasts a world-class culinary scene, catering to every

palate. As the sun dips below the horizon, the Emerald Princess transforms into a vibrant hub of entertainment. Indulge in Broadway-caliber production shows, featuring dazzling costumes, captivating storylines, and talented performers. Sway to the rhythm of live music in various lounges, or test your luck at the casino.

Princess Cruises also offers a wide array of shore excursions tailored to diverse interests. From guided tours about the Panama Canal's story, zip-lining adventures through rainforests,

kayaking down ancient Mayan canals, savoring local culinary, or sitting on the pristine shore, there is something for everyone.

Cruising the Panama Canal on the Emerald Princess is more than just a vacation; it's an immersive journey that enriches the soul.

Are you ready to embark on your own Emerald Princess adventure? Rates start at \$1,618 per person. Call Melvin Reynolds or Chris Cetlinski at (330) 708-0592 today to book your unforgettable Panama Canal cruise and support the COA.

Don't Pay More, Call the Best Hearing Store!

Since 2018, we have provided the best of service with the best Hearing Aid products at the best price available to the public. We love to help people hear better and live their Best lives!



Best Hearing Store
269-815-6116
8089 Stadium Dr Kalamazoo MI 49009

Call the Cass COA at 269-445-8110 to schedule an appointment in Cassopolis or Dowagiac.



Upcoming Bus Trips

TULIP FESTIVAL

Tuesday, May 7

Bus Leaves: 8 am

Bus Returns: 4 pm (approx. time)

Cost: \$45 (Nonrefundable)

Enjoy the breathtaking beauty of millions of tulips as you explore Holland, Michigan during the annual Tulip Festival! The bus drops us off and you are let loose to enjoy the spectacular natural spring beauty that is Holland. Additional tours can be purchased upon arrival.

Trip includes non-wheelchair accessible transportation and all taxes and gratuity. Lunch is available for purchase.

Limited Space / Registration Required

SHIPSHEWANA AMISH ARTISANS & WORKSHOP TOUR

Wednesday, May 15

Bus Leaves: 8 am

Bus Returns: 5 pm (approx. time)

Cost: \$85 (Nonrefundable)

Get a chance to see the fine craftsmanship from skilled Amish workers. Tour may include visits to home-based workshops such as rug weaving, furniture, leather tooling, tea crafting, cheese making, handmade children's toys, and more. Also step inside an Amish home for a full-course Thresher's lunch.

Trip includes non-wheelchair accessible transportation to all stops, admission to workshops, Amish tour guide's fee, full-course Threshers lunch, and all taxes and gratuity.

Limited Space / Registration Required

Chore Service Program

Cass County residents who are 60+ may be able to get with various household chores through the seasonal Respite Chore Service Program.

Common chores include:

- Carpet and or window cleaning
- Deep cleaning bathrooms / kitchens
- Minor plumbing repairs
- Cleaning gutters
- Cleaning basements and attics

Eligibility requirements:

- Must live in Cass County and be 60+
- Must have a Caregiver (someone who assists and/or oversees the senior)
- Must have less than \$30,000 in savings, checking, retirement, etc.
- Current Area Agency on Aging (AAA) clients are NOT eligible for this program.

If you know of someone who may want to participate in this program, please have them call (269) 445-8110 for more information.

This program is funded through a grant from AAA.



Stone Lake Manor

145 Stone Lake Street, Cassopolis

Now accepting applications.

Community room with fireplace and full kitchen,
library, craft and fitness rooms.
Spacious one- and two-bedroom apartments
are loaded with every amenity:

- Stunning water and wood views
- Intercom-entry building
- Emergency pull cords
- Elevator
- Professional on-site staff
- Barrier-free apartments available
- Seniors 62 years or older or disabled (regardless of age)
- Rent based on income if qualified - assistance available



Please call (269) 445-3333
TDD (800) 649-3777
for more information.



Donations & Support

*Includes donations received between
February 11 – March 10, 2024.
Donations received after that date will be
acknowledged in the next edition of the Messenger.*

Annual Campaign

Diane Skibbe
Doris Tastula

Assistance Program

Anonymous
Scarlet Bachmann
Sallie Barnard
Bruce Batchelor
Stephen Bella
Sue Buck
Cheryl Bugy
Robert Bundy
Lynn Dittmer

Assistance Program (cont.)

Floyd Groner
Richard Knapp
Jannette Rafferty

Greatest Need

Linda Frisbie
George King

Meals on Wheels

Cheryl Albright
Diana Biggs
David Carte
Bonnie Cuthbert

Meals on Wheels (cont.)

John Gould
Lydia Gould
James Kaniuga
Mary Redding
Morris Redding
Thomas Rutherford
Philip Schumacher
Anita Sparks
Shirley Wiker

In Memory of Jean Pyrez

Steven Sowa

Seniors in Cass County Need Your Support

Your gift is extremely important, particularly in today's climate, because it offers immediate resources that are directed to the current needs of local seniors like Meals on Wheels, In Home Care, Adult Day Service and the Handy Helpers program that builds wheelchair accessible ramps for Cass County seniors at no cost. Your donation

is helping to make our community's seniors happier and healthier. Right here. Right now.

Please consider making a gift today.

- Online: www.CassCOA.org
- Phone: (269) 445-8110
- Mail: Cass County COA , P.O. Box 5,
Cassopolis, MI 49031

Volunteer Spotlight

Ruth Quigley has been a part of the COA tax preparation team for the past 4 years. She dedicates countless hours assisting community members with their taxes each year. Ruth is happy to be able to use a skill she has learned to help others.



Our tax volunteers basically sign up for full time duty during tax season by completing trainings and working on tax filing. Thank you to Ruth and all of the COA tax team volunteers!

Employee Spotlight

As the Director of Nutrition, Michael Garcia spends his days at the COA cooking delicious meals with his team for the COA's Lowe Center, Front Street Crossing, Chestnut Towers, and Meals on Wheels. In order to keep improving, Chef Mike enjoys chatting with our lunch patrons to find out what they like and might dislike about our daily meals.

When not at work, Mike enjoys gardening, playing guitar, and cooking Mexican food. His six children also keep him very busy.



APRIL 2024

Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo	2 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	3 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Demystifying Dementia 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo	4 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Euchre 1:30 pm Ballroom Dancing Off Site Marcellus Moves (8:30 am)	5 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics	6
8 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo	9 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:00 pm Hand & Foot 1:00 pm Silver Screen Cinema (Movie) Off Site Marcellus Moves (8:30 am)	10 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo	11 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Ballroom Dancing 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	12 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 9:00 am Hands-Only CPR Training & Emergency Preparedness 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics	13
15 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo	16 9:00 am Hearing Clinic 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	17 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Spill the Beans 10:00 am Tai Chi 12:00 pm Veterans Affairs 12:45 pm Bingo	18 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Ballroom Dancing 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	19 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics	20
22 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo 1:30 pm Footloose Friends	23 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:00 pm Hand & Foot 10:00 am Parkinson's Support Group Off Site Marcellus Moves (8:30 am)	24 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo	25 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Ballroom Dancing 1:30 pm Euchre 2:30 pm Table Talk Off Site Marcellus Moves (8:30 am)	26 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics	27
29 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo	30 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)				Front Street Crossing Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI All Programs / Events REQUIRE Registration

APRIL 2024

Lowe Center

Cassopolis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:00 pm Savvy Caregiver Class 5:30 pm Bingo Night	2 9:00 am Functional Foundations 9:30 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 12:30 pm Diabetes PATH 1:00 pm Read & Share 1:00 pm Book Club 1:00 pm Stroke Support 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	3 10:00 am Kinship Care 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	4 9:00 am Functional Foundations 9:00 am Yoga 10:00 am Drug Drop 10:00 am Strong & Stable 10:30 am This Lit is Your Lit 11:00 am Step Aerobics 12:00 pm Ceramics 2:30 pm Woodcarvers Off Site Shopping	5 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Diabetes Support Group 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	6 9:00 am Yoga
8 9:00 am Foot Clinic 9:00 am Yoga 12:00 pm Color Your World (Watercolor) 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie) 1:00 pm Savvy Caregiver Class 1:30 pm Solar Eclipse Viewing Party	9 9:00 am Functional Foundations 9:00 am Hearing Clinic 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 12:30 pm Diabetes PATH 1:00 pm Parkinson's Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	10 10:00 am Crafty Creations 1:00 pm Caregivers Support Group 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	11 9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 10:30 am This Lit is Your Lit 11:00 am Step Aerobics 12:00 pm Ceramics 1:00 pm Grief Support Group	12 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:00 pm Hands-Only CPR Training & Emergency Preparedness 1:15 pm Bingo 1:30 pm Fit 30	13 9:00 am Yoga
15 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:00 pm Savvy Caregiver Class 5:30 pm Bingo Night	16 9:00 am Functional Foundations 9:30 am The Stormy Night 10:00 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 12:30 pm Diabetes PATH 1:00 pm MS Support Group 11:00 am Step Aerobics 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	17 10:00 am Blacksmith Workshop 10:00 am Whimsical Gnomes 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	18 9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 10:30 am This Lit is Your Lit 11:00 am Step Aerobics 12:00 pm Ceramics 2:30 pm Woodcarvers	19 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	20 9:00 am Yoga 10:00 am Panama Canal Cruise Q&A
22 9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg 1:00 pm Savvy Caregiver Class	23 9:00 am Functional Foundations 9:00 am Hearing Clinic 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 12:30 pm Diabetes PATH 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	24 1:00 pm Pinochle 1:30 pm Fit 30 4:00 pm Annual Meeting & Volunteer Recognition Dinner 5:00 pm Lawless Jam Session	25 9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 10:30 am This Lit is Your Lit 11:00 am Step Aerobics 12:00 pm Ceramics	26 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	27 9:00 am Yoga
29 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:00 pm Savvy Caregiver Class	30 9:00 am Functional Foundations 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 12:30 pm Diabetes PATH 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance				Lowe Center Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7:30 am - 12 pm 60525 Decatur Rd. Cassopolis, MI All Programs / Events REQUIRE Registration

PROGRAM INFORMATION

Pre-register for any event, program or service provided by the COA.

You may register by **Phone:** (269) 445-8110 or

Online: CassCOA.org

ARTS & ENTERTAINMENT



LC BLACKSMITH WORKSHOP

Cost: \$15 per pendant
**Registration is required
by April 10.**

Work with an experienced blacksmith to create your own necklace or keychain pendant. You will get to heat, shape, and texture your metal using an authentic working fire forge and blacksmith tools.

Only cotton clothing can be worn. A blacksmith apron and safety glasses will be provided.

Instructor: Dennis Kuemin,
Blacksmith at Wolf
Prairie Historic Arts

Lowe Center

Wednesday, Apr. 17
10 am - 2 pm

LC CERAMICS MADE EASY

FSC Cost: FREE

Learn and create ceramics. It's easy, fun, and therapeutic. All pieces are provided and you do the painting.

Instructors: Joyce Greenwood (LC)
Sue Bingham (FSC)

Lowe Center

Thursdays
12 - 2 pm

Front Street Crossing

Fridays
12:30 - 2:30 pm

LC COLOR YOUR WORLD (Watercolor Class)

Cost: \$20

**Registration is required
one week in advance.**

Get your chance to create your very own watercolor masterpiece as you follow



simple step-by-step instructions and demonstrations.

April's watercolor is
"Abstract Flower."

Instructor: Roy Hruska

Lowe Center

Monday, Apr. 8
12 - 3 pm



LC CRAFTY CREATIONS

Cost: \$5 per dog
**Registration is required
by April 3.**

Create your own cute and cuddly canine friend crafted from a hand towel. You are sure to have a dog gone good time making this little pawsome pal.

Instructor: Judy Brown

Lowe Center

Wednesday, Apr. 10
10 am

LC FRUIT BELT WOODCARVERS

All types of wood crafters are welcome. The group loves to share their knowledge. Those new to the craft are welcome.

Lowe Center

Thursdays, Apr. 4 & 18
2:30 - 4:30 pm

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Zoom
Online / Zoom

LC KNITTING & CROCHETING

This wonderful and social group creates lots of things from yarn, and they donate many items to local charities. They will also teach newcomers. Yarn donations are welcome.

Lowe Center

Fridays
9 am - 12 pm



LC SILVER SCREEN CINEMA (Movie)

April's feature is
Oppenheimer

During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history.

Starring Cillian Murphy, Robert Downey Jr., Emily Blunt, & Matt Damon

Free movie, individual bag of popcorn, and water.

Lowe Center

Monday, Apr. 8
1 pm

Front Street Crossing

Tuesday, Apr. 9
1 pm

LC QUILTING

All quilters and learners are welcome to join. The group creates and teaches.

Lowe Center

Mondays, Apr. 1, 15, & 29
10 am - 4 pm



LC VISUAL ARTS CLASS

Cost: \$15 (Per Class)
All supplies are provided.
No registration is required and you can attend when it is convenient.

All ages and skill levels are invited to explore drawing and painting in this ongoing class.

Every class begins with a warm up followed by the challenge project. Students work at their own pace using various mediums and techniques.

For more information, email Sharron at sharronottart@gmail.com.

Instructor: Sharron Ott

Lowe Center

Tuesdays
1 - 3 pm

LC WHIMSICAL GNOMES

Cost: FREE

Registration is required by April 10.

If gnomes are your thing, then you've come to the right place.

Each month get a chance to make a different gnome based on the season.

Spruce up your refrigerator with this cute pair of whimsical gnome magnets. They are sure to make you smile every time you enter the kitchen.



Instructor: Judy Brown

Lowe Center

Wednesday, Apr. 17
10 am

COMPUTERS & TECHNOLOGY

LC COMPUTER USE

Several public-use computers are available for use during normal business hours. Please check in at the front desk prior to accessing.

Lowe Center

Mondays - Fridays
8 am - 5 pm

Front Street Crossing

Mondays - Fridays
8 am - 4 pm

What's Happening at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

FITNESS & EXERCISE

LC FITNESS CENTER

FSC The Cass County COA offers two great fitness center options close to home. Each center offers a variety of cardiovascular fitness machines, weight training equipment, as well as qualified instructors who can help you achieve and maintain your goals.

Lowe Center

Mondays - Thursdays
7 am - 7 pm

Fridays
7 am - 4 pm

Saturdays
7:30 am - 12 pm

Front Street Crossing

Mondays - Fridays
7 am - 4 pm

Membership Prices

1 Year	\$140 (60+) \$165
3 Months	\$55 (60+) \$65
1 Month	\$35 (60+) \$45
Walk-in	\$5



COA is a **SilverSneaker & Renew Active** location

Unlimited Class Prices

1 Year	\$240
3 Months	\$69
1 Month	\$25

Class price allows you access to all fitness classes in-person, online (if available), or both.

FSC BALLROOM DANCING

Cost: FREE

Have you ever dreamt of floating around the dance floor like those you've seen on TV?



Now is your chance to join other ballroom dance enthusiasts and get instruction from a professional.

This fun and energetic class is perfect for both beginners and dance veterans to learn various dance styles and moves. Enjoy this low-impact workout while increasing physical well-being, stimulating the brain, and improving balance.

Instructor: Kathie McFadden,
Professional
Ballroom Instructor

Front Street Crossing

Thursdays
1:30 - 3 pm

FSC CARDIO CHALLENGE



Cost: See page 15

Registration is required

Challenge your entire body with a low-impact, high-energy combination of cardio, strength training, balance, and mat exercises.

Instructor: Ky'sha Johnson

Please call to get Zoom access to this class. *(Contact the COA if you need help.)*

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
8 - 8:45 am

FSC BALANCE, STRETCH, AND STABILITY



Cost: See page 15

Registration is required

These purposeful exercises are ideal for those with limited functional mobility as well as those wanting to improve multiple aspects of balance, stability, and flexibility.

Exercises can be modified for those needing a chair for support.

Instructor: Ky'sha Johnson

Please call to get Zoom access to this class. *(Contact the COA if you need help.)*

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
9 - 9:45 am



LC FUNCTIONAL FOUNDATIONS



Cost: See page 15

Registration is required

Work on fundamental movement patterns, including bending, twisting, lifting, pushing, pulling, and squatting, to increase strength, coordination, mobility, and flexibility in this function fitness class.

Instructor: Taylor Lee

Please call to get Zoom access to this class. *(Contact the COA if you need help.)*

Lowe Center & Online / Zoom

Tuesdays & Thursdays
9 - 9:45 am

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

LC
Online / Zoom

LC FIT 30

Cost: FREE

Build strength, improve mobility, and work up a sweat all in just 30 minutes! A variety of beginner friendly routines and upbeat music ensure you'll never get bored.

Instructor: Taylor Lee

Lowe Center

Wednesdays & Fridays
1:30 - 2 pm

LC LINE DANCE

Cost: FREE

Step your way to fun with your favorite music. Learn and practice new and old moves all while getting some exercise.

Instructor: Fran Yeager

Lowe Center

Tuesdays
3 pm

N MARCELLUS MOVES

Cost: \$20 (Monthly-this class ONLY)

\$5 (Per Class)

See page 15 for
bundle price

This class brings the Cass County COA to Marcellus to provide a workout closer to home with a variety of cardio activities combined with balance and strength moves.

Instructor: Rosemary Gillam

In Your Neighborhood

United Methodist Church
197 W. Main St.
Marcellus, MI
Tuesdays & Thursdays
8:30 - 9:15 am

FSC PARKINSON'S POWER PUNCHERS

Cost: FREE

Join in for this free boxing exercise class geared toward those with M.S., Parkinson's, and Parkinson's related conditions.

Instructor: Coach Walter Swann,
Former Professional Boxer

Front Street Crossing

Tuesdays & Thursdays
9 - 10 am

FSC STRENGTH TRAINING & CORE CLASS

Cost: See page 15

Registration is required

This fun, energetic class is designed for those who are active and would like to improve core strength as well as lift, tighten, and improve muscle tone and strength.

Instructor: Ky'sha Johnson

Front Street Crossing

Tuesdays & Thursdays
10 - 10:45 am

LC STRONG & STABLE

Cost: See page 15

Registration is required

Take your balance and stability to the next level with this challenging yet low impact class. Exercises will include hand weights, body weight, and kettlebells to focus on developing strength and stability.

Instructor: Taylor Lee

Please call to get Zoom access to this class. (Contact the COA if you need help.)

Lowe Center &

Online / Zoom

Tuesdays & Thursdays
10 - 10:45 am



LC STEP AEROBICS



Cost: See page 15

Registration is required

Improve aerobic capacity, coordination, and strength with this lively class! Beginner-friendly, fun, and only 30 minutes! We use basic step aerobics routines and fun music to get in a quick and effective workout.

Instructor: Taylor Lee

Please call to get Zoom access to this class. (Contact the COA if you need help.)

Lowe Center & Online / Zoom

Tuesdays & Thursdays
11 - 11:30 am

FSC TAI CHI



Cost: See page 15

Registration is required

Add a little more flow and balance to your day with Tai Chi.

Improve your posture, strength of hips, thighs and core with this gentle mind body exercise. Good for arthritis, blood pressure and sense of well-being.

Instructor: Glenda Gibson

Please call to get Zoom access to this class. (Contact the COA if you need help.)

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
10 - 11 am

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

FITNESS & EXERCISE



FSC WALKING CLUB

Cost: FREE
Registration is requested

Socialize, stay active, and get a good stretch in with the COA's Walking Club. This club will include walking various routes around Dowagiac and on occasion around another city. It is followed by a 5-10 minute stretch session with the fitness leader.

Please Note: Walking Club will be weekly, weather permitting.

Leader: Ky'sha Johnson

Front Street Crossing (Downtown)

Thursdays
8 am

LC YOGA

Cost: See page 15 or
\$8 (Walk-in)

Registration is required

Find your Zen at the COA. Increase your strength, flexibility and balance all while revitalizing your mind, body, and soul.

Instructors: Karen Sommers (M/Th)
Amy Crennell (Sa)

Please call to get Zoom access to this class. (Contact the COA if you need help.)

Lowe Center & Online / Zoom

Mondays
9 - 10:15 am

Thursdays
9 - 10:15 am

Saturdays
9 - 10:15 am

JUST FOR FUN

LC BINGO

Cost: \$2.75 (LC)
\$2.25 (FSC)

Follow the lunch hour with this fun and engaging game that provides some healthy competition with a dash of luck. This all-inclusive game is enjoyed by people of all ages and is a great way to spend an afternoon.

If a program is scheduled, Bingo will follow afterward.

Lowe Center

Wednesday & Fridays
1:15 pm

Front Street Crossing

Mondays & Wednesdays
12:45 pm



LC BINGO NIGHT

Cost: \$5 (Cover Charge)
\$1 per card

Day BINGO step aside as BINGO Night steps into the spotlight with its bigger and better prizes. This NEW monthly event is sure to add a little good old-fashioned entertainment back into your evening.

You must be 18+ in order to play.

Lowe Center

Mondays, Apr. 1 & 15
5:30 pm

LC CHESS

Whether you are a rookie or a grandmaster, make your move and join in on the fun that challenges your mind.

Lowe Center

Tuesdays
10:30 am - 1 pm

Front Street Crossing

Mondays
10 am - 12 pm

LC EUCHRE

Try your hand at trumping your opponents with the cards you were dealt in this fun 4 player card game.

If a program is scheduled, Euchre will follow afterward.

Lowe Center

Tuesdays
1:15 pm

Front Street Crossing

Thursdays
1:30 pm

FSC FSC MUSICIANS

Do you enjoy playing a musical instrument? Why not join other music enthusiasts and jam with the FSC Musicians.

Front Street Crossing

Fridays
11 am

LC HAND & FOOT

If you enjoy the rummy type game of Canasta, then be sure to come and play this easier popular variation called Hand & Foot.

Lowe Center

Fridays
1 - 4 pm

Front Street Crossing

Tuesdays
1 - 4 pm

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

LC
Online / Zoom

LC LAWLESS JAM SESSION

Come and share the sounds of old time country and Celtic styles of music. Anyone who plays a tin whistle, banjo, guitar, bass, fiddle, ukulele, autoharp, dulcimer, or any other string instrument is invited to join in on the session. You can be a beginner to an expert.

Even if you don't play an instrument, stop by, listen, and suggest a song or two.

Lowe Center

Wednesdays
5 - 6:30 pm

LC MAH JONGG

Join the fun that originated in China with this fascinating rummy-like game that uses tiles rather than cards.

Lowe Center

Mondays
1 - 4 pm

LC PINOCHLE

Enjoy this trick-taking card game while making friends.

Lowe Center

Wednesdays
1 - 3 pm

FSC SCRABBLE

Spell out your own F-U-N as you enjoy this crossword style board game. Win or lose, you'll have a good time, but don't take our word for it; you'll have to make your own.

Front Street Crossing

Wednesdays
10 am

LC SING-A-LONG

Join volunteer leaders George Purlee & Jannette Rafferty for a musical journey down memory lane.

Lowe Center

Fridays
10:30 am - 12 pm

LISTEN & LEARN

FSC ACOUSTIC GUITAR LESSONS

Bring your own guitar and get ready to make music with these free beginner guitar lessons.

Instructor: Max Davis

Front Street Crossing

Fridays
10 - 11 am



FSC DEMYSTIFYING DEMENTIA

Gain a fundamental understanding of dementia and learn about the different types of this disease. Discover ways to connect with resources for people with dementia, along with ways to improve brain health.

Presenter: Jo Ann Flowers,
AARP Volunteer

Front Street Crossing

Tuesday, Apr. 2
10 - 11 am



LC HANDS-ONLY CPR TRAINING & EMERGENCY PREPAREDNESS

Red Cross Hands-Only CPR is a free, easy to learn 30-minute presentation designed to teach individuals of all ages how to deliver lifesaving CPR care without rescue breaths.

Completing a Hands-Only CPR course does not result in CPR certification.

Also, learn how to protect yourself and cope with disaster by planning ahead from Red Cross personnel. They will cover the basics of emergency preparedness for your own circumstances. When disaster strikes there isn't much time to act, so prepare now for those sudden emergencies.

Presenter: Red Cross

Lowe Center

Friday, Apr. 12
1 pm

Front Street Crossing

Friday, Apr. 12
9 am

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

LISTEN & LEARN

LC PANAMA CANAL CRUISE QUESTIONS & ANSWERS

Coming up in January 2025 the COA is offering the opportunity to take a 12-day cruise to the Panama Canal on Princess Cruise Lines with your family, friends, and soon to be friends from around the area.

Join us as we answer all your questions about what there is to see, do, costs, and more.

Lowe Center

Saturday, Apr. 20
10 am



LC THIS LIT IS YOUR LIT: *American Literature in History*

This class is sure to be the cat's meow as you dive into America's best writers during the Roaring Twenties.

In this session, literature reflects the times, and the times produce the history that's mirrored by politicians, Wall Street, Harlem musicians and writers, Broadway entertainers, and what's left from World War I.

Instructor: Elaine McKeough

Lowe Center

Thursdays,
Apr. 4 - May 9
10:30 am - 12:30 pm

SERVICES & SUPPORT

LC CAREGIVER'S SUPPORT GROUP

Family members and friends are welcome as we provide education and support for caregivers of any kind.

Lowe Center

Wednesday, Apr. 10
1 - 3 pm



LC DIABETES PATH

Registration is required

Diabetes PATH (Personal Action Toward Health) is a free 6 week workshop that teaches practical skills for living a healthy life with Diabetes. It is designed to complement your current medical treatments. Family members and caregivers may also attend.

You will learn how to deal with the challenges of not feeling well, talk to healthcare workers and family members, overcome stress and relax, make healthy eating plans and prevent low-blood sugar, prevent or delay complications, and stay independent.

Lowe Center

Tuesdays,
Apr. 2 - May 7
12:30 - 3 pm

LC DIABETES SUPPORT GROUP

Please join us as we discuss better strategies for self-care in your life with Diabetes.

Lowe Center

Friday, Apr. 5
1 - 3 pm

LC DRUG DROP

All medications **MUST** be removed from original containers and dumped in a sealed clear plastic bag.

Turn in expired or unwanted pills, capsules, and tablet medications for proper disposal.

Drugs can be dropped off at the Cass County Sheriff's Office at any time.

Please note, no liquids, inhalers or needles can be taken. Drugs are only accepted at the COA during special date and time.

Lowe Center

Thursday, Apr. 4
10 am - 12 pm

LC FOOT CLINIC

Cost: \$20

Appointment ONLY

Take good care of your feet – get toe nails trimmed (except for people with diabetes) and a foot massage.

Lowe Center

Mondays, Apr. 8 & 22
Call for Times

LC GRIEF SUPPORT GROUP

Open to those who have experienced a loss of any kind.

Lowe Center

Thursday, Apr. 11
1 - 3 pm

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Online / Zoom

LC HEARING CLINIC

FSC Appointment ONLY

Schedule an appointment at either the Lowe Center or Front Street Crossing for a free hearing test and hearing aid cleaning/adjustments.

Lowe Center

Tuesdays, Apr. 9 & 23
9 am - 4 pm

Front Street Crossing

Tuesday, Apr. 16
9 am - 3 pm

LC KINSHIP CARE

Kinship Care is a support system for families raising a family member's child, like a grandparent raising a grandchild. In this FREE class, discover what and who Kinship Care is, and how they can support you and your family.



If you can't make it and want more information, contact Meg Killips at megkillips@areaagencyonaging.org or call (269) 983-0177.

Presenter: Meg Killips,
Area Agency on Aging

Lowe Center

Wednesday, Apr. 3
10 am

LC MS SUPPORT GROUP

People with Multiple Sclerosis and their loved ones share support and learning opportunities in this free group.

Lowe Center

Tuesday, Apr. 16
1 - 3 pm

LC PARKINSON'S SUPPORT GROUP

Parkinson's disease is a complex condition that affects every aspect of life for those diagnosed with it. This group provides support from others who are affected by the disease.

Lowe Center

Tuesday, Apr. 9
1 - 3 pm

Front Street Crossing

Tuesday, Apr. 23
10 - 11:30 am

LC SAVVY CAREGIVER CLASS

**Registration is required
by calling (269) 982-7731**

This 6-week class, supported by Region IV Area Agency on Aging, is for caregivers of people with memory loss. Learn valuable information on how to care for your loved one as well as for yourself as the caregiver.



Care for your family member is available free of charge while you attend classes. Ask for details when you register.

Lowe Center

Mondays, Apr. 1 - May 7
1 - 3 pm

LC STROKE SUPPORT GROUP

Both people living with stroke and their loved ones are welcome to attend this support group to share support and learning opportunities.

Lowe Center

Tuesday, Apr. 2
1 - 3 pm

N SHOPPING

Cost: \$5

Reservations ONLY

Transit provides transportation to the bank, Shelton's Farm Market, and Super Walmart in Niles.

The Cass County COA

will sign you up for the first trip and Cass County Transit will handle any further trips.

Reservations are required at least three days before the trip and will be on a first reserve basis.

In Your Neighborhood

Thursday, Apr. 4

FSC VETERANS AFFAIRS

Walk-ins Welcome

Veterans can receive information and counseling about benefits to which they may be entitled such as health care, disability compensation, and burial.

Those veterans who are at-risk or are experiencing homelessness can connect to resources and programs for stable housing.

Contact: Jordan Brinker,
Social Worker, Battle Creek VA Medical Center

Front Street Crossing

Wednesday, Apr. 17
12 - 2 pm



at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Zoom
Online / Zoom

SOCIAL SESSIONS

LC READ & SHARE BOOK CLUB

Get a chance to discover new books and discuss them with other book enthusiasts.

April's Discussion Book

Killers of the Flower Moon by David Grann

May's Discussion Book

Mexican Gothic by Silvia Moreno-Garcia

Lowe Center

Tuesday, Apr. 2
1 - 3 pm

FSC SPILL THE BEANS

Each month you will get the chance to enjoy a snack and a cup of coffee as you ask all your need-to-know questions during this community coffee chat.

April's Bean Spiller

Family Fare Registered Pharmacist, Claudine Osborne, will be here to discuss and answer your pharmaceutical questions and concerns.

May's Bean Spiller

Sue Heinrich,
COA Board President

Front Street Crossing

Wednesday, Apr. 17
10 am



FSC FOOTLOOSE FRIENDS

Kick up your heels and stomp your way to a fun time filled with music, dance, talk, and laughter. This informal group's focus is on having a good time. So come on out and shake a leg.

Front Street Crossing

Monday, Apr. 22
1:30 - 3 pm

LC THE STORMY NIGHT WRITERS SOCIETY

We all have stories to tell.

Come join the group and share your tales. Everyone has a chance to give and receive constructive feedback on the efforts presented.

Discussions cover a wide variety of writing related topics including submissions, editing, genres, audiences, dialogue, settings, characters, conflicts and more.

Lowe Center

Tuesdays, Apr. 2 & 16
9:30 am - 12 pm

FSC TABLE TALK

Every conversation has the potential to be great, to inspire, enrich relationships, be informative, and connect us with the people around us. Get a chance to do just that during this monthly chat as you sit around and discuss selected topics.

Front Street Crossing

Thursday, Apr. 25
2:30 - 3:30 pm

SPECIAL EVENTS

LC ANNUAL MEETING & VOLUNTEER RECOGNITION DINNER

Invitation ONLY

Registration is required

Volunteers who have given 10 or more hours of their time between Oct. 2022 - Sept. 2023 will receive an invite to the meeting and dinner.

If you do not receive an invitation by April 19 and think that you did volunteer at least 10 hours during those times, please contact Danielle at the COA.

Lowe Center

Wednesday, Apr. 24
4 - 6 pm

LC SOLAR ECLIPSE VIEWING PARTY

Don't miss out on this awe-inspiring celestial event as the sun and



the moon put on a stellar performance right here in Southwestern Michigan.

Gather together and experience a partial eclipse with 96% coverage.

Be sure to join the fun with solar eclipse themed games, trivia, information, and refreshments.

So come on out so you're not left in the dark.

Free solar eclipse viewing glasses will be available for the first 50 people who register.

Lowe Center

Monday, Apr. 8
1:30 pm
3:09 pm (Eclipse Peak)

APRIL 2024 Menu

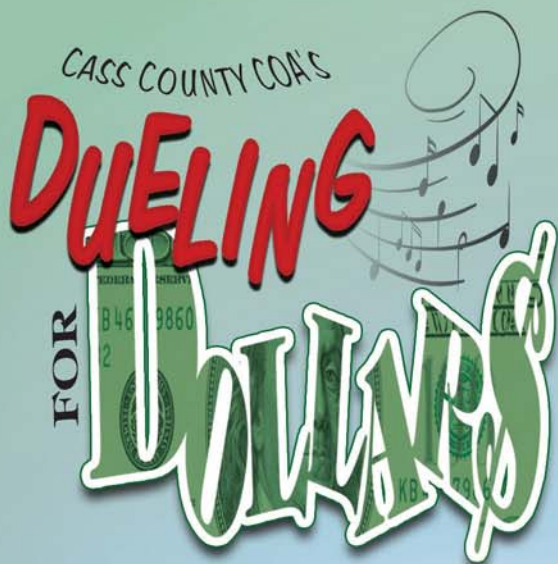
Monday	Tuesday	Wednesday	Thursday	Friday
Dyngus Day Meal Main Entrée* Polish Sausage w/ Sauerkraut Roasted Redskin Potatoes Peas & Carrots Pudding Café Entrée Enchiladas Café Fresh Salad Cheryl's Choice	Main Entrée* Cheeseburger on a Bun Rosemary Roasted Redskins Corn Peaches Café Entrée Pulled Pork Nachos Café Fresh Salad COA Salad	Main Entrée* Herbed Pork Loin Redskin Mashed Potatoes Green Beans Wheat Roll Jello Café Entrée Grilled Cheese Café Fresh Salad Chef's Choice	Main Entrée* Vegetable Lasagna California Blend Vegetables Breadstick Mandarin Oranges Café Entrée Loaded Potato Skins Café Fresh Salad Fiesta Chicken Salad	Main Entrée* Beer Battered Fish Green Beans Wheat Bread Diced Pears Café Entrée Spaghetti & Meatballs Café Fresh Salad Custom Salad
Main Entrée* Orange Chicken White Rice Oriental Vegetables Fortune Cookie Café Entrée Chef's Special Café Fresh Salad Italian Salad	Main Entrée* Salisbury Steak Mashed Potatoes w/ Gravy Broccoli Wheat Roll Pears Café Entrée Chicken Sandwich Café Fresh Salad Beef Taco Salad	Main Entrée* Pork Chop Supreme Maple Roasted Sweet Potatoes Green Beans w/ Mushrooms Wheat Bread Banana Café Entrée Italian Melt Café Fresh Salad Very Veggie Salad	Main Entrée* Chicken Lasagna Stewed Tomatoes Garlic Toast Fruit Brownie Café Entrée Chili Dog Café Fresh Salad Waldorf Salad	Main Entrée* Dilled Salmon Baked Potato California Blend Vegetables Fruit Cocktail Café Entrée Pizza Café Fresh Salad Tuna Salad
Main Entrée* Sweet & Sour Chicken Fried Rice Stir-Fry Vegetables Wheat Roll Fortune Cookie Café Entrée Sub Sandwich Café Fresh Salad Cheryl's Choice	Main Entrée* Philly Cheesesteak on a Bun Roasted Redskin Potatoes Peas Mandarin Oranges Café Entrée Tacos Café Fresh Salad COA Salad	Main Entrée* Beef Chili w/ Beans Corn & Black Beans Cornbread Fruit / Cookie Café Entrée BLT Wrap Café Fresh Salad Chef's Choice	Main Entrée* Baked Spaghetti Italian Blend Vegetables Garlic Breadstick Tropical Fruit Café Entrée Chicken Stir Fry Café Fresh Salad Gyro Salad	Main Entrée* Beer Battered Cod Rice Pilaf Lemon Pepper Broccoli Wheat Bread Banana Cake Café Entrée Greek Pasta Café Fresh Salad Strawberry Chicken Salad
Main Entrée* Grilled Chicken Sandwich on a Bun Baked Beans Corn on the Cob Jello Café Entrée Cowboy Burger Café Fresh Salad Mini Chef Salad	Main Entrée* Beef Stew Mashed Potatoes w/ Gravy Stew Vegetables Wheat Roll Applesauce Café Entrée Scalloped Potatoes Café Fresh Salad Italian Salad	LC CLOSED / FSC OPEN Main Entrée* Pulled Pork Sandwich Green Beans Potato Salad Yogurt Café Entrée No Café Entrée Café Fresh Salad Mini Garden Salad	Main Entrée* Lasagna Green Beans Italian Breadstick Fruit Chocolate Cake Café Entrée Chicken Tenders Café Fresh Salad Chicken Taco Salad	Main Entrée* Parmesan Crusted Tilapia Mashed Redskin Potatoes Scandinavian Vegetables Wheat Roll Pineapple Café Entrée Club Wrap Café Fresh Salad Salad Trio
Main Entrée* Chicken Tenders Mashed Potatoes w/ Gravy Corn Wheat Roll Tropical Fruit Café Entrée Beef Quesadilla Café Fresh Salad Buffalo Chicken Salad	Main Entrée* Beef Stir Fry White Rice Sugar Snap Peas Fortune Cookie Café Entrée Pizza Café Fresh Salad COA Salad		LOCATIONS & HOURS Low Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Front Street Crossing (FSC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Chestnut Towers Apartments Meals* served daily by reservation only – call the COA for more information.	

Menu is subject to change without notice.

**Daily vegetarian lunch option available upon request.



Meals are funded in part by Region IV Area Agency on Aging and are served in partnership with Cass County COA. (Suggested Donation per Meal: \$4.00)



The Messenger
Cass County COA
P.O. Box 5
Cassopolis, Michigan 49031

Non Profit Organization
U.S. Postage Paid
Cassopolis, MI 49031
Permit #43

Friday, May 17 | 6 p.m.

\$50/person (Appetizers / Cash Bar / Silent Auction / Dueling Pianos)

Marion Magnolia Farm | 57376 Twin Lakes Road, Cassopolis, MI 49031

Get ready for an experience that will have you laughing, singing, and dancing in your seat all for a great cause! Your support will help ensure homebound Cass County seniors nutritionally balanced meals delivered to their home.

So come prepared to put the FUN in fundraiser!

Proceeds benefit Cass County COA's Meals on Wheels

**Reserve your seat or table of 8 today by calling or emailing
Kelli Casey at (269) 445-8110 or KelliC@casscoa.org.**