

May 2024



Messenger



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WHAT DOES IT

by KY'SHA MITCHELL
Certified COA Fitness Trainer

Oftentimes when we think of fitness, we think of it as a look, a size, or a certain weight. For most of us that can be so far from who we are, what we can achieve, or even who we want to be. This impression can leave one feeling intimidated, overwhelmed, and even defeated from the start, making it easy to push fitness to the back of your priorities.

For me, my first approach to fitness was to look a certain way, which is the way that I thought was the set standard. I never really achieved results or stayed consistent with those ideals. It was not until I became a fitness professional that I learned that fitness is not a look, size, or a weight. It's your body's ability to meet the needs and perform the task you require from it daily in order to stay functional.

These needs can be broken down into 7 fundamental movement patterns which are Bend, Squat, Lift, Twist, Push, Pull, & Single Leg movements. These movements also help maintain balance, strength, endurance, and mobility as well as utilizing your 3 planes of motion - moving forward, backward, and side to side. Although this may seem like a lot, you need to utilize these movements to move efficiently throughout the day.



MEAN TO BE FIT?

To stay functional that's where exercise/fitness comes in to play. Not only does it help maintain basic functions in order to make everyday life easier, but its helps with pain relief, fall prevention - number one cause of death after 65, muscle stiffness/soreness, flexibility, anxiety, stress, depression, mobility, range of motion, self-esteem, energy levels, memory, and a variety of health concerns. A whopping 80% of most health concerns are due to lifestyle choices. Exercise can improve your health up to 6 times its current state verses where medicine can only improve up to 4 times.

What's the difference between physical activity and exercise? Physical activity is any activity that you do such as walking, gardening, and shopping. Exercise is more purposeful and intended to target specific muscle groups. They are both very important and are a team.

Where do you start? Start with stretching and mastering the basics with a trainer, if possible, as well as increase your current physical activity level before taking an aggressive approach to exercise. Stop in at either location and let us help you discover your fitness.

Cover Image

Karen Current was decked out in solar glasses and eclipse shirt for the Eclipse Viewing Party held at the COA Lowe Center's Pavilion. In order not to miss out on great programs and events like this one, be sure to check out pages 12 - 22.

(Photo by Marty Heirty)

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...





Faces & Voices of the COA

by SHELLY PURUCKER
Operations Assistant

Each year National Receptionists' Day is celebrated on the second Wednesday of May and this year it falls on May 8. It is a day to recognize receptionists and the extra contributions they make to the companies where they work.

Fun Facts

- The first recorded use of the term "receptionist" was in 1850.
- The world's first receptionist training school was opened in New York City in 1941.

- The first observation of this day occurred in the US back in 1991 and has since spread to other countries.
- In the US, approximately 1.2 million receptionists are employed across various industries.

At the COA, we have several friendly faces and voices that greet you when you arrive or call. These individuals offer a fun, smiling, and energetic greeting as they provide you with assistance in a multitude of ways. While their titles may vary, the commitments to providing exceptional customer service remains.

COA Phones

Bonnie Green

Lowe Center Front Desk

Employees: Janet Amberg, Vicki Bebee, & Tracey Maleski

Volunteers: Grace Darrow, Shirley Guilford, Bobbie Lowe, Marie Slough, & Katherine Yoder

Front Street Crossing Front Desk

Employee: Lisa Stephens

Volunteer: Roberta Woodruff

Simply hearing a smile within the voice or seeing a grin on the face of a receptionist can change an entire conversation and make the day bright.

We truly appreciate these dedicated faces and voices of the COA.

Volunteer Spotlight

Pam Welling has been volunteering with our Meals on Wheels program for over 2 years. Not only does she show up to volunteer, she also steps up to help by covering other routes when needed. Recently Pam has also begun volunteering in our Lowe Center Café.

Pam says that she really enjoys talking to the people she serves. For her, it is a great opportunity to uncover other ways the COA can help.



Employee Spotlight

Vickie Williams is one of the COA's wonderful and dedicated Home Care Aides. She has been a part of the COA for over 25 years. Her loving and happy personality makes her an enormous hit with all of her clients. Vickie's dependability and willingness to go the extra mile for those she helps is very much appreciated. Both the COA and the community are blessed to have her.



PICKLEBALL



Looking for a fun and welcoming community activity? Look no further than the Penn Township Pickleball Club Series sponsored by Paul and Judy Rutherford. Whether you're a seasoned player or a complete beginner, everyone is invited to join in for some pickleball fun.

Learn to play or improve your game in these free lessons held every Tuesday in May from 9:30 – 11:30 a.m. at the Penn Township Hall (60717 S. Main St., Vandalia, MI). Don't have your own equipment? No problem! Gear will be provided for you to enjoy the game. Complimentary coffee and donuts will also be available thanks to Rutherford Rentals.

If you're ready to sign up or have any questions, contact Lisa Fitzsimons at l.fitzsimons1@gmail.com or (269) 506-5240. You can also stay up to date on the latest activities by visiting the Penn Township Pickleball facebook page. Just remember, it's never too late to learn a new sport!

Project Fresh

When summer pops up, so do all the delicious fresh and local fruits and vegetables. To make them more affordable to seniors, in steps Project Fresh. This program allows seniors access to buy unprocessed Michigan-grown fruits and vegetables at registered Farmer's markets and roadside stands throughout the state of Michigan with the use of coupons that are used like cash.

To qualify for Senior Project Fresh through the COA, you must:

1. Live in Cass County
2. Be at least 60 years of age
3. Meet income qualifications
(single: monthly income must be under \$2,248; household of 2 must be under \$3,040 per month)
4. Only one set of coupons per household.

If you meet these qualifications, please watch for upcoming registration information in June's Messenger.

Coupon distribution will not begin until June.



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.



269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

www.ccmcf.org



OUTPATIENT THERAPY SERVICES

NOW ACCEPTING NEW PATIENTS!

Call Rie or Matt for information or an appointment

269-445-3801





SENIOR FITNESS DAYS

Grab your gym shoes and join us for Senior Fitness Days at the COA on Tuesday, May 28 and Wednesday, May 29. These two days will be dedicated to increasing health awareness by capitalizing on the importance of nutrition and exercise in order to keep a healthy lifestyle as you age.

Enjoy an array of clinics that will run from 9 – 11 am. Each session will last approximately 20 – 30 minutes. Try one class, or try them all!

- Cardio Clinic
- Step Aerobics
- Functional Fitness & Flexibility
- Strength & Core

Also get an exclusive training tour of our new fitness equipment at both COA locations!

Mark your calendars so you don't miss out on these days of health, fitness, and fun!

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.

Easter Dinner



Volunteers

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

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

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

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

Volunteers listed are for the month of March, during which we had 159 active volunteers who contributed 2008 hours of work. This would be equal to more than 12 full time staff positions.



SHREDDING EVENT

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

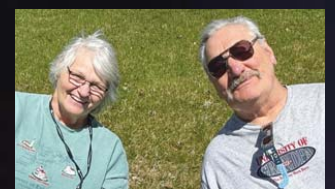
Easter Egg Hunt & Craft Show



Photos by Kelli Casey & Shelly Purucker

SOLAR ECLIPSE

VIEWING PARTY



Photos by Marty Heirty

Donations & Support

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

Assistance Program

Anonymous
Louella Babbs
Maurice Bakeman
George Balt
Victoria Beebe
Julia Bell
Eugene Bella
Roger Callahan
Betty Cripe
Martin Daly
Kay Diehl
Laura Dimos
Wayne Fairleigh
Carol Hagenbuch
Brian Harness
Carol Hayes
Virginia Helvey
Cheryl Herman
Don Holtz
Mark Howell
Ernesteen Karn
Dennis Kramb
Bobbie Labar
Shirley Lamb

Assistance Program (cont.)

Rolland Linn
Pat Marchant
Patsy Meachum
Sylvia Merasco
Lois Mockbee
Patrick Parenti
Connie Plucienik
Marcia Reed
Larry Richter
Judith Smith
Robert Sumption
Marilyn Swilley
Karen Tolliver

Greatest Need

Anonymous
Edith Carey
Linda Frisbie
Skip Kasprak
Phillip McClaine
Jim McIntyre
Tim Smith
William Ward
Bonita Willem

Handy Helpers

Dewanda Washburn

Lifelong Learning

Anonymous
Lillian Shankleton

Meals on Wheels

Cheryl Albright
Linda Alexander
Anonymous
John Gould
Richard Huffman
Greg Kaniuga
Sondra Knight
Mary Redding
Morris Redding
Laura Rohacs
Kandy Schumacher
Deborah Sutherland
Ed Thornburgh

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

South Bend Cubs Bus Trip

Tuesday, July 23

Enjoy a night out at the ballpark with other baseball fans from the COA. Root on the South Bend Cubs as they take on the Peoria Chiefs.

The bus will depart the COA Lowe Center at 5 p.m.

Call (269) 445-8110 for more information or to sign up.



| 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 Scrabble 10:00 am Tai Chi 12:45 pm Bingo | 2 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Euchre 1:30 pm Ballroom Dancing Off Site Marcellus Moves (8:30 am) | 3 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 Cinco de Mayo 12:30 pm Ceramics | 4 |
| All Programs / Events REQUIRE Registration | | | | | |
| 6 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo | 7 9:00 am Hearing Clinic 9:00 am Power Punchers 10:00 am Strength Training & Core 10:30 am Senior Community Service Employment Program 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am) | 8 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo | 9 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Ballroom Dancing 1:30 pm Euchre Off Site Marcellus Moves (8:30 am) | 10 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 9:00 am Mother's Day Brunch 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics | 11 |
| 13 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo | 14 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 12:00 pm Color Your World (Watercolor) 1:00 pm Hand & Foot 1:00 pm Silver Screen Cinema (Movie) Off Site Marcellus Moves (8:30 am) | 15 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 | 16 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Ballroom Dancing 1:30 pm Euchre Off Site Marcellus Moves (8:30 am) | 17 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 | 18 |
| 20 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo | 21 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am) | 22 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo | 23 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 9:00 am Coffee with a Cop & Firefighter 10:00 am Strength Training & Core 1:30 pm Ballroom Dancing 1:30 pm Euchre 2:30 pm Table Talk Off Site Marcellus Moves (8:30 am) | 24 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 | 25 CLOSED in honor of Memorial Day |
| 27 CLOSED for Memorial Day | 28 Senior Fitness Day 9 - 11 am 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:00 pm Hand & Foot 10:00 am Parkinson's Support Group Off Site Marcellus Moves (8:30 am) | 29 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo | 30 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Ballroom Dancing 1:30 pm Euchre Off Site Marcellus Moves (8:30 am) | 31 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 | |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|---|
| Low Center Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7:30 am - 12 pm 60525 Decatur Rd. Cassopolis, MI All Programs / Events REQUIRE Registration | | 1 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session | 2 9:00 am Functional Foundations 9:00 am Yoga 10:00 am Drug Drop 10:00 am Strong & Stable 10:30 am This Lit is Your Lit 11:00 am Step Aerobics 12:00 pm Ceramics 2:30 pm Woodcarvers | 3 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 11:30 am Cinco de Mayo 1:00 pm Diabetes Support Group 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30 | 4 9:00 am Yoga |
| 6 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:30 pm Fit 30 5:30 pm Bingo Night | 7 9:00 am Foundations 9:30 am Writer's 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm Stroke Support Book Club 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance Off Site Tulip Festival Trip (8:00 am) Off Site Pickleball Fun (9:30 am) | 8 10:00 am Crafty Creations 12:30 pm Veterans Affairs Caregivers Support Group 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session | 9 9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 10:30 am This Lit is Your Lit 11:00 am Step Aerobics 12:00 pm Ceramics 1:00 pm Grief Support Group Off Site Shopping | 10 9:00 am Knitting / Crochet 9:00 am Mother's Day Brunch 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30 | 11 9:00 am Yoga |
| 13 9:00 am Foot Clinic 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie) 1:30 pm Fit 30 | 14 9:00 am Foundations 9:00 am Hearing Shredding Event 10:00 am Strong & Stable 10:30 am Chess 1:00 pm Parkinson's Support Group 11:00 am Step Aerobics 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance Off Site Pickleball Fun (9:30 am) | 15 10:00 am Whimsical Gnomes 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session Off Site Shipshewana Amish Artisans Tour (8:00 am) | 16 9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Step Aerobics 12:00 pm Ceramics 2:30 pm Woodcarvers | 17 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 Off Site Dueling for Dollars (6:00 pm) | 18 9:00 am Yoga |
| 20 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:30 pm Fit 30 5:30 pm Bingo Night | 21 9:00 am Functional Foundations 9:30 am The Stormy Night 10:00 am Writer's Society 10:30 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 Off Site Pickleball Fun (9:30 am) | 22 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session | 23 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 Senior Community Service Employment Program | 24 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 | 25 CLOSED in honor of Memorial Day |
| 27 CLOSED for Memorial Day | 28 9:00 am Functional Foundations 9:00 am Hearing Clinic 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 Off Site Pickleball Fun (9:30 am) | 29 Senior Fitness Day 9 - 11 am 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session | 30 9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Step Aerobics 12:00 pm Ceramics | 31 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 | |

PROGRAM INFORMATION

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

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

Online: CassCOA.org

ARTS & ENTERTAINMENT

LC CERAMICS MADE EASY

FSC Cost: FREE

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

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

Low 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.

May's watercolor is "Violets."

Instructor: Roy Hruska

Front Street Crossing

Tuesday, May 14
12 - 3 pm



LC CRAFTY CREATIONS

Cost: \$5 per cup
Registration is required
by May 1.

It's flower season. Why not join in the fun and make your own cup and saucer planter that is perfect to take home and fill with the flower or plant of your choice.

Instructor: Judy Brown

Low Center

Wednesday, May 8
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.

Low Center

Thursdays, May 2 & 16
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.

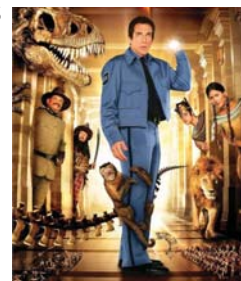
Low Center

Fridays
9 am - 12 pm

LC SILVER SCREEN CINEMA (Movie)

May's feature is
Night at the Museum

A newly recruited night security guard at the Museum of Natural History discovers that an ancient curse causes the animals and exhibits on display to come to life and wreak havoc.



Starring Ben Stiller, Owen Wilson, & Robin Williams

Free movie, individual bag of popcorn, and water.

Low Center

Monday, May 13
1 pm

Front Street Crossing

Tuesday, May 14
1 pm

LC
Low Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Online / Zoom



LC QUILTING

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

Low Center

Mondays, May 6 & 20
10 am - 4 pm

LC VISUAL ARTS CLASS

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

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



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

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

Instructor: Sharron Ott

Low Center

Tuesdays
1 - 3 pm

LC WHIMSICAL GNOMES

Cost: FREE
Registration is required by May 10.

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



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

This month, create spring flower maiden gnome. This girl gnome exudes spring by posing with her lovely flower hat.

Instructor: Judy Brown

Low Center

Wednesday, May 15
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.

Low 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.

Low 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 **SliverSneaker & 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.

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.
7:30 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
Registration is requested

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 & Online / Zoom

Thursdays
1:30 - 3 pm

FSC CARDIO CHALLENGE

Cost: See page 15
Registration is required

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

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
8 - 8:45 am

FSC BALANCE, STRETCH, AND STABILITY

Cost: See page 15
Registration is required

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

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

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
9 - 9:45 am



LC FUNCTIONAL FOUNDATIONS

Cost: See page 15
Registration is required

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

Instructor: Taylor Lee

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

Low Center & Online / Zoom

Tuesdays & Thursdays
9 - 9:45 am

LC FIT 30

Cost: FREE

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

Instructor: Taylor Lee

Low Center

Mondays, Wednesdays, Fridays
1:30 - 2 pm

LC LINE DANCE

Cost: FREE

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

Instructor: Fran Yeager

Low 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

LC
Low Center

FSC
Front Street Crossing

N
In Your Neighborhood

LC
Online / Zoom

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



N PICKLEBALL FUN

Registration is requested
(269) 506-5240 or
l.fitzsimons1@gmail.com

Whether you are a seasoned player or a complete beginner, join in on this fun and popular game. These free lessons will help you learn the game and meet other pickleball enthusiasts.

Instructor: Lisa Fitzsimons

Equipment, coffee, and donuts will be provided. This event is sponsored by Paul & Judy Rutherford.

Please Note: When playing pickleball, it's best to use a pickleball shoe, tennis shoe, or court shoe. Shoes should have a flat bottom with no tread.

In Your Neighborhood

Penn Township Hall
60717 S Main St.
Vandalia, MI
Tuesdays,
May 7 - 28
9:30 - 11:30 am



LC SENIOR FITNESS DAYS

FSC Cost: FREE

Come and discover how fun fitness can be with these great FREE fitness classes. We will be offering a sampling of 4 of our beloved classes: Cardio Clinic, Step Aerobics, Functional Fitness & Flexibility, and Strength & Core.

Each class will last 20 - 30 minutes. So spend the morning with us trying out one or all four.

Lowe Center

Tuesday, May 28
9 - 11 am

Front Street Crossing

Wednesday, May 29
9 - 11 am

FSC STRENGTH TRAINING & CORE CLASS



Cost: See page 15
Registration is required

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

Instructor: Ky'sha Johnson

Front Street Crossing

Tuesdays & Thursdays
10 - 10:45 am

LC STRONG & STABLE



Cost: See page 15
Registration is required

Take your balance and stability to the next level with this challenging yet low impact class.



Exercises will include hand weights, body weight, and kettlebells to focus on developing strength and stability.

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
10 - 10:45 am

LC STEP AEROBICS



Cost: See page 15
Registration is required

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

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
11 - 11:30 am

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm


Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

FITNESS & EXERCISE

FSC 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

FSC WALKING CLUB

Cost: FREE
Registration is requested

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




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

Leader: Ky'sha Johnson

Front Street Crossing (Downtown)

Thursdays
8 am

LC YOGA

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

Registration is required

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

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

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

Low Center & Online / Zoom


Mondays
9 - 10:15 am

Thursdays
9 - 10:15 am

Saturdays
9 - 10:15 am

JUST FOR FUN

LC BINGO

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

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

If a program is scheduled, Bingo will follow afterward.

Low 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 monthly event is sure to add a little good old-fashioned entertainment back into your evening.




You must be 18+ in order to play.

Low Center

Mondays, May 6 & 20
5:30 pm

LC CHESS

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


Low Center

Tuesdays
10:30 am - 1 pm

Front Street Crossing

Mondays
10 am - 12 pm

LC EUCHRE

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

If a program is scheduled, Euchre will follow afterward.

Low Center

Tuesdays
1:15 pm

Front Street Crossing

Thursdays
1:30 pm

 Low Center

 Front Street Crossing

 In Your Neighborhood

 Online / Zoom

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.

Low 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.



Low 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.

Low Center

Mondays
1 - 4 pm

LC PINOCHLE

Enjoy this trick-taking card game while making friends.

Low 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.

Low Center

Fridays
10:30 am - 12 pm

LISTEN & LEARN

FSC ACOUSTIC GUITAR LESSONS

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

Instructor: Max Davis

Front Street Crossing

Fridays
10 - 11 am



LC SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

Are you over 55 years old and looking for work training and a job? Join the AARP Foundation SCSEP to gain skills and work experience so you can successfully compete in the employment world. If you are interested in work training and getting paid for it, please come to this information meeting.

Presenter: Deb Lalonde,
Program Director
AARP Foundation
SCSEP

Low Center

Thursday, May 23
1 - 2 pm

Front Street Crossing

Tuesday, May 7
10:30 - 11:30 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.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

LISTEN & LEARN

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

Oh, you kid! Get set to '23 Skidoo! with some of America's best 20th-century writers.

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

Low Center

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

SERVICES & SUPPORT

LC CAREGIVER'S SUPPORT GROUP

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

Low Center

Wednesday, May 8
1 - 3 pm

LC DIABETES SUPPORT GROUP

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

Low Center

Friday, May 3
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.

Low Center

Thursday, May 2
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.

Low Center

Monday, May 13
Call for Times

LC GRIEF SUPPORT GROUP

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

Low Center

Thursday, May 9
1 - 3 pm

LC MS SUPPORT GROUP

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

Low Center

Tuesday, May 21
1 - 3 pm

LC HEARING CLINIC

FSC Appointment ONLY

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

Low Center

Tuesdays, May 14 & 28
9 am - 4 pm

Front Street Crossing

Tuesday, May 7
9 am - 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.

Low Center

Tuesday, May 14
1 - 3 pm

Front Street Crossing

Tuesday, May 28
10 - 11:30 am

LC SHREDDING EVENT

Cost: \$5

What better way to organize and keep your important information from falling into the wrong hands. Simply gather up all your old, unneeded documents and drive them to the COA's outside location to get shredded



Low Center

Tuesday, May 14
9 - 10 am

LC
Low Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

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, May 7
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, May 9

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, May 8
12:30 - 2:30 pm

SOCIAL SESSIONS



FSC COFFEE WITH A COP & FIREFIGHTER

Get a chance to connect with local officers and firefighters.

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

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

Coffee and light refreshments will be provided.

Front Street Crossing

Thursday, May 23
9:30 - 11:30 am

LC READ & SHARE BOOK CLUB

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

May's Discussion Book

Mexican Gothic
by Silvia
Moreno-Garcia



June's Discussion Book

A Street Cat Named Bob
by James Bowen



Lowe Center

Tuesday, May 7
1 - 3 pm

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, June 24
1:30 - 3 pm

LC THE STORMY NIGHT WRITERS SOCIETY

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

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

Lowe Center

Tuesdays, May 7 & 21
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, May 23
2:30 - 3:30 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

SOCIAL SESSIONS

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.

May's Bean Spiller

Sue Heinrich & Marty Heirty will be discussing the COA, their roles as the Board President and the CEO, and what the future may look like for the COA.

June's Bean Spiller

Amanda Sleigh,
Assistant City
Manager, City of
Dowagiac

Front Street Crossing

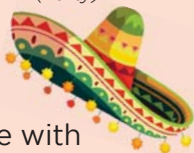
Wednesday, May 15
10 am

SPECIAL EVENTS

LC CINCO DE MAYO

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

It's fiesta time at the COA! Come and celebrate with some Mexican food and a margarita mocktail.



Lowe Center

Friday, May 3
11:30 am - 1:30 pm

Front Street Crossing

Friday, May 3
11:30 am - 1:30 pm



N DUELING FOR DOLLARS

Cost: \$50
Registration is required

Get ready for an experience that will have you laughing, singing, and dancing in your seat all to support Cass County's Meals on Wheels.

Enjoy the high energy, all request, sing and clap along, rock 'n' roll, comedy dueling piano performance where the audience is just as much part of the show as the entertainers.

So come prepared to put the FUN in fundraiser!

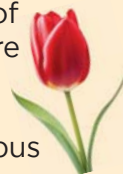
In Your Neighborhood

Marion Magnolia Farm
57376 Twin Lakes Road
Cassopolis, MI
Friday, May 17
6 pm

LC TULIP FESTIVAL

N Cost: \$45 (Nonrefundable)
Registration is required

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



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

Lowe Center & In Your Neighborhood

Tuesday, May 7
8 am (Bus Departure)
4 pm (Approx. Bus Return)



LC SHIPSHEWANA AMISH ARTISANS & WORKSHOP TOUR

Cost: \$85 (Nonrefundable)
Registration is required

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

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

Lowe Center & In Your Neighborhood

Wednesday, May 15
8 am (Bus Departure)
5 pm (Approx. Bus Return)

LC MOTHER'S DAY BRUNCH

FSC Cost: Free (Women)
Registration is required

Mothers and special women are invited to attend our brunch and enjoy the fun and friendship.

You MUST call to pre-reserve your meal and specify which location you will be attending when calling.

Lowe Center

Friday, May 10
9 - 10 am

Front Street Crossing

Friday, May 10
9 - 10 am

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

LC
Online / Zoom

MAY 2024 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| LOCATIONS & HOURS | | | | |
| Low Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) | | Front Street Crossing (FSC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) | | Cinco de Mayo |
| Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information. | | | | |
| 6 Main Entrée* Teriyaki Chicken Brown Rice Stir Fry Vegetables Fortune Cookie Fruit Café Entrée Tuna Sandwich Café Fresh Salad Fiesta Chicken Salad | 7 Main Entrée* Roast Beef Redskin Potatoes Zucchini & Summer Squash Wheat Roll Blueberry Delight Café Entrée Cheeseburger Café Fresh Salad Custom Salad | 8 Main Entrée* Sliced Ham Sweet Potatoes Corn on the Cob Wheat Bread Fruit Cocktail Café Entrée Chef's Special Café Fresh Salad Gyro Salad | 9 Main Entrée* Lasagna Broccoli Garlic Toast Cookie Café Entrée Deli Sandwich Café Fresh Salad Beef Taco Salad | 10 Main Entrée* Bourbon Fish Wild Rice Blend California Blend Vegetables Wheat Roll Pineapple Café Entrée Grilled Cheese Café Fresh Salad Very Veggie Salad |
| 13 Main Entrée* Barbecued Chicken Thigh Three Bean Salad Spinach Wheat Bread Jello / Fruit Café Entrée Chili Dog Café Fresh Salad Waldorf Salad | 14 Main Entrée* Cheeseburger on a Bun Lettuce, Tomato, & Pickle Potato Salad Orange Café Entrée Pulled Pork Café Fresh Salad Tuna Salad | 15 Main Entrée* Roasted Pork Tenderloin Au Gratin Potatoes Capri Blend Vegetables Wheat Roll Banana Cake or Fruit Cup Café Entrée Cilantro Lime Chicken Wrap Café Fresh Salad Chery's Choice | 16 Main Entrée* Tortellini Peas & Carrots Spring Mix Salad Cheese Breadstick Plum Café Entrée Tacos Café Fresh Salad COA Salad | 17 Main Entrée* Beer Battered Fish Coleslaw Mixed Vegetables Wheat Bread Banana Pudding or Fruit Café Entrée Buffalo Chicken Sandwich Café Fresh Salad Chef's Choice |
| 20 Main Entrée* Chicken Tenders Mashed Potatoes w/ Gravy Corn on the Cob Wheat Roll Ice Cream Treat or Fruit Café Entrée Roast Beef Sandwich Café Fresh Salad Gyro Salad | 21 Main Entrée* Beef Stew Roasted Redskins Stew Vegetables Wheat Bread Orange Café Entrée Bratwurst Café Fresh Salad Strawberry Chicken Salad | 22 Main Entrée* Hot Dog on a Bun Baked Beans Pasta Salad Pudding Cup or Fruit Café Entrée Juicy Lucy Burger Café Fresh Salad Mini Chef Salad | 23 Main Entrée* Vegetable Lasagna Spinach Garlic Bread Peaches Café Entrée Turkey Wrap Café Fresh Salad Fruit Salad | 24 Main Entrée* Fish Sandwich on a Bun Tossed Salad Corn Cake w/ Raspberry Sauce Fruit Café Entrée Beef Quesadilla Café Fresh Salad Chicken Taco Salad |
| 27 CLOSED for Memorial Day | 28 Main Entrée* Beef Teriyaki Rice Stir Fry Vegetables Fortune Cookie Applesauce Café Entrée Loaded Potato Skins Café Fresh Salad COA Salad | 29 Main Entrée* Pork Loin Mashed Potatoes w/ Gravy Carrots Wheat Roll Mandarin Oranges Café Entrée Enchiladas Café Fresh Salad Caesar Salad | 30 Main Entrée* Parmesan Chicken Fettucine Noodles Italian Green Beans Garlic Bread Jello Cake Café Entrée Chef's Choice Café Fresh Salad Crispy Chicken Salad | 31 Main Entrée* Fish Sticks Coleslaw Peas Hush Puppies Fruit Cocktail Café Entrée Barbecue Chicken Pizza Café Fresh Salad BLT Salad |

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



**CINCO
DE MAYO**

Lowe Center & Front Street Crossing

Friday, May 3
11:30 a.m. - 1:30 p.m.

Regular rates apply