



March 2024

# The Messenger



**2** MVPs at  
the COA

**5** Dueling for  
Dollars

**8** RX: Laugh More



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### The Messenger,

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Cass COA,  
P.O. Box 5,  
Cassopolis MI 49031

### Messenger Staff

*Director of Community Development*  
Kelli Casey

*Communications Assistant*  
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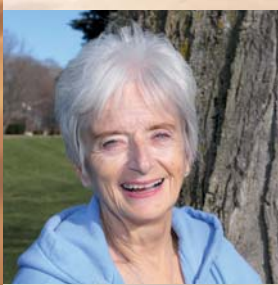
# MVPS AT

by SHELLY PURUCKER  
*Operations Assistant*

March is referred to as March Madness in many homes. This is when college basketball teams are playing for the championship title. During this time, many individual players stand out as helping their team advance to the next round. They might even be honored with the Most Valuable Player or MVP award. Here at the COA, volunteering is played as a highly valued position and we are blessed to have each one of them as our MVPs or Most Valuable Persons.

Our Valuable Persons are individuals who recognize and appreciate the goodness, wisdom, and compassion shared. They go the extra mile to help others in order to make their community a better place.

A few of our MVPs shared how they feel about the extra plays they make in a day with the COA.



### MVP Katherine Yoder

Meals on Wheels & LC Front Desk  
Reception (*Volunteer since 2021*)

"I love the interaction with people, and sometimes discovering a new friend. Developing relationships extends your family."

### MVP Roberta Woodruff

FSC Front Desk Reception  
(*Volunteer since 2012*)

"I really love making people feel welcome and showcasing all of the great programs and services we offer in Dowagiac when I give tours of our facility. I've met so many new people and made wonderful friends while volunteering."



# THE COA



## MVP Richard & Joyce Borton

Meals on Wheels (*Volunteers since 2021*)

"It's nice to be able to get out and meet new people. But interaction does become limited when the weather is a challenge. To make drop-offs easier, some places have food coolers available."

## MVP Shirley Guilford

LC Front Desk Reception (*Volunteer since 2014*)

"I enjoy working with the staff. It is a great way to interact with other seniors and I enjoy socializing. I like to work and I choose just 1 day per week."



## MVP Jim Hershberger

Meals on Wheels (*Volunteer since 2021*)

"I enjoy working with Cheryl, the Director for the Meals on Wheels program. She is approachable and accommodates everyone that she can."

Currently we have a need for volunteers in the following areas - Handy Helpers, Meals on Wheels and in the Café. If you are interested in becoming our newest MVP, please contact the COA at (269) 445-8110.

### Cover Image

Sherri Zablocki & David Bakeman got tropical for the Luau celebration. For more fun activities and events like this one, be sure to check out pages 12 - 22.

## Cass County COA Staff Contacts

### CEO

Marty Heirty

### Adult Day Service

Laura Jepkema

### Care Services /

### Handy Helpers /

### Support Groups

Cindy Ledger, RN

### Charitable Giving

Kelli Casey

### Food Service

Michael Garcia

### Front Street Crossing

Ky'sha Johnson

### Human Resources /

### Volunteers

Danielle Dilts

### Leisure Activities /

### Fitness /

### Facilities Rental

Kelli Casey

### Lifelong Learning

Patty Gremaux

### Meals on Wheels /

### In-Home Care /

### Medicare Medicaid

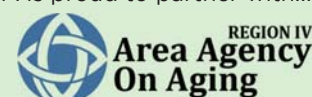
### Assistance

Cindy Ledger, RN

### Operations

Danielle Dilts

The COA is proud to partner with...







## Mardi Gras

Photos by Shelly Purucker



## Upcoming Bus Trips

### TULIP FESTIVAL

**Tuesday, May 7**

Bus Leaves: 8 am

Cost: \$45 (Nonrefundable)

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

Trip includes transportation. Lunch is available for purchase.

**Limited Space / Registration Required**

### SHIPSHEWANA AMISH ARTISANS & WORKSHOP TOUR

**Wednesday, May 15**

Bus Leaves/Returns: 8 am/5 pm (approx. time)

Cost: \$85 (Nonrefundable)

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

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

**Limited Space / Registration Required**



269-445-3801

23770 Hospital St.  
Cassopolis, MI 49031

[www.ccmcf.org](http://www.ccmcf.org)



# DUELING for DOLLAR\$

**Friday May 17**

at Marion Magnolia Farms

Dueling for Dollars is back by popular demand. This event can be summed up in a single word: FUN! Don't miss your chance to be entertained by this high-energy, all-request, sing and clap along, rock 'n' roll, comedy piano show where the audience is just as much part of the show as the entertainers. Combine two sharp-witted, incredibly talented musicians with two pianos on a stage and add in a room full of people: the result is an evening of fast, funny, unforgettable entertainment.

This experience will have you laughing, singing, and

dancing in your seat; all for a great cause!

Your support in this event helps ensure Cass County's homebound seniors receive nutritionally balanced meals delivered to their homes.

Event tickets are \$50 per person and include heavy appetizers, silent auction, concert, and cash bar.

Tickets go on sale beginning March 4, and we anticipate another sellout crowd, so be sure to reserve your tickets early by calling (269) 445-811 or emailing Kelli Casey at [KelliC@casscoa.org](mailto:KelliC@casscoa.org).

*Entertainment by Dueling Pianos International*

## **CONCERT GRAND SPONSOR - \$2,000**

- 2 premium reserved sponsor tables with 8 tickets each
- Recognition from the stage and on the event signage
- Sponsorship name or logo included in all promotional media

## **BALLROOM GRAND SPONSOR - \$1,000**

- 1 premium reserved sponsor table with 8 tickets
- Recognition from the stage and on the event signage
- Sponsorship name or logo included in all promotional media

## **BABY GRAND SPONSOR - \$500**

- 4 tickets
- Recognition from the stage and on the event signage

## **PIANETTE SPONSOR - \$100**

- Acknowledgement in the event signage

## 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.



# Volunteers

Daisy Adams  
Duane Adams  
Ruthann Adams  
Joanne Anderson  
Cheryl Atwater  
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  
Susan Case  
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  
Julie Deahl  
Sue Decker  
Kay Diehl  
Carol Dierickx  
Jeff Downing  
Laura Drake  
David Dunlap  
Robin Emenaker  
Larry Emrick  
Anna Eubank  
Jayne Fox  
Margo Foreman  
Marilu Franks  
Mary Geminder  
Ed Goodman  
Leigh Goyings  
Barb Green  
Joyce Greenwood  
John Gremaux  
Cheryl Groner  
Floyd Groner  
Jim Grubbs  
Melody Grubbs  
Shirley Guilford  
Joyce Hamilton  
Janet Hamilton-  
Merckx  
Brooke Hari  
Marcus Hari  
Debbie Hartman  
Mable Hartman  
Mary Hedges  
Deborah Heeter  
Sue Heinrich  
Jim Hershberger  
Marshall  
Higginbotham  
Jason Hill  
Sheryl Johnson  
Mary Jones  
James Karasek  
Linda Keeler  
Mike Klute  
Penny Knepple  
Stephanie Knepple

Sondra Knight  
Virginia Kraft  
David Kring  
Gary Kull  
Luci Lafontant-Lee  
Marcia Lofts  
Ronald Lofts  
Bobbi Lowe  
Richard Macleod  
Frank Maley  
Carol Manning  
Elaine McKeough  
Kathleen McMahon  
Shaniqua McNary  
Dolores McNeary  
Charlene Mielke  
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  
Madeline Pettit  
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  
Hopelynn Smith  
John Smith  
Irmgard Stanage  
Kawanna Stoker  
Renay Suseland  
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  
Robert Woodruff  
Sam Wooley  
Tom Yarger  
Fran Yeager  
Katherine Yoder  
Carol Young  
Beverly Youngberg  
Richard Zander  
Steve Zebell

Volunteers listed are for the month of January, during which we had 177 active volunteers who contributed 1264 hours of work. This would be equal to more than 7 full time staff positions.



## All Shook Up for Our Volunteers

The COA is blessed to have so many wonderful volunteers that we are inviting those who have donated 10 or more hours of their time between October 1, 2022 – September 30, 2023 to Shake, Rattle, & Roll for an evening celebrating YOU.

So save the date for Wednesday, April 24 at 4 p.m. for the Annual Meeting & Volunteer Dinner and look for your special invitation in the mail.



## Savvy Caregiver Class

by KERYL CONKRIGHT  
*Savvy Caregiver Trainer/Instructor*

Caring for a family member who lives with memory loss can be one of the MOST difficult jobs one will ever have. It is filled with uncertainties, emotional highs and lows, frustrations, and sometimes those feelings of anger. Many more families than we realize are living with these challenges. Feelings of being so alone and not understanding what or how to do the job are overwhelming.

The SAVVY Caregiver class provides an excellent format of educational materials in order to help caregivers better understand the disease process and the behavior changes that present themselves along the way. The importance of self-care is also thoroughly discussed and how that impacts one's ability to not just survive but thrive in this period of time.

If you find yourself in the position of being a caregiver for someone who has memory loss of any kind, please call and register for these free classes. Making that call is a significant moment in time as it forces one to admit there is a problem and that you need help. You don't have to walk this path alone. You will find so many others facing similar challenges and together you will learn valuable information, key ideas and gather tools to use in this journey. Knowledge is power.

Classes will be held on Mondays, April 1 through May 6 from 1 – 3 p.m. at the COA Lowe Center. Respite care is available for the person with the memory loss at no charge. Call (800) 654-2810 and speak to Tracy to register.

*Sponsored by the Region IV Area Agency on Aging*



## 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.





# Rx: *Laugh More*

by KY'SHA JOHNSON  
*Certified COA Fitness Trainer*

Have you ever heard the saying that laughter is the best medicine? Well, there is truth to that. Laughter produces positive emotions that lead to a kind of flourishing. Feelings like happiness, joy, mirth, and amusement are all feelings that build resilience and increase creative thinking as well as improving subjective well-being and life satisfaction.

As medicine, laughter can benefit your physical wellbeing. American psychologist William Fry often referred to laughter as "internal jogging," and he said rightly so, because it can provide a workout for your cardiovascular, pulmonary, and respiratory system. Other

benefits of laughter include enhanced immune system, muscle relaxation, and could help with Type 2 diabetes.

There is always room for laughter. English poet Lord Byron once said, "Always laugh when you can, it's cheap medicine." As adults, we don't laugh nearly enough. It is said that adults laugh an average of 17 times a day but when compared to children, this number is extremely low.

Have you heard the rumor about butter? Well never mind, I shouldn't be spreading it. What kind of fish goes best with peanut butter? Jellyfish of course. My friends the Fry's just got married! Guess where they spent their honeymoon? In Grease.

Hopefully you were able to smirk, smile, grin, snicker,



giggle, chuckle, chortle, laugh, cackle, guffaw, howl, shriek, or roar today. Laughter is a great way to inspire, encourage, and give hope. So, channel your inner child and laugh. The Cass County COA is a great place to get your daily dose of the best medicine.



## Valentine's



Photos by Kelli Casey & Michael Garcia





Photos by Lisa Stephens & Terna Miller



# Upcoming Programs

## **DEMYSTIFYING DEMENTIA**

**Tuesday, April 2**

10 - 11 am

Front Street Crossing

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

*Presenter: Jo Ann Flowers,  
AARP Volunteer*

## **DIABETES PATH**

**Tuesday, April 2**

12:30 - 3 pm

Lowe Center

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

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

**Registration Required**

## **THIS LIT IS YOUR LIT:**

*American Literature in History*

**Thursdays, April 4 -May 9**

10:30 am - 12:30 pm

Lowe Center

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

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

*Instructor: Elaine McKeough*

## **HANDS-ONLY CPR TRAINING & EMERGENCY PREPAREDNESS**

**Friday, April 12**

9 am (*Front Street Crossing*)

1 pm (*Lowe Center*)

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

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

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

*Presenter: Red Cross*

**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 by April 10**





# Donations & Support

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

## **Active Living**

Lila Hawn

## **Annual Campaign**

Martha Allen  
Robert Clark  
Marlene Deming  
Barbara Green  
Betty Hand  
Betty Phillips  
Arlene Sarabyn  
Joanna Thompson

## **Gift in Kind**

Dowagiac VFW Post 1855

## **Greatest Need**

Karen Mikosz  
Colleen Poehlman

## **Meals on Wheels**

Cheryl Albright  
Bonnie Cuthbert  
John and Lydia Gould  
Richard Huffman  
Morris and Mary Redding  
Thomas Rutherford  
Kandy Schumacher

## **Meals on Wheels (cont.)**

Anita Sparks  
Deborah Sutherland  
Ed Thornburgh  
James Wilson

## **In Memory of Dick Casey**

Rita Baker

## **In Memory of Martha Grover**

Kathryn M. Large

## **In Memory of Thomas Radtke**

Susan White

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

## *Volunteer Spotlight*

Carol Young has been

delivering meals on wheels for the past 7 years and is also part of the C.A.R.E. program (Call And Reassure Elders). Carol is very attentive with those she serves and always shares her concerns if something seems off. We are blessed to have such a caring volunteer at the COA!



## *Employee Spotlight*

Tawana Washington is an essential team member of the Nutrition Department. She has worked in almost every position in this department and managed the kitchen at Front Street Crossing for several years.

While not at work, Tawana enjoys spending time with her beautiful daughter and family.

Tawana's easygoing personality makes her a joy to work with. She is always willing to jump in and help wherever and whenever needed.

Thank you, Tawana, for the years of dedication and hard work you have given to the COA!



# MARCH 2024 Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Front Street Crossing</b>  Monday - Friday 7 am - 4 pm  227 S. Front St. Dowagiac, MI  <b>All Programs / Events  REQUIRE Registration</b>				<b>1</b>  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	<b>2</b>
<b>4</b>  8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo	<b>5</b> 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 10:00 am Your Identity - Staying Connected & Protected 1:00 pm Hand & Foot Ballroom Dancing 1:30 pm Off Site Marcellus Moves (8:30 am)	<b>6</b>  8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo	<b>7</b>  9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Euchre  Off Site Marcellus Moves (8:30 am)	<b>8</b>  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	<b>9</b>
<b>11</b>  8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am My Dad & Dr. Martin Luther King, Jr. 10:00 am Tai Chi 12:45 pm Bingo	<b>12</b> 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 Silver Screen Cinema (Movie) 1:00 pm Ballroom Dancing 1:30 pm Off Site Marcellus Moves (8:30 am)	<b>13</b>  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	<b>14</b>  9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Euchre  Off Site Marcellus Moves (8:30 am)	<b>15</b>  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 St. Patrick's Lunch 12:30 pm Ceramics	<b>16</b>
<b>18</b>  8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo	<b>19</b> 9:00 am Hearing Clinic 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:00 pm Hand & Foot Ballroom Dancing 1:30 pm Off Site Marcellus Moves (8:30 am)	<b>20</b>  8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo	<b>21</b>  9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Euchre  Off Site Marcellus Moves (8:30 am)	<b>22</b>  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	<b>23</b>
<b>25</b>  8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo 1:30 pm Footloose Friends	<b>26</b> 9:00 am Parkinson's Power Punchers 10:00 am Kinship Care 10:00 am Strength Training & Core 1:00 pm Hand & Foot 10:00 am Parkinson's Support Group 1:30 pm Ballroom Dancing Off Site Marcellus Moves (8:30 am)	<b>27</b>  8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo	<b>28</b>  12:00 pm Easter Dinner 1:30 pm Euchre 2:30 pm Table Talk  Off Site Marcellus Moves (8:30 am)	<b>29</b>  <b>CLOSED</b> for <b>Good  Friday</b>	<b>30</b>  <b>CLOSED</b> in honor of <b>Easter</b>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lowe Center</b> Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7:30 am - 12 pm 60525 Decatur Rd. Cassopolis, MI <b>All Programs / Events  REQUIRE Registration</b>				<b>1</b> 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	<b>2</b> 9:00 am Yoga
<b>4</b> 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg	<b>5</b> 9:00 am Functional Foundations 9:30 am Writer's 10:00 am Strong & Stable 10:30 am Chess 10:30 am MI Secretary of State Mobile Office 11:00 am Step Aerobics 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	<b>6</b> 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	<b>7</b> 9:00 am Functional Foundations 9:00 am Yoga 10:00 am Drug Drop 10:00 am Strong & Stable 11:00 am Step Aerobics 12:00 pm Ceramics 2:30 pm Woodcarvers Off Site Shopping	<b>8</b> 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	<b>9</b> 9:00 am Yoga
<b>11</b> 9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie)	<b>12</b> 9:00 am Hearing Clinic 9:00 am Functional Foundations 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm Parkinson's Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	<b>13</b> 10:00 am Crafty Creations 1:00 pm Caregivers Support Group 1:00 pm My Dad & Dr. Martin Luther King, Jr. 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	<b>14</b> 9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Step Aerobics 12:00 pm Ceramics 1:00 pm Grief Support Group	<b>15</b> 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 11:30 am St. Patrick's Lunch 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	<b>16</b> Off Site Maple Syrup Festival & Tour (8:00 am) 9:00 am Yoga
<b>18</b> 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 5:30 pm Bingo Night	<b>19</b> 9:00 am Functional Foundations 9:30 am The Stormy Night 10:00 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm MS Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	<b>20</b> 10:00 am Whimsical Gnomes 12:00 pm Veterans Affairs 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	<b>21</b> 9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Step Aerobics 12:00 pm Ceramics 1:00 pm Panama Canal Cruise Q&A 2:30 pm Woodcarvers	<b>22</b> 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	<b>23</b> 9:00 am Yoga 10:00 am Craft Show 10:00 am Easter Egg Hunt
<b>25</b> 9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg	<b>26</b> 9:00 am Hearing Clinic 9:00 am Functional Foundations 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	<b>27</b> 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	<b>28</b> 9:00 am Yoga 12:00 pm Ceramics 12:00 pm Easter Dinner	<b>29</b> <b>CLOSED</b> for Good Friday	<b>30</b> <b>CLOSED</b> in honor of Easter

## 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](http://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.



March's watercolor is "Giraffe."

Instructor: Roy Hruska

#### Front Street Crossing

Tuesday, Mar. 12  
12 - 3 pm



### LC CRAFTY CREATIONS

Cost: \$5 per bunny

**Registration is required  
by March 6.**

Join us this month for an Easter Extravaganza Craft Class.

First, create a cute Bunny Buns to hang on a wall or door. Then, participate in the Surprise Vintage Hat project that is so secret that security wouldn't allow photos to be taken. You're sure to love both projects.

Instructor: Judy Brown

#### Lowe Center

Wednesday, Mar. 13  
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, Mar. 7 & 21  
2:30 - 4:30 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 QUILTING

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

#### Lowe Center

Mondays, Mar. 4 & 18  
10 am - 4 pm

### LC VISUAL ARTS CLASS

Cost: \$15 (Per Class)

All supplies are provided. No registration is required and you can attend when it is convenient.

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

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

For more information, email Sharron at [sharronottart@gmail.com](mailto:sharronottart@gmail.com).

Instructor: Sharron Ott

#### Lowe Center

Tuesdays  
1 - 3 pm

**LC**  
Lowe Center

**FSC**  
Front Street Crossing

**N**  
In Your Neighborhood

**Zoom**  
Online / Zoom





## LC SILVER SCREEN FSC CINEMA (Movie)

March's feature is  
**Barbie**

Registration is  
requested by March 5.

Barbie has taken over the COA this month and wants you to join in the fun of Barbie Land by dolling it up and wearing your pink or favorite Barbie inspired outfit. This Barbie Movie Party wouldn't be complete without special Barbie themed refreshments created by our very own chef.

Barbie is living the perfect life in Barbie Land when suddenly random thoughts start popping into her head. She then ventures out into the Real World with stowaway Ken in hopes of solving the problem. Find out if this fixes it or create a whole new set of issues.

So come on Barbies, let's go party!

Starring Margot Robbie & Ryan Gosling

### Lowe Center

Monday, Mar. 11  
1 pm

### Front Street Crossing

Tuesday, Mar. 12  
1 pm

## LC WHIMSICAL GNOMES

Cost: FREE

Registration is required  
by March 13.

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.

Decorate your favorite  
space just in time for  
Easter. This month's  
featured gnome is a  
colorful Bunny Gnome.  
Your gnome will be  
transformed into a little  
rabbit with cute bunny ears  
and adorable fluffy tail.

*If you desire a particular color  
for your gnome, please bring  
your own sock to decorate.*

Instructor: Judy Brown

### Lowe Center

Wednesday, Mar. 20  
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

### FSC BALLROOM DANCING

Cost: FREE

Have you ever dreamt of floating around the dance floor like those you've seen on TV? Now is your chance to join other ballroom dance enthusiasts and get instruction from a professional.



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

Instructor: Kathie McFadden  
Professional  
Ballroom Instructor

#### Front Street Crossing

Tuesdays  
1:30 - 3 pm

### FSC CARDIO CHALLENGE

Cost: See page 15

**Registration is required**

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

Instructor: Ky'sha Johnson

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

#### Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays  
8 - 8:45 am

### FSC BALANCE, STRETCH, AND STABILITY

Cost: See page 15

**Registration is required**

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

Instructor: Ky'sha Johnson

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

#### Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays  
9 - 9:45 am

### LC FIT 30

Cost: FREE

Build strength, improve mobility, and work up a sweat all in just 30 minutes!

Instructor: Taylor Lee

#### Lowe Center

Wednesdays & Fridays  
1:30 - 2 pm

### LC FUNCTIONAL FOUNDATIONS

Cost: See page 15

**Registration is required**

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

Instructor: Taylor Lee

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

#### Lowe Center & Online / Zoom

Tuesdays & Thursdays  
9 - 9:45 am

### LC 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

LC  
Online / Zoom



## **FSC** STRENGTH TRAINING & CORE CLASS

Cost: See page 15  
**Registration is required**

Improve core strength, lift, tighten, and increase muscle tone and strength in your already active life.

Instructor: Ky'sha Johnson

### **Front Street Crossing**

Tuesdays & Thursdays  
10 - 10:45 am

## **LC** STEP AEROBICS

Cost: See page 15  
**Registration is required**

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

Instructor: Taylor Lee

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

### **Lowe Center & Online / Zoom**

Tuesdays & Thursdays  
11 - 11:30 am

## **LC** STRONG & STABLE

Cost: See page 15  
**Registration is required**

With the use of weights and body weight, increase balance and stability during this low impact class.

Instructor: Taylor Lee

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

### **Lowe Center & Online / Zoom**

Tuesdays & Thursdays  
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 Tai Chi.

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

Instructor: Glenda Gibson

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

### **Front Street Crossing & Online / Zoom**

Mondays, Wednesdays, Fridays  
10 - 11 am

## **LC** YOGA

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

**Registration is required**

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

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

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

### **Lowe Center & Online / Zoom**

Mondays  
9 - 10:15 am  
Thursdays  
9 - 10:15 am  
Saturdays  
9 - 10:15 am

## JUST FOR FUN

## **LC** BINGO

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

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

If a program is scheduled, Bingo will follow afterward.

### **Lowe Center**

Wednesday & Fridays  
1:15 pm

### **Front Street Crossing**

Mondays & Wednesdays  
12:45 pm



## **LC** BINGO NIGHT

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

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

You must be 18+ in order to play.

### **Lowe Center**

Monday, Mar. 18  
5:30 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

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

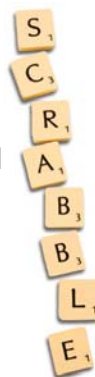
Do you love music and learning new things? Come and explore your musical side at FSC.

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 MY DAD & DR. MARTIN LUTHER KING, JR.**

Listen in awe as one local author tells the inspiring true story of how her father, Charles Coates Walker, and Dr. King worked together on the nonviolence aspects of the Civil Rights Movement.

Discover when and why they met, what common beliefs held their friendship, and how they developed the principles, strategies, and tactics of nonviolence. She also explains how these strategies are needed in today's turbulent world.

Presenter: Brenda Walker  
Beadenkopf,  
Local Author

**Lowe Center**

Wednesday, Mar. 13  
1 pm

**Front Street Crossing**

Monday, Mar. 11  
10 am

**LC PANAMA CANAL CRUISE QUESTIONS & ANSWERS**

Get a chance to check off another place on your bucket list with this latest adventure.



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

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

**Lowe Center**

Thursday, Mar. 21  
1 pm

**FSC YOUR IDENTITY - STAYING CONNECTED & PROTECTED**

Identity theft is widespread and varied. Get a chance to review your ID protection checklist and learn ways in order to help protect your identity as soon as possible.



Presenter: Jo Ann Flowers,  
AARP Volunteer

**Front Street Crossing**

Tuesday, Mar. 5  
10 - 11 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.

This month, join us as we have a special guest speaker from Corewell Health South Hospice and Palliative Care.

Making the difficult decision to assist a loved one with moving into a facility can be both emotionally and logistically complex. Gain insight into preparing your loved one and family for this transition, discuss factors that can help a caregiver know that the time is right for placement, and learn about the process of moving a loved one into a facility.

Presenter: Stephanie Kostizen,  
LMSW, ACHP-SW  
Hospice Social  
Worker & Veteran  
Advocate

**Lowe Center**

Wednesday, Mar. 13  
1 - 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 DIABETES SUPPORT GROUP

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

#### Lowe Center

Friday, Mar. 1

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, Mar. 7

10 am - 12 pm

### LC FOOT CLINIC

Cost: \$20

**Appointment ONLY**

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

#### Lowe Center

Mondays, Mar. 1 & 25

Call for Times

### LC GRIEF SUPPORT GROUP

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

#### Lowe Center

Thursday, Mar. 14

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, Mar. 12 & 26

9 am - 4 pm

#### Front Street Crossing

Tuesday, Mar. 19

9 am - 3 pm

### LC KINSHIP CARE

**FSC** Kinship Care is

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



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

Presenter: Meg Killips,  
Area Agency on Aging

#### Lowe Center

Wednesday, Apr. 3

10 am

#### Front Street Crossing

Tuesday, Mar. 26

10 am



### LC MICHIGAN SECRETARY OF STATE MOBILE OFFICE

**Registration is required**

The Michigan Secretary of State has gone on the road to better serve you. Now you can set up an appointment closer to home during this one day event.

Some of the transactions you can perform include:

- First-time Michigan ID
- Renew Driver's License or ID
- Apply for / Renew Disability Parking
- Vehicle / Trailer License / Title
- Transfer Title
- Voter Registration

#### Lowe Center

Tuesday, Mar. 5

10:30 am - 2:30 pm

### LC MS SUPPORT GROUP

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

#### Lowe Center

Tuesday, Mar. 19

1 - 3 pm

LC  
Lowe Center

FSC  
Front Street Crossing

N  
In Your Neighborhood

Online / Zoom



## 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, Mar. 12  
1 - 3 pm

### Front Street Crossing

Thursday, Mar. 26  
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, Mar. 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 will be on a first reserve basis.

### In Your Neighborhood

Thursday, Mar. 7

## 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, Mar. 20  
12 - 2 pm

## SOCIAL SESSIONS



## FSC FOOTLOOSE FRIENDS

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

### Front Street Crossing

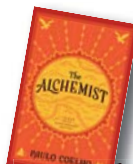
Monday, Mar. 25  
1:30 - 3 pm

## LC READ & SHARE BOOK CLUB

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

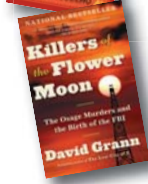
### March's Discussion Book

*The Alchemist* by  
Paulo Coelho



### April's Discussion Book

*Killers of the Flower Moon* by  
David Grann



### Lowe Center

Tuesday, Mar. 5  
1 - 3 pm

## FSC SPILL THE BEANS

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

### March's Bean Spiller

Join in the fun as Jordan Anderson from Baker's Rhapsody fills you in on what you knead to know about the baking industry and what kinds of things to expect to be popping out of the oven in the next few months.

### April's Bean Spiller

Claudine Osborne, RPh,  
Family Fare

### Front Street Crossing

Wednesday, Mar. 13  
10 am

What's Happening  
at the COA

### Lowe Center

60525  
Decatur Rd.  
Cassopolis, MI

Mon. - Thurs.  
7 am - 7 pm

Fri.  
7 am - 4 pm

Sat.  
7:30 am - 12 pm

### Front Street Crossing

227  
S. Front St.  
Dowagiac, MI

Mon. - Fri.  
7 am - 4 pm

## 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.

#### Lowe Center

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

### FSC TABLE TALK

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



#### Front Street Crossing

Thursday, Mar. 28  
2:30 - 3:30 pm

## SPECIAL EVENTS

### LC CRAFT SHOW

Spring is in the air and the COA is blooming with area vendors waiting for your arrival. This show will be filled with a little bit of everything including local artisans, baked goods, onsite food trucks, and more.



#### Lowe Center

Saturday, Mar. 23  
10 am - 2 pm



### LC EASTER DINNER

**FSC** Cost: \$5 (*Regardless of Age*)  
**Payment is required with registration**  
**Registration is required by Mar. 21**  
**Dine-In ONLY**

Spring is in bloom and what better reason to hop on over to the COA and enjoy a traditional Easter meal with friends and neighbors.

You MUST sign up ahead of time. Names will not be added to sign up list without prepayment.

#### Lowe Center

Thursday, Mar. 28  
12 pm

#### Front Street Crossing

Thursday, Mar. 28  
12 pm



### LC EASTER EGG HUNT

Hop on over to the COA for the Easter Egg Hunt. Then try and keep your EGG-citement down as you get a chance to meet with the Easter Bunny. Don't miss out because it will be here before you know it!

#### Lowe Center

Saturday, Mar. 23  
10 am

### LC MAPLE SYRUP FESTIVAL

**N** Cost: \$8 (Nonrefundable)  
**Registration is required**

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 will be available for purchase.

Trip includes non-wheelchair accessible transportation, tour, and all taxes and gratuity. Payment REQUIRED at registration.

#### Lowe Center & In Your Neighborhood

Saturday, Mar. 16  
8 am (Bus Departure)  
12 pm (Approx. Bus Return)

### LC ST. PATRICK'S DAY LUNCH

**FSC** Cost: \$3 - \$7 (*Meal*)  
Regular \$ (*60+ Meal*)  
FREE (*Party*)

**Registration is requested by March 8**

Be Irish for the day as you come and enjoy a wee bit o' corned beef and cabbage. Don't forget to wear your green!

#### Lowe Center

Friday, Mar. 15  
11:30 am - 1:30 pm

#### Front Street Crossing

Friday, Mar. 15  
11:30 am - 1:30 pm

LC  
Lowe Center

FSC  
Front Street Crossing

N  
In Your Neighborhood

Online / Zoom



# MARCH 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LOCATIONS &amp; HOURS</b> <b>Lowe Center Hours (LC)</b> Lunch** 11:30 a.m. - 1:30 p.m. (weekdays)		<b>Front Street Crossing (FSC)</b> Lunch** 11:30 a.m. - 1:30 p.m. (weekdays)		
<b>Chestnut Towers Apartments</b> Meals* served daily by reservation only – call the COA for more information.				<b>1</b> <b>Main Entrée*</b> Beer Battered Tilapia Wild Rice Broccoli Whole Wheat Roll Cake <b>Café Entrée</b> Meatball Sub <b>Café Fresh Salad</b> Fiesta Chicken Salad
<b>4</b> <b>Main Entrée*</b> Garlic Parmesan Chicken Fettucine Noodles Italian Blend Vegetables Breadstick Pears <b>Café Entrée</b> Chili Dog <b>Café Fresh Salad</b> COA Salad	<b>5</b> <b>Main Entrée*</b> Meatloaf Mashed Potatoes Peas Wheat Roll Cupcake <b>Café Entrée</b> Grilled Cheese <b>Café Fresh Salad</b> Cheryl's Choice	<b>6</b> <b>Main Entrée*</b> Roasted Pork Tenderloin Au Gratin Potatoes Green Beans Wheat Bread Fruit <b>Café Entrée</b> Patty Melt <b>Café Fresh Salad</b> Italian Salad	<b>7</b> <b>Main Entrée*</b> Italian Sausage Peppers & Onions Roasted Redskin Potatoes Wheat Roll Brownie <b>Café Entrée</b> Loaded Baked Potato <b>Café Fresh Salad</b> Chicken Bacon Ranch	<b>8</b> <b>Main Entrée*</b> Baked Fish Rice Pilaf Corn Apple <b>Café Entrée</b> French Dip <b>Café Fresh Salad</b> Custom Salad
<b>11</b> <b>Main Entrée*</b> Sweet & Sour Chicken Thigh Rice Sugar Snap Peas Wheat Roll Peanut Butter Cookie <b>Café Entrée</b> Chef's Special <b>Café Fresh Salad</b> Beef Taco Salad	<b>12</b> <b>Main Entrée*</b> Chili w/ Beans & Peppers Baked Potato Carrots Cornbread Banana <b>Café Entrée</b> Italian Melt <b>Café Fresh Salad</b> Very Veggie Salad	<b>13</b> <b>Main Entrée*</b> Apple Pork Chop Stuffing California Blend Vegetables Wheat Bread Peaches <b>Café Entrée</b> Cheeseburger <b>Café Fresh Salad</b> Oriental Salad	<b>14</b> <b>Main Entrée*</b> Chicken Enchiladas Spanish Rice Refried Beans Fruit <b>Café Entrée</b> Pizza <b>Café Fresh Salad</b> Tuna Salad	<b>15</b> <b>St. Patrick's Meal</b> <b>Main Entrée*</b> Corned Beef Cabbage & Carrots Redskin Potatoes Wheat Roll Leprechaun Pudding <b>Café Entrée</b> Sub Sandwich <b>Café Fresh Salad</b> Chef's Choice
<b>18</b> <b>Main Entrée*</b> Turkey Mostaccioli Cauliflower Garlic Toast Chocolate Chip Cookie <b>Café Entrée</b> Pulled Pork <b>Café Fresh Salad</b> COA Salad	<b>19</b> <b>Main Entrée*</b> Beef Stroganoff Egg Noodles Capri Vegetable Blend Wheat Roll Peaches <b>Café Entrée</b> Fish Taco <b>Café Fresh Salad</b> Custom Salad	<b>20</b> <b>Main Entrée*</b> Polish Sausage Sauerkraut Green Beans Bun Apple Pie <b>Café Entrée</b> Vegetable Stir Fry <b>Café Fresh Salad</b> Gyro Salad	<b>21</b> <b>Main Entrée*</b> Baked Spaghetti Italian Vegetables Bread Stick Fruit <b>Café Entrée</b> Tuna Melt <b>Café Fresh Salad</b> Mediterranean Salad	<b>22</b> <b>Main Entrée*</b> Beer Battered Fish Sandwich Coleslaw Peas Tartar Sauce Orange Cake <b>Café Entrée</b> Beef Tostada <b>Café Fresh Salad</b> Mini Chef Salad
<b>25</b> <b>Main Entrée*</b> Pesto Chicken Noodles Zucchini Wheat Roll Fruit <b>Café Entrée</b> Turkey Sandwich <b>Café Fresh Salad</b> Italian Salad	<b>26</b> <b>Main Entrée*</b> Beef Stew Stew Vegetables Green Beans Wheat Bread Pears <b>Café Entrée</b> Soup in a Bread Bowl <b>Café Fresh Salad</b> Mini Garden Salad	<b>27</b> <b>Main Entrée*</b> Honey Dijon Chicken Rice Pilaf Capri Blend Vegetables Wheat Roll Fruit / Cookie <b>Café Entrée</b> Jerk Chicken over Rice <b>Café Fresh Salad</b> Taco Salad	<b>28</b> <b>Easter Dinner</b> <b>Main Entrée*</b> Baked Ham w/ Pineapple Sweet Potatoes Brussels Sprouts Wheat Bread Dutch Apple Pie <b>Café Entrée</b> No Café Entrée <b>Café Fresh Salad</b> No Café Salad	<b>29</b> <b>CLOSED</b> for <b>Good Friday</b>

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



# SPRING CRAFT SHOW

Lowe Center  
**Saturday,  
March 23**  
10 a.m. – 2 p.m.

*Local Artisans  
Baked Goods  
Onsite Food Trucks  
& More*



**Meet & Greet  
The  
Easter Bunny**  
*(Egg-cellent Photo Op)*



# EASTER EGG HUNT

Lowe Center  
**Saturday,  
March 23**  
10 a.m.

