

July 2022

The Messenger



4 Try Something New

6 The COOL Place to Be

9 Parking Lot Construction

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The Power of Positive Affirmations

by PAIGE NELSON
Front Street Crossing Coordinator

Your mindset is the most powerful tool that you have, and the greatest thing you can do with it is to remind yourself of all the good in your life each day by using positive affirmations. Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often and believe in them, you can start to make positive changes. Every thought you think and every word you speak is an affirmation. Benefits of positive affirmations include stress relief; relief from negativity, fear, worry, and anxiety; motivation to move towards goals; and a boost in confidence and how you feel about yourself.

All of our self-talk and our internal dialogue is a stream of affirmations. You're using affirmations every moment whether you know it or not. You're affirming and creating your life experiences with every word and thought. Positive affirmations work because of a scientific principle known as neuroplasticity. Neuroplasticity is the ability of our words to rewire our brains. Kids do it all the time but as we grow older, we get set in our thought patterns and then it becomes very difficult for us to make these updates.

Starting your day with positive affirmations might feel silly at first, but with time and practice, you will find them to be not only enjoyable but an essential part of your day and way of thinking.

This month I challenge you to apply positive affirmations to your life by following these simple steps.

1. Create a list of 5 to 10 positive affirmations to use in your life.
2. Write positive affirmations on note cards or in your phone
3. Read the affirmations once when you wake up and once before going to bed
4. Do this every day (even the weekends) for 1 month
5. Prepare for amazing results!

Cass County COA Staff Contacts

CEO

Marty Heirty

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Laura Jepkema

Care Services / Support Groups

Cindy Ledger, RN

Charitable Giving

Kelli Casey

Food Service

Michael Garcia

Front Street Crossing

Kelli Casey

Human Resources / Volunteers

Danielle Dilts

Leisure Activities / Fitness /

Facilities Rental

Kelli Casey

Lifelong Learning / Handy Helpers

Leslie Vargo

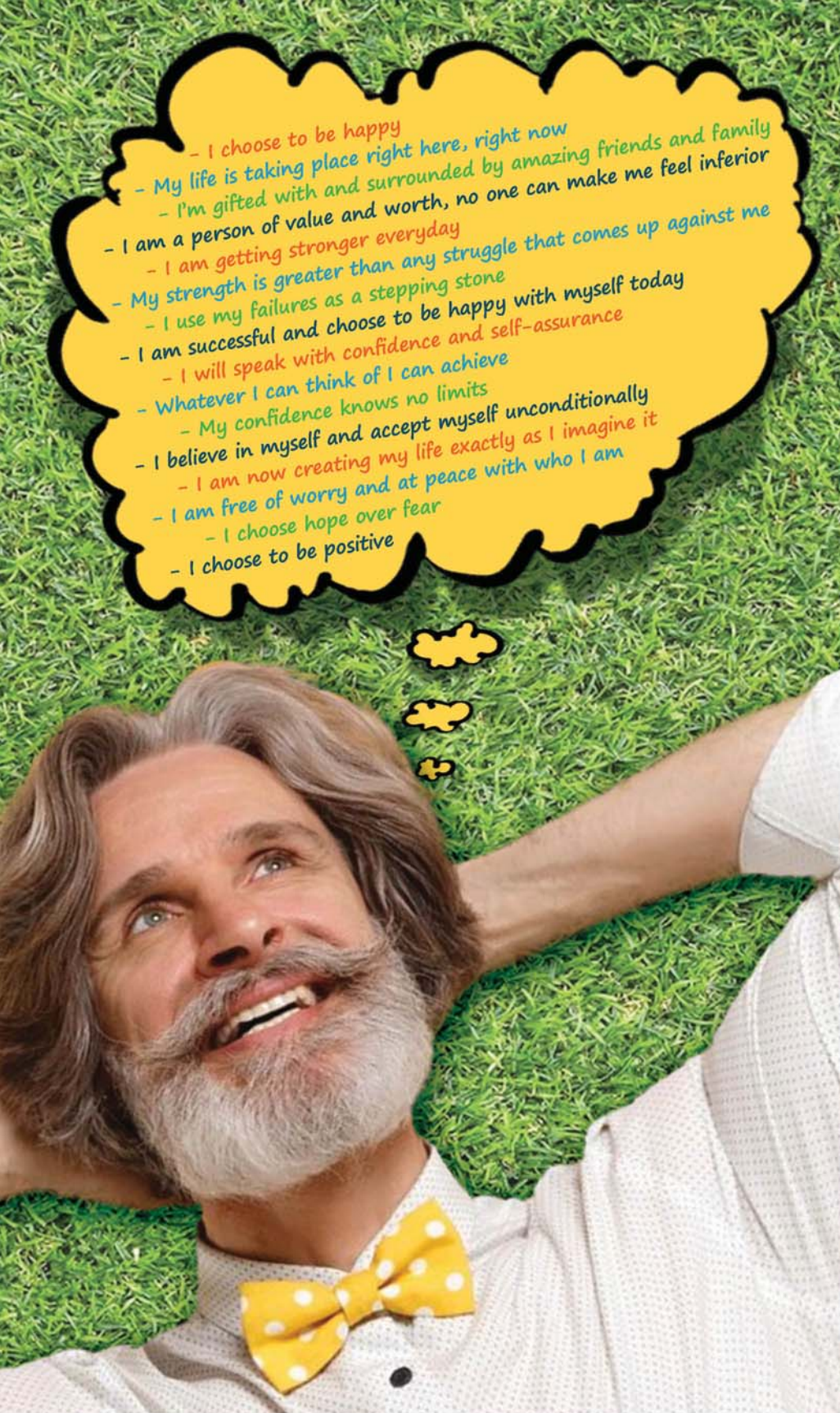
Meals on Wheels / In-Home Care /

Medicare Medicaid Assistance

Adrienne Glover

Operations

Bobbie Krynicki



- I choose to be happy
- My life is taking place right here, right now
- I'm gifted with and surrounded by amazing friends and family
- I am a person of value and worth, no one can make me feel inferior
- I am getting stronger everyday
- My strength is greater than any struggle that comes up against me
- I use my failures as a stepping stone
- I am successful and choose to be happy with myself today
- I will speak with confidence and self-assurance
- Whatever I can think of I can achieve
- My confidence knows no limits
- I believe in myself and accept myself unconditionally
- I am now creating my life exactly as I imagine it
- I am free of worry and at peace with who I am
- I choose hope over fear
- I choose to be positive

Cover Image

(Left to Right) Linda Watkins, Helga Richards, Kay Preston, and Shirley Guilford enjoyed pedaling around St. Joseph during the Surrey Bike Sculpture Scavenger Hunt Bus Trip. For more great bus trips like this one, be sure to check out page 9.

The COA is proud to partner with...



TRY SOMETHING NEW

by KY'SHA JOHNSON
Certified COA Fitness Trainer

Are you stuck in a rut, tired, or bored with your current routine? Well, have no fear because summer is here!

This is a great time to try something new whether it is a new exercise, new machine, or even a new class. By cross training you help the body stay functional and flexible, allowing different muscles to be used and preventing overuse of a particular muscle group.

Yes it can be challenging to try new things, but the more you do something, the simpler it will become. To make it even easier on you,

the first time that you visit the Fitness Center or attend a class, it's on us with no commitment.

Don't like being in the Fitness Center, that's o.k. because we have other great ways to keep you moving such as Line Dancing, our paved Walking Trail, as well as other great activities.

The key to your success is to try and that is why during the month of July the Fitness Center is introducing a "Try Something New Challenge." Every time you try a new activity your name will be entered into a weekly drawing for a \$6 breakfast or lunch voucher. So what are you waiting for, come on in and give it a try!

If you are interested in trying out all of our fitness options (excluding yoga) for one great price, be sure to check out our Summer Fitness Special on page 16.



Thank You Debbie Hartman

After 39 years of service, Debbie Hartman will be retiring from the COA on July 8. She began her COA career in 1983 as a Home Care Aide when our offices were located in the Courthouse Annex. Debbie eventually transitioned into the Administration Department where her first desk was a TV tray that has traveled with her to several offices!

As a lifelong resident of Cass County, Debbie has dedicated so much of her life to the COA and says that many co-workers and clients have become like family to her. She plans to spend her retirement relaxing and enjoying time with family. Thank you Debbie for your many years of service, your kind personality, and your dedication to the seniors of Cass County.

Surrey Bike

Scavenger Hunt Bus Trip



Photos by Taylor Lee, Leslie Vargo & Terina Miller

Summer
in
the City

Friday, July 15
10 a.m. - 4 p.m.

Stop in Front Street Crossing in Dowagiac
or visit our outdoor booth during Summer in the City.

The COOL Place to Be

by DANIELLE DILTS
Human Resources Manager

Hello summer heat! This time of year we really appreciate our air conditioners and fan systems. Fun fact, July 3 is Air Conditioning Appreciation Day and if I could buy my air conditioner a gift, I would do just that.

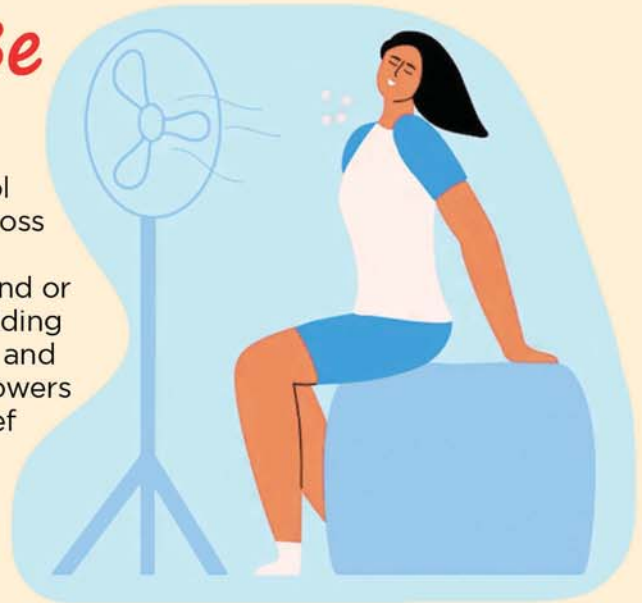
I love summer but unfortunately, the heat does not love me - especially at night when trying to sleep. A lot of us have now been so spoiled by this great invention that it makes it even harder to live without one. So how did people manage to stay cool years ago before air conditioners were invented?

Before the invention of the air conditioner, many techniques were used to cool down such as; qanats

(underground water tunnels), baths and fountains filled with cool water, blowing a fan across a block of ice, building homes more underground or into the side of a hill, adding more height to ceilings, and windcatchers or wind towers just to name a few. Relief finally came in 1929 when people could finally purchase air conditioners for their homes.

If you don't have an air conditioner to appreciate, you should plan on spending your hot days at either COA location appreciating ours. Not only do we have a cool place, awesome atmosphere, great food and many fun activities, but we also offer volunteer opportunities that involve hanging out at the cool COA.

As an extra way to stay cool



during the summer, the COA is also selling ice cream treats during lunch along with two great opportunities for FREE ice cream sundaes at our Ice Cream Socials. The first is July 28 at 1 pm in Cassopolis and the next will be in August in Dowagiac. For more information on volunteer opportunities or our many "cool" activities, please call (269) 445-8110.

Volunteer Spotlight

Karen Visser has been actively volunteering for our Meals on Wheels program for just over a year. She is very dependable and is always going out of her way to make sure her meal recipients are doing well. Recently Karen was delivering meals when she noticed one of her recipients had fallen. She took immediate action and waited for family to arrive before she continued her route. Way to go Karen!



Employee Spotlight

Kathy McDonald began her COA career as a Home Care Aide and was "stolen" away from the Care Services Department by our Nutrition Department to work as our Food Service Hostess at Chestnut Towers in Dowagiac.

Since then, Kathy has returned to her role as a Home Care Aide and always offers to fill in wherever she is needed.

Kathy's kind and caring personality makes her a joy to work with. Customers and co-workers love her bright personality and she always has a smile on her face.





Hear the **Whole** conversation for **Half** the price!

The price of Hearing Aids is ridiculous! That's why we started the Affordable Hearing Store, so we could set our own prices and make them truly affordable!

We sell only **top quality** at the **lowest prices**

Check the "Calendar" in this issue for the dates and time of our Free Hearing Clinic.

Call: 269-281-9091 for prices or to schedule an appointment.



Cassopolis - Elkhart - St Joseph
Mishawaka & Kalamazoo



Summer Concert Series

Mark your calendars for the last two concerts in our summer series.

Concert: 7 - 9 p.m.

Food for Purchase: 5:30 - 7:30 p.m.

July 22

Concert: **The Bronk Bros. Acoustical Show**
Food: TBA

August 26

Concert: **The Whistle Pigs**
Food: **Drive Thru Q (BBQ)**
King of the Kettle (Gourmet Popcorn)

Grab your chair or blanket and get ready to be entertained.

Summer Concert Series is sponsored by Sunset Coast

Creating Confident Caregiver Classes

Creating Confident Caregivers is for family members caring for a loved one with dementia. Two-hour classes are held once a week for six weeks.

Session 1: **August 8-September 19**

Session 2: **November 7 - December 12**

To register: Call (269) 982-7731 or email tracymanning@AreaAgencyonAging.org



CASS COUNTY
Medical Care Facility

269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

www.ccmcf.org

CASS COUNTY Medical Care Facility

OUTPATIENT THERAPY SERVICES

NOW ACCEPTING NEW PATIENTS!

Call Rie or Matt for information or an appointment

269-445-3801



Summer Concert
 with Touch of Texas
 Sponsored by Sunset Coast



PARKING LOT CONSTRUCTION BEGINS IN JULY

Out with the old and in with new!

The COA's Lowe Center on Decatur Road in Cassopolis is set to begin construction on the parking lot July 10 - 16.

During construction our main entrance and parking lot will be closed. The Lowe Center will remain open for lunch and all scheduled activities during construction.

Parking will be available on the north side of our building by entering from Decatur Road and also on the east side off of Geneva Street.



Upcoming Bus Trips

SOUTH BEND CUBS

Thursday, July 7

See page 21 for full details.

Bus Leaves: 5 p.m.

Bus Returns: 10 p.m. (approx. time)

Cost: \$70 (Nonrefundable)

Register Soon

NOTRE DAME HISTORICAL TOUR

Wednesday, August 10

Join us for a guided walking tour of the historical landmarks at the campus of Notre Dame. Enjoy lunch at the Morris Inn "Rohr's Tavern" and then spend the afternoon wandering around Snite Museum of Art and the Notre Dame Bookstore.

Trip includes transportation, tour, museum, and all taxes. Lunch is NOT included but is available for purchase.

Bus Leaves: 9 a.m.

Bus Returns: 4 p.m. (approx. time)

Cost: \$20 (Nonrefundable)

Register by July 27

ELF THE MUSICAL AT DRURY LANE THEATRE

Wednesday, December 7

Join us as we head to Oakbrook, IL for dinner and a show at the Drury Lane Theatre. Sit and enjoy your meal when you arrive and then make your way into the theatre for the feature presentation of Elf the Musical.

Feel your own Christmas cheer grow as you follow Buddy the Elf's journey to New York City in search of his birth dad. By the end, you may even have discovered your own inner elf.

Trip includes non-wheelchair accessible transportation, lunch, musical, and all taxes and gratuity.

Bus Leaves: 9:30 a.m.

Bus Returns: 7:30 p.m. (approx. time)

Cost: \$125

Register by November 23



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.



Pen Pals



7-Day Alaska Cruise

on the Royal Princess

September 9 - 16, 2023

Roundtrip out of Seattle visiting Ketchikan, Juneau, Glacier Bay, Skagway, and Victoria, British Columbia

Rates start at **\$1529 per person**

Rates based on double occupancy and include taxes, fees, port expenses, premier beverage package, Wi-Fi, gratuities, and \$50 donation to the COA

Deposit: \$250 per person / Final Payment: June 11, 2023

**Contact Leslie Vargo at (269) 445-8110 or
Melvin Reynolds at MelvinReynolds@comcast.net**

*Princess Cruise Lines, Ltd. Ships of Bermudan and British registry.
Rates subject to availability and not guaranteed until booked and fully deposited.*



Volunteers

Duane Adams
Ruthann Adams
Joanne Anderson
Candy Azevedo
Shirley Barks
Faith Beaupre
Jim Beebe
Vicki Beebe
Patricia Bellaire
Miriam Bollweg
Diane Bonczynski
Joyce Borton
Richard Borton
Rebecca Bowers
John Bradke
Camille Briegel
Linda Brossman
Robert Brossman
Judy Brown
Shirley Brown
Frank Butts
Marsha Butts
Linda Campbell
Robert Campbell
Lonnie Carlisle
Ginger Carlisle
Diane Celie
Tom Celie
Bob Cochrane
Anne Colgan
Joe Colgan
Daniel Comunidad

Keryl Conkright
Judy Coon
Dan Dahmen
Sue Decker
Kay Diehl
Carol Dierickx
Jeff Downing
David Dunlap
Sue Dunlap
Robin Emenaker
Elaine Foster
Marilu Franks
William Gateley
Mary Geminder
Joyce Greenwood
Cheryl Groner
Floyd Groner
Jim Grubbs
Melody Grubbs
Shirley Guilford
Joyce Hamilton
Janet Hamilton-
Merckx
Brooke Hari
Marcus Hari
Mable Hartman
Kim Hedges
Mary Hedges
Sue Heinrich
Jim Hershberger
Deborah Howes
Richard Howes

Ann Johnson
Deb Johnson
Linda Keeler
John Kelley
Gwen Klyce
Lloyd Klyce
Virginia Kraft
David Kring
Luci Lafontant-Lee
Cecelia Littman
Marcia Lofts
Ronald Lofts
Richard Macleod
Frank Maley
Vicki Maley
Carol Manning
Elaine McKeough
Cindra Mikel
Delores Minisee
Pamela Moore
Carl Moraw
Nancy Pallas
Diane Palmer
Susan Parker
Ray Phillips
Jannette Rafferty
Elsie Randles
Jennifer Ray
Terry Ray
Joyce Rentfrow
Helga Richards
John Seculoff

Nicolette Shea
Lori Siguenza
Erma Skipper
Marie Slough
Eileen Smith
John Smith
Irmgard Stange
Julie Stebbin
Kawanna Stoker
Walter Swann
Diane Tiser
Karen Visser
Pam Welling
Susan Wilder
Anne Wilkinson
Clarawayne Wolford
Marny Wyant
Tom Yarger
Fran Yeager
Katherine Yoder
Carol Young

Volunteers listed are for the month of May, during which we had 116 active volunteers who contributed 742 hours of work.

This would be equal to more than 4 full time staff positions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Front Street Crossing Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI				1 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am S.E.A.T./Stretch 11:00 am FSC Musicians 11:00 am Tai Chi	2 CLOSED in honor of Independence Day
All Programs / Events REQUIRE Registration					
4 CLOSED for Independence Day	5 Off Site Marcellus Moves (8:30 am)	6 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am S.E.A.T./Stretch 11:00 am Tai Chi 12:45 pm Bingo 6:00 pm Tai Chi	7 9:00 am Yoga 1:00 pm Euchre Off Site Marcellus Moves (8:30 am)	8 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am S.E.A.T./Stretch 11:00 am FSC Musicians 11:00 am Tai Chi	9
11 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am S.E.A.T./Stretch 11:00 am Tai Chi 12:45 pm Bingo 5:00 pm Cooking Club 6:00 pm Tai Chi	12 10:00 am Card Making 12:00 pm Color Your World (Watercolor) 1:00 pm Hollywood Treasures (Movie) Off Site Marcellus Moves (8:30 am) Off Site Read & Share Book Club (1:00 pm)	13 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am S.E.A.T./Stretch 11:00 am Tai Chi 12:45 pm Bingo 6:00 pm Tai Chi	14 9:00 am Yoga 1:00 pm Euchre Off Site Marcellus Moves (8:30 am)	15 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Dowagiac Summer in the City 10:00 am S.E.A.T./Stretch 11:00 am FSC Musicians 11:00 am Tai Chi	16
18 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am S.E.A.T./Stretch 11:00 am Tai Chi 12:45 pm Bingo 6:00 pm Tai Chi	19 10:00 am A Footnote to Biblical History (Archeologist Talk) Off Site Marcellus Moves (8:30 am)	20 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am S.E.A.T./Stretch 11:00 am Tai Chi 12:45 pm Bingo 6:00 pm Tai Chi	21 9:00 am Yoga 1:00 pm Euchre Off Site Marcellus Moves (8:30 am)	22 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am S.E.A.T./Stretch 11:00 am FSC Musicians 11:00 am Tai Chi	23
25 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am S.E.A.T./Stretch 11:00 am Tai Chi 12:45 pm Bingo 6:00 pm Tai Chi	26 Off Site Marcellus Moves (8:30 am)	27 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am S.E.A.T./Stretch 11:00 am Tai Chi 12:45 pm Bingo 6:00 pm Tai Chi	28 9:00 am Yoga 1:00 pm Euchre Off Site Marcellus Moves (8:30 am)	29 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am S.E.A.T./Stretch 11:00 am FSC Musicians 11:00 am Tai Chi	30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Low Center Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7 am - 12 pm 60525 Decatur Rd. Cassopolis, MI</p> <p>All Programs / Events REQUIRE Registration</p>				<p>1</p> <p>9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Bingo 1:00 pm Diabetes Support Group</p>	<p>2</p> <p>CLOSED in honor of Independence Day</p>
<p>4</p> <p>CLOSED for Independence Day</p>	<p>5</p> <p>9:00 am S.E.A.T. 9:30 am Writer's 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:00 pm Euchre 1:00 pm Book Club 1:00 pm Stroke Support 3:00 pm Line Dance Off Site</p> <p>Visual Arts Class (1:00 pm)</p>	<p>6</p> <p>9:00 am Dance & Social Circle 10:00 am Mindful Meditation 1:00 pm Bingo 1:00 pm Pinochle</p> <p>Off Site</p> <p>Lawless Jam Session (5:00 pm)</p>	<p>7</p> <p>9:00 am S.E.A.T./ Stretch 10:00 am Drug Drop 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:30 pm Ceramics 2:30 pm Woodcarvers Off Site</p> <p>Shopping</p> <p>Off Site</p> <p>South Bend Cubs Bus Trip (5:00 pm)</p>	<p>8</p> <p>9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Bingo</p>	<p>9</p> <p>9:00 am Yoga</p>
<p>11</p> <p>9:00 am Foot Clinic 9:00 am Technology for Seniors 1:00 pm Hollywood Treasures (Movie) 1:00 pm Mah Jongg 5:45 pm Yoga</p>	<p>12</p> <p>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 Euchre 1:00 pm Parkinson's Support 3:00 pm Line Dance Off Site</p> <p>Visual Arts Class (1:00 pm)</p>	<p>13</p> <p>9:00 am Dance & Social Circle 10:00 am Mindful Meditation 1:00 pm Bingo 1:00 pm Caregivers Support Group 1:00 pm Pinochle</p> <p>Off Site</p> <p>Lawless Jam Session (5:00 pm)</p>	<p>14</p> <p>9:00 am S.E.A.T./Stretch 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:30 pm Ceramics 1:00 pm Grief Support Group</p>	<p>15</p> <p>9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Bingo</p>	<p>16</p> <p>9:00 am Yoga</p>
<p>18</p> <p>9:00 am Massage 10:00 am Quilting 1:00 pm Mah Jongg 5:45 pm Yoga</p>	<p>19</p> <p>9:00 am S.E.A.T. 9:30 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance/Stretch 12:00 pm Conservation Conversations 1:00 pm Euchre 1:00 pm MS Support Group 3:00 pm Line Dance Off Site</p> <p>Visual Arts Class</p>	<p>20</p> <p>9:00 am Dance & Social Circle 10:00 am Mindful Meditation 1:00 pm Bingo 1:00 pm Pinochle</p> <p>Off Site</p> <p>Lawless Jam Session (5:00 pm)</p>	<p>21</p> <p>9:00 am S.E.A.T./Stretch 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:30 pm Ceramics 1:00 pm Alaska Cruise Questions & Answers 2:30 pm Woodcarvers</p>	<p>22</p> <p>9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Bingo 5:30 pm Food for Purchase (Concert) 7:00 pm Summer Concert</p>	<p>23</p> <p>9:00 am Yoga</p>
<p>25</p> <p>9:00 am Foot Clinic 1:00 pm Mah Jongg 5:45 pm Yoga</p>	<p>26</p> <p>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 Euchre 3:00 pm Line Dance Off Site</p> <p>Visual Arts Class (1:00 pm)</p>	<p>27</p> <p>9:00 am Dance & Social Circle 10:00 am Mindful Meditation 1:00 pm Bingo 1:00 pm Pinochle</p> <p>Off Site</p> <p>Lawless Jam Session (5:00 pm)</p>	<p>28</p> <p>9:00 am S.E.A.T./Stretch 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 11:00 am Peace, Love & Tie-Dye 12:30 pm Ceramics 1:00 pm Ice Cream Social</p>	<p>29</p> <p>9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Bingo</p>	<p>30</p> <p>9:00 am Yoga</p>

**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**



FSC CARD MAKING

Cost: \$13

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

Show someone how much you care with these one-of-a-kind cards made by you. Use various techniques to add a different and unique touch to each card.

Instructor: Peg Hruska

Front Street Crossing

Tuesday, July 12
10 am - 12 pm

LC CERAMICS MADE EASY

Cost: FREE

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

Instructor: Joyce Greenwood

Lowe Center

Thursdays
12:30 - 2:30 pm



**FSC COLOR YOUR WORLD
(Watercolor Class)**

Cost: \$18

**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.

July's watercolor is "Mark's Lighthouse."

Instructor: Roy Hruska

Front Street Crossing

Tuesday, July 12
12 - 3 pm

**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, July 7 & 21
2:30 - 5 pm

**LC HOLLYWOOD
FSC TREASURES (Movie)**

July's feature is
Hamilton



Broadway's smash hit "Hamilton" comes to the big screen with the original cast, combining the best of live theater and film into one unforgettable performance. The tale of one of America's founding fathers, Alexander Hamilton, is told by blending hip hop, jazz, R&B, and Broadway together to retell this revolutionary moment in history.

Starring Lin-Manuel Miranda, Daveed Diggs, & Renée Elise Goldsberry

Free movie (closed captioned), individual bag of popcorn, and water.

Lowe Center

Monday, July 11
1 pm

Front Street Crossing

Tuesday, July 12
1 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

Zoom
Online / Zoom

LC PEACE, LOVE & TIE-DYE

Cost: \$6 per shirt
Registration is required by July 14 to guarantee shirt size.

Come and make a GROOVY looking shirt for yourself or up the vibe by bringing the kids, grandkids, and your friends.

You will get the chance to design your own tie-dye shirt outside in our courtyard. There will also be several outdoor games and activities for more primo fun.

T-shirt sizes range from Youth Sizes - Adult XL. Anyone requiring a larger size will be charged extra.



Be sure to stick around for the FREE Ice Cream Social starting at 1 pm.

Low Center
 Thursday, July 28
 11 am - 1 pm

LC VISUAL ARTS CLASS

N Cost: \$15 (Per Class - 1st is FREE)
 Please bring your own supplies.

Every class begins with an art history lesson and students work at their own pace using various media.

Please Note: Class will be held at the Low Center on cold & rainy days and offsite on warm & dry days.

Instructor: Sharron Ott

Low Center
 Tuesdays
 1 - 3 pm

In Your Neighborhood
 Fred Russ Forest
 20379 Marcellus Hwy.
 Decatur, MI
 Tuesdays
 1 - 3 pm

LC QUILTING

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

Low Center
 Monday, July 18
 10 am - 4 pm

COMPUTERS & TECHNOLOGY

LC COMPUTER USE

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

Low Center
 Mondays - Fridays
 8 am - 5 pm

Front Street Crossing
 Mondays - Fridays
 8 am - 4 pm

LC TECHNOLOGY FOR SENIORS

Intro to Excel
Registration is required

Learn how to create a spreadsheet, insert information into cells, as well as how to use basic formulas.



Please bring your computer that has Excel already installed for a more hands on experience.

Instructor: Deb Robinson

Low Center
 Monday, July 11
 9 - 11 am

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.

Low Center
 Mondays - Thursdays
 7 am - 7 pm
 Fridays
 7 am - 4 pm
 Saturdays
 7 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	\$6



SilverSneakers

COA is a SilverSneaker location

Class Prices

M/W/F	\$25 (Monthly)
T/Th	\$20 (Monthly)
All Class Bundle	\$40 (Monthly) (Excludes Yoga)

Class price allows you access to in-person, online, or both.

Low Center
 60525
 Decatur Rd.
 Cassopolis, MI

Mon. - Thurs.
 7 am - 7 pm
 Fri.
 7 am - 4 pm
 Sat.
 7 am - 12 pm

Front Street Crossing
 227
 S. Front St.
 Dowagiac, MI

Mon. - Fri.
 7 am - 4 pm

FITNESS & EXERCISE



LC SUMMER FITNESS SPECIAL

Cost: \$299 (1 Year)

Back by popular demand, get your summer started with this special offer which includes all access to personal trainers, customized fitness programming, 5 days a week of in-person and online fitness classes (excluding yoga), and use of our fitness centers.

This one year membership is available at two convenient locations for one great price. It's an incredible savings of 50% or more! Don't miss out on this special opportunity available during the entire month of July only.



Low Center



Front Street Crossing



In Your Neighborhood



Online / Zoom

LC LINE DANCE

Line dancing is a fun way to get exercise with your favorite music. Join us for free. Please remember to social distance.

Instructor: Fran Yeager

Low Center

Tuesdays
3 pm

LC FSC BALANCE, STRETCH, AND STABILITY

Cost: \$25 (M/W/F - Monthly)
\$20 (T/Th - Monthly)

Registration is required

Most people have natural imbalances due to the way we move throughout the day, causing wear, tear, damage, and pain on joints. This class will help improve functional mobility and balance with purposeful exercises performed to increase aspects of balance, muscular strength, and flexibility.

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.)

Low Center & Online / Zoom

Tuesdays & Thursdays
11 - 11:45 am

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
9 - 9:45 am

FSC CARDIO CHALLENGE

Cost: \$25 (Monthly)

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

N MARCELLUS MOVES

Cost: \$20 (Monthly)
\$5 (Per Class)

Registration is required

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

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

Cost: \$25 (M/W/F - Monthly)
\$20 (T/Th - Monthly)

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.

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.)

Low Center & Online / Zoom

Tuesdays & Thursdays
9 - 9:45 am

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
10 - 10:45 am

LC STRONG & STABLE



Cost: \$20 (Monthly)
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.)

Low Center & Online / Zoom

Tuesdays & Thursdays
10 - 10:45 am

FSC TAI CHI



Cost: \$25 (Monthly)
Registration is required

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



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
11 am - 12 pm

Mondays & Wednesdays
6 - 7 pm

LC YOGA



Cost: \$8 (Per Class)
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.)

Low Center & Online / Zoom

Mondays
5:45 - 7 pm

Saturdays
9 - 10:15 am

Front Street Crossing & Online / Zoom

Thursdays
9 - 10:15 am



LC BINGO



Cost: \$1.25 (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.

Low Center

Wednesday & Fridays
1 - 2 pm

Front Street Crossing

Mondays & Wednesdays
12:45 pm

LC CHESS



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

Low Center

Tuesdays
10:30 am - 1 pm

Front Street Crossing

Mondays
10 am - 12 pm

LC DANCE & SOCIAL CIRCLE

Get on your feet and dance to the beat with a group that loves music and the fellowship of friends.

Low Center

Wednesdays
9 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.

Low Center

Tuesdays
1 pm

Front Street Crossing

Thursdays
1 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

What's Happening at the COA

Low Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

JUST FOR FUN

LC LAWLESS JAM SESSION

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

Audience members are welcome.

Please Note: Session will be held at the Lowe Center on cold & rainy days and offsite on warm & dry days.

Lowe Center

Wednesdays
5 - 6:30 pm

In Your Neighborhood

Dr. T.K. Lawless Park -
15122 Monkey Run St.
Vandalia, MI
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

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 A FOOTNOTE TO BIBLICAL HISTORY: ARCHAEOLOGY & REIGN OF UZZIAH

The Institute of Archaeology & Siegfried H. Horn Museum of Andrews University and has been involved in numerous excavations over the last 50 years.

Come and hear the exciting details of the institutes excavating finds and the rich history that their continued research unveils.

Presenter: Dr. Jeffrey Hudon, Archeologist from The Institute of Archaeology at Andrews University

Front Street Crossing

Tuesday, July 19
10 am



LC ALASKA CRUISE QUESTIONS & ANSWERS

Why just dream about going to Alaska when you could actually go?

Coming up in September 2023 the COA is offering the opportunity to take a 7-day cruise to Alaska on Princess Cruise Lines with your family, friends, and soon to be friends from around the area.

Join us as we answer all of your questions about what there is to see, do, costs, and more. Don't just dream about Alaska, come and find out how you can make it a reality.

Lowe Center

Thursday, July 21
1 pm

LC CONSERVATIONS CONVERSATIONS

Join the conversation about Cass County's wonderful wildlife, lakes, streams, open spaces, and farmlands in this casual meet and greet with Cass County Conservation District staff. Share stories and concerns, ask questions, and help Cass County plan for the future.

Presenter: Cass County Conservation District

Lowe Center

Tuesday, July 19
12 - 1 pm

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

LC MINDFUL MEDITATION

Stress, anxiety, worry, fear, anger, and resentment are all things that plague our daily lives.



Through this six week course, learn to increase your peace, joy, and happiness; enhance your immune system; improve clarity, focus, and self-confidence; and an improved sense of self-worth and respect for others.

Presenter: Dr. Rich Oxhandler,
Emeritus Professor
& Counselor,
Western Michigan
University

Lowe Center

Wednesdays,
July 6 - Aug 10
10 am

SERVICES & SUPPORT

LC DRUG DROP

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, July 7
10 am - 12 pm



LC DEMENTIA CAREGIVER'S SUPPORT GROUP

Family members and friends are welcome as we provide education and support for those caring for someone with dementia.

This month the group welcomes Caring Circle. They offer a quality-of-life focused continuum care for the seriously ill as well as comprehensive caregiving programs and support. Learn how you can benefit from this resource.

Presenter: Heidi J. Hanley
Community
Relations Rep. for
Caring Circle

Lowe Center

Wednesday, July 13
1 - 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, July 1
1 - 3 pm

LC GRIEF SUPPORT GROUP

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

Lowe Center

Thursday, July 14
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, July 11 & 25
Call for Times

LC HEARING CLINIC

Appointment ONLY

Schedule an appointment at the Lowe Center for a free hearing test and hearing aid cleaning/adjustments.

Lowe Center

Tuesdays, July 12 & 26
9 am - 4 pm

LC MASSAGE

Cost: \$50 (50 Minutes)
\$30 (30 Minutes)

Appointment ONLY

It is time to relax. There is nothing like having someone work out aches and pains while you enjoy the benefits.

Masseuse: Rachel Hodge,
Licensed Massage
Practitioner

Lowe Center

Monday, July 18
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 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.

This month we welcome a guest speaker from the University of Notre Dame. Understanding how the body works is the key to understanding how things go wrong, and what we can do to address these issues.

Presenter: Sahana Srinivasan
Neuroscientist & Biochemist

Low Center

Tuesday, July 19
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.

Join us as we welcome a guest speaker from the University of Notre Dame. Learn about the brain and nervous system and what kinds of research is currently being done.

Presenter: Sahana Srinivasan
Neuroscientist & Biochemist

Low Center

Tuesday, July 12
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.

Low Center

Tuesday, July 5
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 due to less seating, will be on a first reserve basis. Transit will space out passengers to allow for social distancing. Masks MUST be worn.

In Your Neighborhood

Thursday, July 7

N VETERANS AFFAIRS

Appointment required

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

Contact: Karee Krause, Veterans Service Officer

Phone: 269-445-4472

SOCIAL SESSIONS

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.

Low Center

Tuesdays, July 5 & 19
9:30 am - 12 pm

FSC COOKING CLUB

July's Theme Salads



If you love to cook and enjoy gathering with friends over a delicious meal then the COA's Cooking Club is perfect for you. Once a month you'll get together and bring a dish to pass. Every month will be a different culinary theme filled with eating, discussing new and interesting recipes, and of course making new friends.

The COA will provide drinks in association with each theme. Space for Crock-Pots and a warmer is available for anyone who needs to keep a dish hot. Also, feel free to bring cookbooks or recipes to share.

Front Street Crossing

Monday, July 11
5 pm

LC
Low Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

LC READ & SHARE BOOK CLUB

Registration is required

The COA has partnered with the Dowagiac District Library to host a monthly Book Club.

Books will be provided by the library. Please preregister so that enough books will be available on club day.

July's Discussion Book

Pipestone
by Adam Fortunate Eagle

August's Discussion Book

The Good Sister
by Sally Hepworth

Twin sisters Fern and Rose are very much alike, but yet very much different. Fern has a carefully structured life and disrupting her routine can be... dangerous. But when Fern discovers that Rose cannot get pregnant, she sees it as a chance to pay her sister back for all that she has done. Now Fern's very precise life will be shaken up, as well as dark secrets from the past in this quirky, rich and shocking story of what families keep hidden.



Leader: Gina Simoni,
Dowagiac District Library

Lowe Center

Tuesday, July 5
1 - 3 pm

In Your Neighborhood

Dowagiac District Library
211 Commercial St.
Dowagiac, MI
Tuesday, July 12
1 - 3 pm

FSC SPILL THE BEANS

Discover what's going on in your community.

July's Bean Spiller

Join Ashley Osban as she highlights Bergman Veterinary Medical Center's 100th anniversary. Also get tips and all your questions answered about pet care.



August's Bean Spiller

Meghan Tarver,
Midwest Energy & Communications

Front Street Crossing

Wednesday, July 13
10 am

SPECIAL EVENTS

LC ICE CREAM SOCIAL

Cost: Free

Here's the Scoop...FREE Ice Cream for the young, young at heart, and those in between! Visit with your friends, family, and neighbors while enjoying your sweet treat.



Sign up for our Tie-Dye event starting at 11 am to make it a day of fun!

Lowe Center

Thursday, July 28
1 - 2 pm

LC SUMMER CONCERT

Cost: Free
Registration is required



Enjoy a rousing fun evening with The Bronk Bros. Acoustical Show, a grassroots, "Rockin' Hillbilly Extravaganza" brother duo. After opening for more than 80 National touring country artists, this high energy group is one not to be missed.

Sponsored by Sunset Coast. Food available for purchase.

Please bring your own chair or blanket.

In the case of inclement weather, the concert will be rescheduled.

Lowe Center (Pavilion)

Friday, July 22
5:30 - 7:30 pm (Food)
7 - 9 pm (Concert)

LC SOUTH BEND CUBS

Cost: \$70
Registration is required



Join us for "Thirsty Thursday" (\$2 Beer and Sodas) with the South Bend Cubs as they face off against Wisconsin Timber Rattlers.

Trip includes game, seating in an outdoor shaded suite, South Bend Cubs baseball hat, transportation, all taxes, and gratuity, PLUS an all you can eat buffet.

Menu: Grilled Hamburgers, Hot Dogs, Baked Beans, Chips, Cookies, and Drinks (lemonade, water, soda)

Lowe Center & In Your Neighborhood

Thursday, July 7
5 pm (Bus Departure)
10 pm (Approx. Bus Return)

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 am - 12 pm

Front Street Crossing
227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

Donations & Support

*Includes donations received between
May 11 – June 10, 2022.*

*Donations received after that date will be
acknowledged in the next edition of the Messenger.*

Assistance Program

Patricia Preston

Dueling for Dollars

Fundraiser Silent Auction Donor

Bakeman Barbers
Baker's Rhapsody
Jim Beebe
The Boulevard Inn & Bistro
Bow Wow Bakery & Bath
Caruso's Candy
China Garden
COA Board Members
& CEO Marty Heirty
Detroit Tigers
Four Lakes Country Club
Marilu Franks
Gilmore Car Museum
The Green Jacket
Tap - N - Grill
The Hairitage
Hartman Auto Service
Sue Heinrich
Hilltop Trees -
John and Joyce Scherer
Honor Credit Union

Dueling for Dollars

Silent Auction Donor (cont.)

Imperial Furniture
Indian Lake Hills Golf Course
Kalamazoo Wings Hockey
Kindred Hospice -
Alyssa Casey
Ron Lofts
Maple Café
The Marshall Shoppe
Thelda Livingston Matthews
Midwest Energy
& Communications
Oh My, Old Made New
Olympia Books
O'Reilly Auto Parts
The Rock at Big Fish Lake
Rosy Tomorrows
Seldom Rest Farms -
Elaine and Scott Foster
Sensational Scoops
Silver Beach Pizza
Styling Studio
University of Michigan
Wright Farms Market
Yarn on Front

Greatest Need

Linda Frisbie

In Memory of Carol Gratz and Marcia Zelner Martilloti

Sharon Miller

Handy Helpers

Charlotte Lootens

Meals on Wheels

Betty Grames
Patricia Mann
Harry Shaffer

In Memory of Sharon Rutz

Randy Birk
Steven Rutz
Suzanne Stickle

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

JULY 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS & HOURS				
Low Center Hours (LC) Lunch** (Provided by SNS*) 11:30 a.m. - 1:30 p.m. (weekdays) Breakfast 7:00 a.m. - 9:00 a.m. (weekdays)		Front Street Crossing (FSC) Lunch** (Provided by SNS*) 11:30 a.m. - 1:30 p.m. (weekdays) Breakfast 7:00 a.m. - 10:00 a.m. (weekdays)		Main Entrée* Hamburger w/ Fixings Potato Salad Coleslaw Bun Fruit Café Entrée Chicken Salad Wrap Café Fresh Salad Greek Salad
Chestnut Towers Apartments SNS* meals served daily by reservation only – call the COA for more information.				
4	5	6	7	8
CLOSED for Independence Day	Main Entrée* BBQ Chicken Quarter Macaroni & Cheese Mixed Vegetables Corn Muffin Mandarin Oranges Café Entrée Pastrami on Rye Café Fresh Salad Taco Salad Bowl	Main Entrée* Biscuits & Gravy Turkey Ham Sliced Tomatoes Deli Fruit Salad Café Entrée Reuben Café Fresh Salad Flatbread Salad	Main Entrée* Beef Burrito Black Beans Spinach Salad w/ Shred. Carrots Tortilla Applesauce Café Entrée Pulled Pork Nachos Café Fresh Salad Fruit Salad	Main Entrée* Tuna Salad on Mixed Greens Sliced Peppers & Cucumbers Corn Salad Crackers Fresh Fruit in Season Café Entrée Flame Broiled Cheeseburger Café Fresh Salad Chicken Cranberry Salad
11	12	13	14	15
Main Entrée* BBQ Roast Beef Sandwich Potato Salad Sautéed Onions & Peppers Fruit Yogurt Grape Juice Café Entrée Chipotle Chicken Sandwich Café Fresh Salad Cottage Cheese w/ Fruit	Main Entrée* Hot Dog on Bun Chopped Onions & Tomatoes Harvest Beets Bun Melon Café Entrée Pepperoni Flatbread Pizza Café Fresh Salad Veggie Blend Salad	Main Entrée* Loaded Baked Potato w/ Chicken, Cheese & Broccoli Mixed Lettuce Salad w/ Cherry Tomatoes & Carrot Shreds Fruit Café Entrée Tuna Melt Café Fresh Salad Turkey Craisins Salad	Main Entrée* Crispy Fish Summer Squash & Zucchini Medley Confetti Rice Peaches Café Entrée Grilled All Beef Hot Dog Café Fresh Salad Antipasto Salad	Main Entrée* Taco Salad w/ Shred. Lettuce, Black Beans, Tomatoes, Carrots, Peppers, & Cheese Mexican Rice / Tortilla Chips Pudding w/ Bananas Café Entrée Italian Sub Sandwich Café Fresh Salad COA Salad
18	19	20	21	22
Main Entrée* Bratwurst Roasted Potatoes Green Beans Bun Fresh Fruit in Season Café Entrée Veggie Wrap Café Fresh Salad Strawberry Chicken Salad	Main Entrée* Pancakes Turkey Breakfast Sausage Mixed Fruit Salad Orange Juice Café Entrée Pulled Chicken Sandwich Café Fresh Salad Beef Taco Salad	Main Entrée* Summer Cobb Salad w/ Chicken, Cheese, Corn, Tomato, Lettuce, Carrots, & Hard Boiled Egg Crackers Fresh Fruit Café Entrée Bratwurst Café Fresh Salad Grilled Chicken Salad	Main Entrée* Sloppy Joes Carrot Raisin Salad Side Green Salad Bun Cherry Crumble Café Entrée Chicken Quesadilla Café Fresh Salad Caprese Salad	Main Entrée* Philly Cheesesteak Baked Beans Broccoli Bun Pie Café Entrée Spicy Chicken Sandwich Café Fresh Salad Oriental Chicken Salad
25	26	27	28	29
Main Entrée* Summer Pasta w/ Cheese, Cherry Tomatoes, & Peas Green Salad w/ Carrots & Broccoli Breadstick Fruit Salad Café Entrée Coney Dog Café Fresh Salad Buffalo Chicken Salad	Main Entrée* Handmade Salmon Patty w/ Sauce Seasoned Spinach Carrots / Whole Wheat Bread Cantaloupe Café Entrée California Reuben Café Fresh Salad House Salad	Main Entrée* BBQ Chicken Roasted Sweet Potatoes Steamed Greens Biscuit Jello w/ Fruit Café Entrée Gyro Sandwich Café Fresh Salad COA Salad	Main Entrée* Salisbury Steak Mashed Potatoes Summer Peach Spinach Salad Whole Wheat Bread Strawberries Café Entrée 2-Sliders Café Fresh Salad Fruit Salad	Main Entrée* Turkey Meatloaf Mashed Potatoes Coleslaw Roll Apricots / Birthday Cake Café Entrée Sidewinder Burger Café Fresh Salad Cobb Salad

Menu is subject to change without notice.
 **Daily vegetarian lunch option available.
 Please see cashier first.



Meals are funded in part by Region IV Area Agency on Aging and are served in partnership with Cass County COA and Senior Nutrition Services dba Meals on Wheels of Southwest Michigan.



Ice Cream Social

Thursday,
July 28

1 - 2 pm
Lowe Center

FREE Ice Cream
with Friends

Come early for
Tie-Dye fun!

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

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



PEACE LOVE & TIE-DYE

Thursday, July 28 11 am - 1 pm

Calling all kids, parents, grandparents, color-crazy friends, and anyone else who is just **DYEING** to get a little color into their lives!

Join us for a chance to create your own tie-dye t-shirt outside in our beautiful Lowe Center courtyard.

Leave the mess with us and take the fun home with you!

Outdoor games and activities will also be set up to add to all of the fun.

Cost: \$6 per shirt

Registration is required for a guaranteed shirt size (Youth – Adult XL)

Larger sizes can be requested when registering for an extra cost.

Call (269) 445-8110 to register