

January 2024



The Messenger



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Buddy

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Fitness Class
Bundles



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BRING A BUDDY

by TAYLOR LEE

Certified COA Fitness Trainer

Each year, some of the most popular New Year's resolutions people have are to exercise more and be healthier. Perhaps you have similar goals yourself. What if I were to tell you there's a proven way to double the chances of reaching your fitness goals, push yourself harder, and stay consistent? Sounds too good to be true, or at the very least, there must be a catch. Incredibly, this can be a reality simply by having a workout partner and exercising together.

Here are 3 incredible benefits of working out with a partner.

1. Motivation

Most of us are not enthusiastic about jumping out of bed to work out in the morning, and that's totally normal. Intrinsic motivation doesn't come easy to many people, but that's where partner workouts come into play. There's a huge social component to motivation.

Motivation is one of the most significant benefits of working out with a friend; your partner can give much needed encouragement and boost your confidence when you feel like quitting. A research study from the University of Aberdeen discovered that people who work out in pairs exercise more than those who exercise on their own. It was also noted during this study that the amount of exercise increased even more when partners were emotionally supportive and offered encouragement. Being social creatures by nature, we're hardwired to seek out company and encouragement, especially when doing work.

Motivation from a partner is also important when trying new things. Sometimes we shy away from new classes or practices because we're intimidated or too nervous, but when you have an exercise buddy, you can support each other as you branch out of your fitness comfort zones.

2. Accountability

When it comes to any fitness goal, consistency is everything, and the best way to stay consistent is to be accountable to someone. When you commit to work out with a friend, such as attending a fitness class or starting a fitness challenge together, the likelihood of you sticking



with your decision will skyrocket because you don't want to disappoint your friend by ditching them. For this to work, you'll need to have an emotional connection to your partner. If you don't care about letting your partner down or blowing them off, it isn't going to work. Your exercise partner doesn't need to be your best friend, but they have to be someone you respect enough not to disappoint. If you feel like you have a responsibility or commitment to another person, you're more likely to follow through on that commitment. Just by working out with a friend, you reduce the chances of giving up. And the consistency you gain from your commitment will help you see results much faster.

3. It's Fun!

Just because the word "work" is in workout doesn't mean you can skip out on the fun. Exercise should be fun and not just a chore. Working out on your own can get a little boring, but with a workout buddy you'll both be able to share the highs and lows of fitness with smiles on your faces, or at least commiserate together. Plus, mixing your training up with a bit of banter makes everything better. You will soon see that the time will seem to fly by faster as you are having fun working out with someone.

Now that you know the benefits of working out with a partner, it's time to convince your friends to workout with you! To help you out, the COA has decided to make the January BOGO Fitness Special with buddies in mind. For the entire month, buy a 1 Month, 3 Month, or a 1 Year Membership and get up to 40% off for your buddy. *(See page 16 for more price information.)* Our experienced COA fitness instructors can even help you find the perfect partner workouts for you and your buddy. Just remember that buddies that sweat together, stay together.

Cover Image

Husband and wife, Frank and Dottie Petriko, work out together in the Front Street Crossing Fitness Center. Be sure to check out pages 15 & 16 for the latest fitness prices as well as the January Fitness Special.

Cass County COA Staff Contacts

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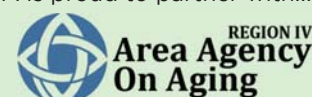
Assistance

Adrienne Glover

Operations

Danielle Dilts

The COA is proud to partner with...



Thanksgiving





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.

Start Something New

by SHELLY PURUCKER
Operations Assistant

Out with the old and in with the new is a powerful way to kick-start the New Year off!

A great way to do that is by setting new goals or habits, planning ahead, and reaching those goals. Why should you do this? Well, because goal setting is powerful and it creates motivation and provides clarity. Furthermore, it provides direction and purpose in life. It involves setting long term and also short term objectives.

Enhancing Life is our goal at the Cass County COA. Here we have many great opportunities for starting a new habit, whether it is by participating in one or more of our wonderful activities and programs, getting fit by taking one of our many fitness classes or working out

in our fitness centers, or even becoming one of our valuable volunteers.

Our volunteers are very much needed and equally appreciated, even more so during the winter months, as we lose some to their seasonal homes. By volunteering you not only gain a sense of purpose, but leave feeling good about helping and making a difference. The COA offers a variety of volunteer options where you can apply that new found motivation. Consider assisting in one of our Cafés or becoming one of our much needed Medical Transport Drivers. Being a driver is truly

a wonderful way to meet new members of our community and gain new experiences, plus you get your mileage reimbursed.

As you start to set your new goals in the new year, consider adding the COA into the mix. Just remember that whatever goals you do set, be realistic, be committed, and stay positive. Change doesn't happen overnight, it takes time. The new year can only give you what you put into it.



Volunteer Spotlight

John Smith has been volunteering for the COA since 2017. He began assisting with Meals on Wheels and went on to driving for our Medical Transportation service. John is eager to help and enjoys lending a helping hand to the people in this community.



Employee Spotlight

Robin Orzechowski has been a home care aide for the last 7 years and loves getting to help others. Her sunny disposition lights up a room, making everyone she works with and cares for feel special.

When not at work, Robin can be found out fishing, in her lovely garden, floating in her pool, or rooting on her favorite team, the Bears.





Candlelight Christmas Parade



Photos by Ky'sha Johnson

Gingerbread Houses





Upcoming Programs

INTRODUCTION TO BACKYARD BEEKEEPING

Wednesday, February 7
9 – 11:30 am
Lowe Center

Learn about the fascinating hobby of backyard beekeeping with the Berrien & Cass County Beekeepers Association. Discover the biology and maintenance of a honeybee colony with a demonstration of beehive components, tools, and protective gear. Also get a chance for Q&A.

*Presenter: Doug Allison, Berrien/
Cass Beekeepers Association*

Register by
Thursday, February 1

MEALS IN MINUTES

Friday, February 16
10 – 11:30 am
Front Street Crossing

Learn how to prepare healthy items that don't require a culinary degree or a day spent in the kitchen. Get recipes and taste samples.

*Presenter: Melissa Powell,
Area Agency on Aging
Registered Dietitian*

Registration Required

MEDITERRANEAN & DASH EATING PATTERNS

Wednesday, February 21
1:30 pm
Lowe Center

Learn about how this way of eating can reduce blood pressure, protect your heart, and may help you to live a longer, healthier life.

*Presenter: Melissa Powell,
Area Agency on Aging
Registered Dietitian*

Registration Required

BLACKSMITH WORKSHOP

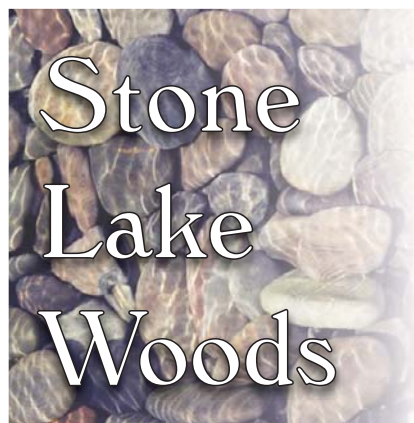
Wednesday, April 17
10 am – 2 pm
Lowe Center
Cost: \$15 per pendant

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.

*Presenter: Dennis Kuemin,
Blacksmith at Wolf Prairie
Historic Arts*

Registration Required



Standard & Accessible Units Now Available

One bedroom independent living apartments available for older adults (62 and older) & physically handicapped (55 and older). Annual income not to exceed \$31,700 for couples and \$27,750 for single. Rent based on 30% of net income. Rent includes heat, electric, water, trash, satellite TV, and a/c.

.....
*For more information, contact
Sheryl DeRyder, Manager
Stone Lake Woods, Inc.*

335 W. State St.
Cassopolis, MI 49031

269-445-8040

Equal Housing Opportunity Affirmative Fair Marketing Plan



Planning Committee Needed

Do you enjoy planning events, being creative, decorating, and being involved in your community? Well then, we need you because we are planning a prom for 2024 and looking for volunteers to help form a prom committee.

If you are interested please contact the COA at (269) 445-8110 and ask for Ky'sha.

Volunteers

Daisy Adams
Duane Adams
Ruthann Adams
Joanne Anderson
Candy Azevedo
Carol Bailey
Rita Baker
Roger Baker
Shirley Barks
Joanne Bata
Paul Bata
Faith Beaupre
Susan Bingham
Diane Bonczynski
Joyce Borton
Richard Borton
Cynthia Boss
Jacqueline Bowe
Rebecca Bowers
Camille Briegel
Linda Brossman
Karen Brovold
Judy Brown
Marie Bruegmann
Thomas Buszek
Frank Butts
Marsha Butts
Becky Caldwell
Linda Campbell
Robert Campbell
Lonnie Carlisle
Ginger Carlisle
Michael Casey
Chris Cetlinski
Carol Churchill
Berry Clark
Richard Cloud
Anne Colgan
Joe Colgan
Keryl Conkright
Sue Cook
Judy Coon

Jeff Corey
Dan Dahmen
Grace Darrow
Max Davis
Floyd Deahl
Sue Decker
Carol Dierickx
Jeff Downing
Laura Drake
Robin Emenaker
Larry Emrick
Margo Foreman
Mary Geminder
Ed Goodman
Barb Green
Joyce Greenwood
Cheryl Groner
Floyd Groner
Jim Grubbs
Melody Grubbs
Shirley Guilford
Joyce Hamilton
Janet Hamilton-Merckx
Brooke Hari
Marcus Hari
Sue Heinrich
Jim Hershberger
Jason Hill
James Karasek
Sheryl Johnson
Mary Jones
Linda Keeler
Mike Klute
Penny Knepple
Sondra Knight
Virginia Kraft
David Kring
Gary Kull
Luci Lafontant-Lee
Marcia Lofts
Ronald Lofts

Richard Macleod
Frank Maley
Carol Manning
Elaine McKeough
Kathleen McMahon
Shaniqua McNary
Dolores McNeary
Delores Minisee
Carol Modigell
Barb Monroe
Pamela Moore
Carl Moraw
Lucinda Mosier
Sharon Ott
Nancy Pallas
Diane Palmer
Susan Parker
Karen Pellow
Teresa Perry
Phyllis Peterson
Michael Peterson
Ray Phillips
Terry Proctor
George Purlee
Jannette Rafferty
Elsie Randles
Sandra Randle
Elsie Randles
Jennifer Ray
Terry Ray
Joyce Rentfrow
Melvin Reynolds
Kirsten Rhoades
Helga Richards
Kim Sak
Audrey Salesberry
Erin Schultz
John Seculoff
Fred Shank
Nicolette Shea
Erma Skipper
Jessica Slough

Marie Slough
Beverly Smith
Bonita Smith
Eileen Smith
John Smith
Irmgard Stanage
Kawanna Stoker
Walter Swann
Terrie Tabbert
Diane Tiser
Elizabeth Vanhphaumy
Karen Visser
Ralph Vosburgh
Pam Welling
Debbie Wiggins
Susan Wilder
Anne Wilkinson
Chuck Wilson
Kathleen Wishart
Linda Wolfe
Clarawayne Wolford
Roberta Woodruff
Sam Wooley
Tom Yarger
Fran Yeager
Katherine Yoder
Carol Young
Beverly Youngberg
Richard Zander
Steve Zebell

Volunteers listed are for the month of November, during which we had 156 active volunteers who contributed 934 hours of work. This would be equal to more than 5 full time staff positions.

NEW UNLIMITED FITNESS CLASS BUNDLES

Maintaining your physical health and integrity becomes a significant concern as you age. The more limited range of motion and flexibility in your joints, muscles, and bones create various challenges. However, regular exercise can help you overcome several day-to-day obstacles.

Don't worry if you never exercised frequently because you can always "start fresh" and still benefit from physical activity. You can incorporate exercise at any stage, irrespective of age or physical strength level.

How much exercise you need will be up to you and your physician. If you are 65 years old or over, aim for 2.5 total hours of moderate exercise each week. It does not have to be weight lifting; even a simple brisk walk or stretching exercises help.

The COA's Group Fitness Classes are designed to combine various exercises to help build your strength and core stamina while enhancing your flexibility and balance. Group Fitness Classes also provide socialization and offer the benefits of connecting with like-minded people in your local area. Companionships like the friendships you build in group fitness classes or with a personal trainer allow you to enhance your life and improve your life physically and mentally.



NEW FOR 2024!

Unlimited Fitness Classes for only **\$25 a month!** This unbelievable special includes 8 unique Group Fitness Classes throughout the week at both COA locations.

Front Street Crossing

M/W/F

- Cardio Challenge
- Balance, Stretch, and Stability
- Tai Chi

T/Th

- Strength Training & Core

Lowe Center

T/TH

- S.E.A.T.
- Strong and Stable
- Balance, Stretch, and Stability

M/Th/Sa

- Yoga

Take one class, or take them all for just \$25!



Walking Club in St. Joseph, MI



Photos by Ky'sha Johnson

Be the first to know!

Receive the Messenger and other information quicker by signing up for the weekly email. The sooner you know what is going on, the sooner you can sign up for programs, events, and bus trips that fill up quickly.

Go to CassCOA.org to register for weekly emails or to view The Messenger. If you are interested in going paperless, contact KelliC@casscoa.org.



We Care for Cass County

What do you think of when someone says "Council on Aging"?

Do you picture older people (much older than you, of course) sitting around playing bingo and shuffleboard? Are they eating bland meals while the television is blaring?



It's time to update your vision! Senior centers are not what they used to be, and the COA continues to make considerable strides in providing engaging programs and essential services for local older adults. Today's COA is a vibrant, action-packed combination of fitness, nutrition, learning, and socializing on top of our care services.

The COA's two locations act as designated focal points in Cass County, allowing older adults access to various services designed to assist individuals in staying safe, active, and healthy.

Did you know the COA has the county's only Adult Day Service?

Our Adult Day Service program can provide caregivers with a needed break while allowing older adults to socialize with their peers and remedy the isolation and loneliness that many experience.

The Cass County COA's Adult Day Service offers a home-like environment. In many cases, transportation can be arranged to and from our program site at the Lowe Center in Cassopolis. Those in our care engage in various activities designed to stimulate cognitive and social capabilities. A nutritious breakfast and lunch are served in an atmosphere geared to person-centered care plans.

As a caregiver, do you need an opportunity to run errands or relax? COA can provide this service for you and your loved one.

The COA also provides services in your own home like Meals on Wheels, In-Home Care, Medical Transportation, and C.A.R.E. (Call and Reassure Elders).

Please reach out to us if you or a loved one is in need of assistance at (269) 445-8110.



269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

www.ccmcf.org

An advertisement for Cass County MedicalCareFacility Outpatient Therapy Services. It features the facility's logo at the top, followed by the text "OUTPATIENT THERAPY SERVICES" in large blue letters. Below this, a green box says "NOW ACCEPTING NEW PATIENTS!". At the bottom, a photo shows four staff members wearing masks. Text to the left of the photo says "Call Rie or Matt for information or an appointment" and "269-445-3801".

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.



JANUARY 2024 Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED for New Year's Day	2 9:00 am Hearing Clinic 9:00 am Parkinson's 10:00 am 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 Scrabble 10:00 am Tai Chi 12:45 pm Bingo	4 9:00 am Making Retirement Finances Last As Long As You Do 9:00 am Parkinson's 10:00 am Power Punchers 10:00 am Strength Training & Core 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	5 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 9:00 am Coffee with a Cop & Firefighter 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 12:00 pm Color Your World (Watercolor) 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 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	12 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	13
15 CLOSED in honor of Martin Luther King Jr. Day	16 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 12:45 pm Bingo	18 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 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	23 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)	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 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 10:00 am Parkinson's Support Group 1:30 pm Euchre 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 11:30 am Luau 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)	31 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo			Front Street Crossing Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI All Programs / Events REQUIRE Registration

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED for New Year's Day	2 9:00 am S.E.A.T./ Stretch 9:30 am The Stormy Night 10:00 am Writer's Society 10:30 am Strong & Stable 11:00 am Chess 11:30 am Balance, Stretch, Stability 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 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	4 9:00 am S.E.A.T. 9:00 am Yoga 10:00 am Drug Drop 10:00 am Strong & Stable 11:00 am Balance / Stretch, 12:00 pm Ceramics 2:00 pm Making Retirement Finances Last As Long As You Do 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 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie)	9 9:00 am Hearing Clinic 9:00 am S.E.A.T./ Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 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 S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 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 Celebrating Elvis "The King" (Movie) 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	13 9:00 am Yoga
15 CLOSED in honor of Martin Luther King Jr. Day	16 9:00 am S.E.A.T. / Stretch 9:30 am The Stormy Night 10:00 am Writer's Society 10:30 am Strong & Stable 11:00 am Chess 11:30 am Balance, Stretch, Stability 1:00 pm MS Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	17 10:00 am Whimsical Gnomes 12:00 pm Veterans Affairs 1:00 pm Celebrating Elvis "The King" (Movie) 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	18 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics 2:30 pm Woodcarvers	19 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Celebrating Elvis "The King" (Movie) 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	20 9:00 am Yoga
22 9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Celebrating Elvis "The King" (Movie) 1:00 pm Mah Jongg	23 9:00 am Hearing Clinic 9:00 am S.E.A.T. 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	24 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	25 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics	26 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 11:30 am Luau 1:00 pm Celebrating Elvis "The King" (Movie) 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	30 9:00 am S.E.A.T./ Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	31 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session			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 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



FSC 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.

January's watercolor is
"Red Barn on Winty Lake."

Instructor: Roy Hruska

Front Street Crossing

Tuesday, Jan. 9
12 - 3 pm



LC CELEBRATING ELVIS "THE KING"

Honor the birth of the "King of Rock 'n' Roll" throughout the entire month of January by celebrating Elvis Presley's 89th birthday starting on his actual birthday, January 8 with Silver Screen Cinema. Then sprinkled during the rest of the month enjoy more of his movies along with a two-part documentary on his life.

Friday, Jan. 12

Jailhouse Rock

A convicted man finds salvation in prison through song.

Wednesday, Jan. 17

Elvis: The Searcher-Part 1

Learn about Elvis' early life and rise to fame.

Friday, Jan. 19

Elvis: The Searcher-Part 2

Learn about his comeback, decline in health, and grueling schedule.

Monday, Jan. 22

King Creole

A troubled youth battles love, a career, and the mob.

Friday, Jan. 26

Blue Hawaii

A man home from the army defies his parents to live the Hawaiian life.

(Come early for the Luau at lunch)

Free movie, individual bag of popcorn, and water.

Lowe Center

See Dates Above
1 pm

LC CRAFTY CREATIONS

Cost: \$5 per wreath

**Registration is required
by January 3.**

Be ready for Valentine's Day with this beautiful handmade Valentine's Day wreath that you'll create and embellish to make uniquely your own.



Instructor: Judy Brown

Lowe Center

Wednesday, Jan. 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, Jan. 4 & 18
2:30 - 5 pm

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
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Online / Zoom

LC QUILTING

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

Lowe Center

Monday, Jan. 29
10 am - 4 pm

LC SILVER SCREEN FSC CINEMA (Movie)

January's feature is
Viva Las Vegas

A race-car driver comes to Vegas to earn enough money for a new engine so he can win the Grand Prix. Unfortunately, a beautiful lady steers him off course and now he must figure out a way to win the race and her heart.



Starring Elvis Presley, Ann-Margret, & Cesare Danova

Free movie, individual bag of popcorn, and water.

Lowe Center

Monday, Jan. 8
1 pm

Front Street Crossing

Tuesday, Jan. 9
1 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.

Every class has a warm up followed by a 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
January 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.

This month's featured gnome is a Winter Gnome Snack Jar. Create your own cute little gnome container that is perfect for holding snacks or anything else you choose.

Instructor: Judy Brown



Lowe Center

Wednesday, Jan. 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

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.

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 JANUARY BOGO FSC FITNESS SPECIAL

Cost (60+):
\$225 for 2 (1 Year)
\$95 for 2 (3 Months)
\$65 for 2 (1 Month)

Cost (Under 60):
\$265 for 2 (1 Year)
\$110 for 2 (3 Months)
\$80 for 2 (1 Month)

Working out is always better with a partner. Buy a 1 year, 3 month, or 1 month membership and get a second one for up to 40% off. Both of you will get access to the Cassopolis & Dowagiac Fitness Centers along with personal training & program design.

Offer available through the month of January only.

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

LC 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.

Instructors: Ky'sha Johnson (M/W/F) & Taylor Lee (T/Th)

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
11 - 11:45 am

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
9 - 9:45 am

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

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

LC S.E.A.T. / STRETCH CLASS

Cost: See page 15
Registration is required

This class that allows you to exercise seated and around a chair. It will keep you moving, improve your fitness level, stretch your muscles and work on balance and range of motion to improve mobility.

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



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

FSC TAI CHI

Cost: See page 15
Registration is required

Add a little more flow and balance to your day with access to Tai Chi in the mornings.



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 **(NEW TIME)**

LC YOGA

Cost: See page 15 or \$8 *(Walk-in)*
Registration is required

Now available with Unlimited Class rate

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

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

JUST FOR FUN

LC CHESS

FSC 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

FSC 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

FSC 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 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

FSC 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

Do you love music and learning new things? Come and explore your musical side at FSC.

The COA is now offering free beginner guitar lessons, so bring your own guitar and get ready to make music.

Instructor: Max Davis

Front Street Crossing

Fridays
10 - 11 am

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom



LC MAKING RETIREMENT FINANCES LAST AS LONG AS YOU DO

Registration is required

Join us for this free seminar to learn how to pass down your assets in the most tax efficient way possible. Explore the options in giving your family your money and learn ways to avoid outliving your nest egg.

Also find out what is the best age for you for taking Social Security benefits and explore potential for making it inheritable.

Presenters: Kory Meade & Lee Moser, Registered Representatives with MWA Financial Services

Lowe Center
Thursday, Jan. 4
2 pm

Front Street Crossing
Thursday, Jan. 4
9 am

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, Jan. 10
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, Jan. 4
10 am - 12 pm

LC DIABETES SUPPORT GROUP

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

Lowe Center
Friday, Jan. 5
1 - 3 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, Jan. 8 & 22
Call for Times

LC GRIEF SUPPORT GROUP

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

Lowe Center
Thursday, Jan. 11
1 - 3 pm

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, Jan. 9 & 23
9 am - 4 pm

Front Street Crossing
Tuesday, Jan. 2
9 am - 3 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

SERVICES & SUPPORT

LC MS SUPPORT GROUP

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

Lowe Center

Tuesday, Jan. 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, Jan. 9
1 - 3 pm

Front Street Crossing

Thursday, Jan. 25
10 - 11:30 am

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, Jan. 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, Jan. 4



LC 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

Lowe Center

Wednesday, Jan. 17
12 - 2 pm

SOCIAL SESSIONS



FSC COFFEE WITH A COP & FIREFIGHTER

Get a chance to connect with local officers and firefighters.

Dowagiac Police Officers & Firefighters will sit down with community members to discuss safety tips, share resources, answer questions, and address concerns.

Smoke alarms will be available for those in need. If you are unable to install your smoke alarm, firefighters will be happy to assist.

Coffee and light refreshments will be provided.

Front Street Crossing

Friday, Jan. 5
9 - 11 am

LC READ & SHARE BOOK CLUB

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

January's Discussion Book

Rebecca by
Daphne du
Maurier



February's Discussion Book

Turtles All the Way Down by
John Green

Lowe Center

Tuesday, Jan. 2
1 - 3 pm

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom



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.

January's Bean Spiller

Cass County Prosecutor Victor Fitz will share what it is like to try and seek justice in the county, as well as go over his various other responsibilities.

February's Bean Spiller

Susan Leach,
Cruise Planners Travel
Advisor

Front Street Crossing

Wednesday, Jan. 17
10 am



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

SPECIAL EVENTS



LC LUAU

FSC Cost: \$3 - \$7 (Meal)
FREE (Party)

Bask in a heat wave when you really need it! We're going Hawaiian at lunch - wear something tropical, enjoy non-alcoholic piña coladas, and relax to the Hawaiian music.

Stick around for Elvis' Blue Hawaii starting at 1 pm at the Lowe Center.

Lowe Center

Friday, Jan. 26
11:30 am - 1:30 pm

Front Street Crossing

Friday, Jan. 26
11:30 am - 1:30 pm

What's Happening
at the COA

Upcoming Bus Trips



MAPLE SYRUP FESTIVAL

Saturday, March 16

Get a chance to tour the Maple Row Syrup facilities in Jones, Michigan to see the modern way of turning maple sap into pure maple syrup. Get a firsthand look at how maple syrup is made as well as experience a living historical reenactment. Also visit a petting zoo and shop for maple syrup products. Breakfast is available for purchase.

Bus Leaves/Returns: 8 a.m./12 p.m.

Cost: \$8 (Nonrefundable)

Limited Space

SHIPSHEWANA AMISH ARTISANS & WORKSHOP TOUR

Wednesday, May 15 (Tentative Date)

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 get a chance to step inside an Amish school for Q&A as well as visit an Amish home for a full-course Thresher's lunch.

Cost: \$85 (Nonrefundable)

Limited Space

Donations & Support

*Includes donations received between
November 11 – December 10, 2023.
Donations received after that date will be
acknowledged in the next edition of the Messenger.*

Adult Day Care

Marcia Crompton

Annual Campaign

Louise Albin
Frank Anzenberger
Walter Archer
Sandra Bakeman
Bruce Batchelor
Julia Bell
Patricia Bellaire
Ottis Bowe Jr.
Camille Briegel
Robert Campbell
Greg Carey
Dallas Chester
Carol Churchill
Kandy Cooper
Betty Cripe
Penny Deats
Decatur Family
Dentistry
Gene Decker
Julian Dhoore
Michael Dwyer
William Eustice
Teresa Faust
Anne Felton
Fraternal Order of
Eagles Auxiliary
Larry Gates
Walter Gongwer

Annual Campaign (cont.)

Lydia Gould
Grames Tire &
Battery Inc.
Lorraine Griner
Shirley Guilford
G.W. Jones
Exchange Bank
Patricia Hallowell
Harding's Markets
West Inc.
Deborah Heeter
Christine Hughes
Karen Judd
Fred Kirsch
Andrea Klett
Martha Kouder
Sharon
Kurdelmeyer
George Laporte
Bonnie Latourette
Pat Lockhart
David Louthan
Lance D Lyons
Thomas Marosz
Duane McClung
Jerry McIntyre
William Mitchell
Eddie Mose
Al Mott
Barbara Norton
The Papers

Annual Campaign (cont.)

William Potter
Louise Rigoni
Janet Roberts
Janet Ross
Richard
Scheibelhut Jr.
Donna Schuur
John Seculoff
John Simpson
James Snow
William Ward
William White
Margaret Wyant

Food Service

Anonymous
Linda Schiele
Robert Shankleton
David Tanis

Greatest Need

Eleanor Covington
Betty Grames
Michael Maloney
Elaine Wolkins

Handy Helpers

Karen Pedler

Home Care

Marcia Crompton

In Honor of Jim & Larada Snow

Cathy Goodenough

Meals on Wheels

Cheryl Albright
Anonymous
Bonnie Cuthbert
Elmer Filley
Larry Fredricks
John Gould
Lydia Gould
Denton Kime
Marlene Kime
Marcy Meltinos
Michael Meltinos
Rebecca Mitchell
Karen Pedler
Mary Redding
Morris Redding
Thomas Rutherford
Anita Sparks

Thanksgiving Lunch Sponsor

Midwest Energy & Communications

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

JANUARY 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED for New Year's Day	2 Main Entrée* Smoked Sausage Black Eyed Peas Mixed Greens Wheat Roll Cookie Café Entrée Philly Cheesesteak Café Fresh Salad Buffalo Chicken Salad	3 Main Entrée* Chicken Alfredo w/ Noodles Italian Vegetables Garlic Toast Peaches Café Entrée Fried Chicken Café Fresh Salad Beef Taco Salad	4 Main Entrée* Beef Chili Roasted Peppers & Onions Cornbread Pudding Café Entrée Vegetable Lasagna Café Fresh Salad Chef's Choice	5 Main Entrée* Tilapia Wild Rice Roasted Corn & Black Beans Wheat Roll Frosted Cake Café Entrée Jambalaya Café Fresh Salad Custom Salad
8 Elvis Presley's 89th B-day Main Entrée* Fried Chicken Mashed Potatoes w/ Gravy Buttered Corn Wheat Bread Applesauce Café Entrée Cheeseburger / Chips Café Fresh Salad COA Salad	9 Main Entrée* Pot Roast Stew Vegetables Roasted Redskins Wheat Roll Pudding Café Entrée Loaded Baked Potato Café Fresh Salad Greek Salad	10 Main Entrée* Pork Tenderloin Rice Stewed Tomatoes Wheat Bread Mixed Fruit Café Entrée Chef's Special Café Fresh Salad Cottage Cheese w/ Fruit	11 Main Entrée* Ravioli in Sauce Italian Vegetables Garlic Toast Pears Café Entrée Veal Parmesan Sandwich Café Fresh Salad Chicken Taco Salad	12 Main Entrée* Fish Sticks Maple Roasted Sweet Potatoes Spinach Wheat Roll Pie Café Entrée Chicken Lasagna Café Fresh Salad Oriental Salad
15 CLOSED in honor of Martin Luther King Jr. Day	16 Main Entrée* Polish Sausage Sauerkraut Peas & Pearl Onions Whole Wheat Bun Yogurt Café Entrée Pizza Café Fresh Salad Shrimp Salad	17 Main Entrée* Chicken à la King Mixed Vegetables Biscuit Tropical Fruit Café Entrée French Toast Café Fresh Salad Chicken Salad	18 Main Entrée* Sloppy Joe Rosemary Redskin Potatoes Corn Wheat Bun Peaches Café Entrée Chicken Tenders Café Fresh Salad COA Salad	19 Main Entrée* Southern Style Flounder Coleslaw Peas & Pearl Onions Wheat Roll Carrot Cake Café Entrée Potato Skins Café Fresh Salad Custom Salad
22 Main Entrée* Barbecued Chicken Three Bean Salad Mixed Vegetables Wheat Bread Fruit Cocktail Café Entrée Polish Sausage Café Fresh Salad Crispy Chicken Salad	23 Main Entrée* Pulled Pork on a Bun Macaroni & Cheese Corn Cookie Café Entrée Biscuits & Gravy Café Fresh Salad Mediterranean Salad	24 Main Entrée* Lasagna Italian Vegetables Breadstick Jello Café Entrée Beer Battered Tilapia Café Fresh Salad Mini Chef Salad	25 Main Entrée* Hamburger on a Bun Lettuce / Tomato / Pickle Roasted Potatoes Pineapple Café Entrée Chicken Pot Pie Café Fresh Salad Waldorf Salad	26 Lau Menu Main Entrée* Sweet & Sour Chicken Coconut / Pineapple Rice Lau Lau Greens Banana Cake Café Entrée Belgian Waffle Café Fresh Salad Mini Garden Salad
29 Main Entrée* Pork Stir Fry Rice Oriental Vegetables Fortune Cookie Applesauce Café Entrée Poutine Café Fresh Salad Fruit Salad	30 Main Entrée* Enchiladas Spanish Rice Refried Beans Rice Pudding Café Entrée Salisbury Steak Café Fresh Salad Buffalo Chicken Salad	31 Main Entrée* Pulled Chicken on a Bun Maple Roasted Sweet Potatoes Three Bean Salad Cake Café Entrée Soup in a Bread Bowl Café Fresh Salad Italian 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

LUAAU

Friday, January 26

Lowe Center & Front Street Crossing

11:30 a.m. - 1:30 p.m.

Say **ALOHA** to the winter weather!

Grab your Hawaiian gear,
sip on some non-alcoholic piña coladas,
and hula to your hearts content.

Registration is recommended
at (269) 445-8110