By Heidi Powell  
Community Development Team Leader

Here at the Cass County COA, our goal is to make sure that older people are given the opportunity to stay in their homes as long as possible with dignity and grace. While we have erected/installed over 234 ramps through our Handy Helpers program, we still have more work to do. We are so happy to announce that construction on our fifth ramp for 2019 was just completed. So far, we have many ramps on our waiting list for the 2019 season. Your generous donations are what helps keep this program going and growing. You help us keep that HOPE DREAM VISION alive. Because of people like you, we raised $9,426 at the 2019 Trivia Night.

1st Place: Chemical Bank

2nd Place: Infomaniacs (Cass Library)

3rd Place: 8 is Enough (Jim Beebe’s Team)

Last Place Winner: Nacho Average Squad (Leslie Burkett’s Team)
Summer Fitness at the COA

By Taylor Lee
Certified COA Fitness Trainer

Things are heating up in the COA Fitness Center this summer! Join us for a fun summer fitness challenge that will liven up your fitness routine and help improve your physical fitness.

Take advantage of the warm summer weather and outdoor activities that go along with it. One great way to stay fit is by walking. Don’t worry, now that it is finally warm outside, the COA has you covered with its outdoor walking trail. So enjoy a lap or two around our trail and be sure to stop in the Fitness Center for more details on this summer fitness challenge.

Sandi Hoger has been with the COA since October 1998. She started off as the Resource Development Manager and later switched over to be the Active Living Team Leader. If there is a party or large activity at the COA to plan, Sandi is the gal to do it. Her calendar is meticulously organized and color coded and always has a let’s get it done yesterday attitude. When not at work, she is active throughout the community and plays bridge with her friends.
Leading a Beautiful Life

By Danielle Dilts, Human Resources Assistant

June is such a beautiful time of year. The temperatures are warming up and the outside world is just calling your name especially on June 11. Why June 11 you ask? It is the National Making Life Beautiful Day.

Beauty is not measured by personal appearance, but rather measured by how you choose to live your life. There are many ways to make both your life and other’s beautiful. Many people choose to live a beautiful life by carrying a positive attitude and giving back to their communities. Here at the COA, we are filled with beautiful people, living beautiful lives, choosing to donate their time by volunteering. If you are interested in donating time to help others, we have many opportunities at the COA.

Other ways to live a beautiful life are to start with the simplest things that impact others. Some of these include going out of your way to check on others, holding the door at the local store, complimenting someone, or simply sharing a smile. It will amaze you at how beautiful you can feel by sharing beautiful life moments. Focus on living your best beautiful life, and you will find the beauty in every day.
### Daily Menu

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

<table>
<thead>
<tr>
<th>Date</th>
<th>SNS Main Entrée*</th>
<th>Café Entrée</th>
<th>Café Fresh Salad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Jun 3</td>
<td>Vegetable Lasagna</td>
<td>Pepperoni Pizza</td>
<td>Signature Salad</td>
</tr>
<tr>
<td>Tue, Jun 4</td>
<td>Salmon Patty w/ Tartar Sauce</td>
<td>Roast Beef Sandwich</td>
<td>Seafood Salad</td>
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<tr>
<td>Wed, Jun 5</td>
<td>Chicken à la King</td>
<td>Polish Sausage</td>
<td>Chicken Taco Salad</td>
</tr>
<tr>
<td>Thu, Jun 6</td>
<td>Sliced Roast Beef w/ Gravy</td>
<td>Cheeseburger</td>
<td>Grilled Chicken Salad</td>
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<tr>
<td>Fri, Jun 7</td>
<td>Ham w/ Pineapple Sauce</td>
<td>Three Meat Pizza</td>
<td>Custom Salad</td>
</tr>
<tr>
<td>Mon, Jun 10</td>
<td>Baked BBQ Pork Chop</td>
<td>Deli Sandwich</td>
<td>Crispy Chicken Salad</td>
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<tr>
<td>Tue, Jun 11</td>
<td>Swedish Meatballs</td>
<td>Bratwurst</td>
<td>Tuna Salad</td>
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<tr>
<td>Wed, Jun 12</td>
<td>Honey Mustard Chicken</td>
<td>BBQ Chicken Pizza</td>
<td>Flatbread Salad</td>
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<tr>
<td>Thu, Jun 13</td>
<td>Liver &amp; Onions</td>
<td>Meatball Sub</td>
<td>Grilled Chicken Salad</td>
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<tr>
<td>Fri, Jun 14</td>
<td>Salisbury Steak</td>
<td>Tuna Salad Sandwich</td>
<td>B.L.T. Salad</td>
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<tr>
<td>Mon, Jun 17</td>
<td>Sloppy Joes</td>
<td>Pesto Turkey Sandwich</td>
<td>Fruit Salad</td>
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<tr>
<td>Tue, Jun 18</td>
<td>Egg &amp; Broccoli Frittata</td>
<td>The Works Pizza</td>
<td>House Salad</td>
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<tr>
<td>Wed, Jun 19</td>
<td>Sausage, Marinara &amp; Cheese Pasta</td>
<td>Polish Sausage w/ Fixings</td>
<td>Custom Salad</td>
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<tr>
<td>Thu, Jun 20</td>
<td>BBQ Pork Sandwich</td>
<td>Mushroom Swiss Burger</td>
<td>Signature Salad</td>
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<td>Fri, Jun 21</td>
<td>Roast Beef w/ Gravy</td>
<td>BBQ Rib Sandwich</td>
<td>Chicken Taco Salad</td>
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<tr>
<td>Mon, Jun 24</td>
<td>Chicken Tetrazini w/ Peppers</td>
<td>Pesto Chicken Pizza</td>
<td>Flatbread Salad</td>
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<tr>
<td>Tue, Jun 25</td>
<td>Traditional Chili</td>
<td>Italian Sub</td>
<td>Tuna Salad</td>
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<tr>
<td>Wed, Jun 26</td>
<td>Swiss Steak</td>
<td>Hot Dogs</td>
<td>Crispy Chicken Salad</td>
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<tr>
<td>Thu, Jun 27</td>
<td>Tuna Noodle Casserole</td>
<td>Deli Sandwich</td>
<td>Fruit Salad</td>
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<tr>
<td>Fri, Jun 28</td>
<td>Herb Roast Chicken</td>
<td>Chicken Salad Sandwich</td>
<td>Turkey Craisins Salad</td>
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### Locations & Hours

**Lowe Center (LC)**

- Continental Breakfast: 7:30 - 10 a.m. *(weekdays)*
- Lunch**: (Provided by SNS*)
  - 11:45 a.m. - 1:15 p.m. *(weekdays)*

**Chestnut Towers Apartments** & **Stone Lake Manor Apartments**

SNS* meals served daily by reservation only - call the COA for more information.

**Front Street Crossing (FSC)**

- Café Hours: 10 a.m. - 2 p.m. *(weekdays)*
- Coffee available during business hours.

**Meals are funded by**

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

Get together and enjoy food and fun with your Cass friends both new and old each month at 2 convenient locations throughout Cass County.

**Marcellus Outpost**
- 4th Tuesday of the month, 10:30 a.m. - 12:30 p.m.
- United Methodist Church (197 W. Main, Marcellus)

**Union Neighbors**
- 2nd Thursday of the month, 10:30 a.m. - 12:30 p.m.
- Cass County Conservation Club (13710 US 12, Union)

Main entrée provided by the Cass County COA.
Please bring $1 for the entrée and a dish to pass.

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### June 2019 at Front Street Crossing

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<tr>
<th>Monday</th>
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<td>3 8-8:45 a.m.</td>
<td>1-2:30 a.m.</td>
<td>8-8:45 a.m.</td>
<td>1 p.m. Euchre</td>
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<tr>
<td>9-9:45 a.m. Cardio Challenge</td>
<td>Aging Mastery Program</td>
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<tr>
<td>10-10:45 a.m. S.E.A.T. Class</td>
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<td>8-8:45 a.m.</td>
<td>12-3 p.m. Color Your World (Watercolor)</td>
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**June 1**

**2 - 5 pm**

**POKER RUN**

$20/person
(Includes Light Appetizers)
$10 for 1 additional card to add to hand
Benefits Cass County COA Programs & Services

For tickets, call (269) 445-8110 or available day of at Sister Lakes Brewing Co.

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Cass County COA
Enhancing Life
<table>
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<tr>
<td>9:15-9:45 p.m. R.A.D. Practice Class</td>
<td>9 a.m.-3 p.m. Massage</td>
<td>9:45-10:30 a.m. S.E.A.T. / Stretch Class</td>
<td>8:30 a.m.-Noon Computer Support</td>
<td>9 a.m.-Noon Knit/Crochet</td>
<td>9 - 10:15 a.m. Yoga</td>
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<tr>
<td>9:45-10:30 a.m. S.E.A.T. / Stretch Class</td>
<td>10 a.m.-Noon The Stormy Night Writers Society</td>
<td>1-2 p.m. Bingo</td>
<td>9 a.m.-Noon Dance &amp; Social Club</td>
<td>11-11:45 a.m. Sing-A-Long</td>
<td>Off Site: Guided Hike in the Park</td>
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<tr>
<td>10 a.m. Quilting Club</td>
<td>1 p.m. Euchre</td>
<td>1-3 p.m. Pinechle</td>
<td>10 a.m.-Noon Drug Drop</td>
<td>1-2 p.m. Bingo</td>
<td>9-10:15 a.m. Yoga</td>
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<tr>
<td>10:30 a.m.-1 p.m. Chess Club</td>
<td>1-3 p.m. Stroke Support</td>
<td>12:30-2:30 p.m. Ceramics</td>
<td>10 a.m.-Noon Grief Support</td>
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<tr>
<td>1-3 p.m. Comp. Assistance</td>
<td>3 p.m. Line Dance</td>
<td>2:30-5 p.m. Woodcarvers</td>
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<td>1 p.m. Mah Jongg</td>
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<td>1-3 p.m. Parkinson’s Support</td>
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<td>9 a.m.-Noon Dance &amp; Social Club</td>
<td>11-11:45 a.m. Sing-A-Long</td>
<td>Off Site: Guided Hike in the Park</td>
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<td>10 a.m.-Noon Drug Drop</td>
<td>1-2 p.m. Bingo</td>
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<td>12:30-2:30 p.m. Ceramics</td>
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<td>1-3 p.m. MS Support</td>
<td>6:30 p.m. Summer Songs &amp; Sundaes</td>
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Worry Free Travel this Summer

No matter where your excursions take you, these tips will help keep you safe so that you can enjoy your summer travels with your family and friends.

1. Check for travel advisories. Before you make any international travel plans, do some homework on the country you plan to visit. Never board a plane without checking the State Department’s travel advisories posted for countries around the world at travel.state.gov.
2. Beware of local scams. Stay savvy about what local scams are common (if any) at your vacation destination with a quick Google search.
3. Stay off the roads at night. When traveling to remote locations or countries, it is smart to avoid driving at night, as it may be dangerous to drive after dark.
4. Know your US Embassy & the local 911. Before hopping on a plane, find out where the US Embassy (usembassy.gov) is located for your intended destination. If there is any type of emergency, that is where you would want to go. It’s also important to know a country’s version of 911 when you are traveling overseas. Don’t assume every place has a local emergency service. travel.state.gov/content/dam/students-abroad/pdfs/911_ABROAD.pdf
5. Safe road tripping. Long road trips are a great way to see the world, but they also leave you vulnerable when passing through rural or desolate areas. Use a driver protection plan such as Life360’s Driver Protect. It offers crash detection, emergency response and roadside assistance.
6. Use reputable agencies. If you’re going overseas to participate in any type of local tour or excursion such as a safari - make sure you are working with a reputable agency. Sometimes employees can tip off locals letting them know unsuspecting tourists are in town - so be cautious. If any person or situation feels untrustworthy - listen to your instincts and walk away. To check if an agency is reputable or not, you can ask your embassy or a credible hotel chain’s concierge.
7. Stay connected. It’s important to have someone know where you are. Use a reliable location-sharing app like Life360 (it even works internationally!) - this way loved ones can stay in touch and keep an eye out.
8. Wait to post. Be careful not to advertise to everyone that you’re out of town, which leaves your home and other belongings vulnerable. Wait to post your vacation photos until after you’ve returned from your trip.
9. Deter pickpocketers. Wrap your wallet in a light scarf to make it harder for someone to reach into your bag and grab it. Another good rule of thumb is to always keep your bag on your hip in front of you. And don’t keep your wallet in your back pocket.
10. Don’t use public Wi-Fi. It opens you up to hackers and puts all your personal information at risk. Use only trustworthy networks with a passcode.

This information provided by Deputy MaKenzie Kreiner, Senior Safety Coordinator. Deputy Kreiner promotes safety and protection of older adults through the COA and Cass County Sheriff’s Office.
Safety Camp for Kids

Applications are being accepted for Camp Safe Kids, a free safety day camp for children ages 9 to 11 sponsored by the Cass County COA.

The camp will be Monday, June 17 from 9:30 a.m. to 4 p.m. at the COA Lowe Center at the corner of M-60 and Decatur Road.

Older adult volunteers act as mentors for the day and lead the kids through lessons and demonstrations about a variety of safety issues.

Topics include first aid, internet safety, water safety, bicycle safety, fire safety, power line safety and much more. There is also a canine police demonstration. Students will be fitted for bicycle helmets and receive safety information to take home.

The program is a cooperative effort between the Cass County Sheriff’s Office, Dowagiac Police and Fire Departments, Penn Township Fire Department, Midwest Energy, and Cass County COA. Breakfast and lunch will be provided.

Applications are available at the COA Lowe Center front desk or by calling (269) 445-8110 and must be returned by June 13. Space is limited and the camp will be filled on a first come, first served basis.
Meet Barb Lane

1. Where did you go to school? What did you study?
   “I went to school in Chicago and studied secretarial work.”
2. Did you have any pets growing up?
   “Oh yes, I always had dogs. I have 2 golden retrievers right now.”
3. Do you know any stories about the history of your family name?
   “No, not really.”
4. How many brothers and sisters do you have?
   “I had two brothers.”
5. How did you meet your spouse?
   “I met him at the lake.”
6. What are the most difficult and rewarding things about growing older?
   “Most difficult is memory loss. The most rewarding is being able to do what I want to do.”
7. What big world events were the most memorable while you were growing up?
   “WWII”
8. What did you want to be when you grew up?
   “I wanted to be a secretary.”
9. What kinds of clothes, hobbies, and slang terms were popular when you were a teenager?
   “Wearing jeans was popular. My hobbies were reading and playing cards.”
10. What life advice would you pass along to your grandchildren?
    “Always be honest.”
11. What were your favorite games and hobbies?
    “I enjoyed card parties, Bridge, and swimming in the lake.”
12. What was your first job?
    “It was babysitting.”
13. Where and when were you born?
    “I was born in Chicago in 1934.”
14. Any world travel?
    “I’ve been to France, Italy, Switzerland, and many states in the US.”
15. Any last thoughts or advice?
    “Learn all you can!”

Volunteers

Board of Directors
Jim Beebe
Tom Buszek
Frank Butts
Bob Campbell
Elaine Foster
Marilu Franks
Sue Heinrich
Skip Kasprzak
Pat Makieki
Leroy McNeary
Carol Moraw
Harry Shaffer
Walter Swann
Betty Ackerman
Duane Adams
Jo Anne Anderson
Kathy Atkins
Rita Baker
Betty Bankson
Gary Bargerhuﬀ
Sue Bargerhuﬀ
Shirley Barks
Joan Barnhart
Faith Beaupre
Cass County COA

Sharon Bell
Carl Benoit
Jane Bergman
Lillie Bishop
Miriam Bollweg
Becky Bowers
Linda Brossman
Robert Brossman
Darl Brown
Judy Brown
Shirley Brown
Robert Bundy
Ruth Ann Burkett
Patricia Butchbaker
Marsha Butts
Linda Campbell
Robert Campbell
Diane Celie
Tom Celie
Irene Clark
Elizabeth Clement
Keryl Conkright
Gregory Connelly
Judy Coon
Ed Corwin
Alice Curry
Trudy Custodio
Grace Darrow
Sue Decker
Kay Diehl
Carol Dierickx
Judy Dodge
Sharon Dodson
David Dunlap
Sue Dunlap
Larry Emrick
Sheila Evans
Cindy Ferguson
Donnis Fisher
Dolores Flora
Margo Foreman
Barbara Forrest
Mary Fosdick
Dan Frame
Rosemary Gillam
Janeen Godfrey
Rose Gragg
Peggy Graham
Barb Green
Joyce Greenwood
Cheryl Groner
Floyd Groner
Shirley Guilford
Marcia Hacker
Vera Hall
Joyce Hamilton
Brenda Harris
Mable Hartman
Lila Hawn Corwin
Kim Hedges
Mary Hedges
Carol Higgins
Phyllis Howe
Raymond Jackson
Ann Johnson
Deborah Johnson
Christian Jones
Polly Judd
James Karasek
Linda Keeler
Carol Keim
Kay Keith
John Kelley
Grace Kenyon
Virginia Kraft
Dave Kring
Tracey Krueger
Dean Lambert
Eleanor Langheinrich
Cecelia Littman
Hal Loebach
Marcia Lofts
Ron Lofts
Sharon Lyn
Frank Maley
Vicki Maley
Carol Manning
Rose Marcyan
Phyllis Mason
Stanley Mason
Rhonda McCauley
William McKeough
Sara Melkus
Delores Minisee
William Mitchell
Barbara Monroe
Jane Moraw
Cassandra Morris
Eddie Mose
Mamie Okeke
Barbara Owen
George Pabreza
Nancy Pallas
Diane Palmer
Susan Parker
Mary Pegan
Ray Phillips
Terry Proctor
Rosalie Puckett
George Purlee
Jannette Rafferty
Sandy Randle
Carol Rauch
Jennifer Ray
Terry Ray
Rita Reed
Robert Reed
Joyce Rentfrow
Melvin Reynolds
Helga Richards
Mike Rockwell
Sandi Roggeman
Annette Rotolo
Betty Rutz
Sharon Seiler
Fred Shank
Erma Skipper
Lesta Smiles
Beverly Smith
Devin Smith
Eileen Smith
John Smith
April Snyder
Jerome Sorn
Kawanna Stoker
Lorna Suits
Richard Sullivan
Walter Swann
Diane Tiser
Sara Torbet
Evelyn Turley
Donald Van Hulle
Halie Vaughan
Ralph Vosburgh
Julie Weaver
Tim Wiggins
Don Wilcox
Sue Wilder
Claire Wolford
Robert Woodruff
Marny Wyant
Fran Yeager
Carol Young
Mary Jane Young
Richard Zander

Volunteers listed are for the month of April, during which we had 167 active volunteers who contributed 1,925 hours of work. This would be equal to more than 12 full time staff positions.
Summer Songs & Sundaes

Wednesday, June 19
COA Lowe Center Pavilion

Ice Cream: 6:30 p.m.
Concert: 7 p.m.

Concert will be outside under the pavilion.
Please bring your own lawn chair or blanket.
(In case of inclement weather, the concert will be moved inside.)

Join us for Ice Cream and a tribute to the music of Gordon Lightfoot. Singer Mike Forne allows the legend to live on by replicating the songs, styles, and moods of the Canadian singer-songwriter’s best in this solo performance.

Concert sponsored by the Cass Vandalia Chamber of Commerce

Ice Cream sponsored by Midwest Energy & Communications

www.casscoa.org
Lifelong Learning

ARTS & CRAFTS

MIXED-MEDIA CARD MAKING: Join us again and continue your adventures in this creative art. The class joins together a variety of materials that can include everything from wood to paper, fabric, hardware and found objects. Bring back your alcohol inks, dyes and spray bottles. Card-making continues. Led by: Deb Wiggins, published artist

Lowe Center
Tuesday
June 11
1 - 3 p.m.
$5 for materials

COLOR YOUR WORLD - WATERCOLOR PAINTING: Learn the basics of watercolor. Participants will create a piece of art work to take home in each session. If you have questions please contact the COA. (This is similar to a “Wine and Canvas” minus the wine.) Instructor: Roy Hruska

Front Street Crossing
Tuesdays
June 11 / August 13
12 - 3 p.m.
• Advance registration is required one week prior to each session

$18 fee per session, includes instruction and all supplies

PRESENTATIONS & DISCUSSIONS

THE STORMY NIGHT WRITERS SOCIETY: We all have stories to tell. 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
Tuesday
July 9
12 - 3 p.m.
• Advance registration is required one week prior to each session

READ AND SHARE BOOK CLUB:
This book club is a mix of fiction and non-fiction to provide a wonderful range of reading adventures. The group meets the 3rd Friday of the month. Led by: Jeanne Garber & Kathy Casey

Lowe Center
1 - 2:30 p.m.
Friday, June 21 - “Memory Man” by David Baldacci
Friday, July 19 - TBA
Friday, August 16 - TBA

NEW - 101 THINGS THAT HAPPENED ON THE MACKINAC BRIDGE: Join us for this informative presentation about Michigan’s iconic five-mile span that has seen historic, tragic, and hilarious events. Since construction began in 1954, the Mackinac Bridge has withstood gale-force winds, the pressure of crushing ice flows and blinding snow storms. After opening in 1957, it has been struck by lightning and hit by an airplane and a ship - yet still stands as perhaps the safest five miles of I-75. Take a trip thru the first six decades of the bridge’s history and you’ll experience unusual crossings, triumph and tragedy. Hear the stories, see the photos and meet the people who have made this engineering wonder a symbol of the state of Michigan. Presenter: Mike Fornes the author of “Mackinac Bridge - A 50 Year Chronicle 1957 - 2007” and a member of the Historical Society of Michigan

Lowe Center
Thursday, June 20
10 a.m.
**NEW - AFTER THE CRASH:** Have you ever wondered why roads are blocked off or shut down for so long after a crash has happened? Well, here is your chance to find out what goes into crash investigations and see the tools used when investigating a fatal crash. Also, observe a demonstration of the equipment that is used. Lite refreshments will be provided. Presentor: Deputy Jason Pompey, Cass County Sheriff’s Office

**Lowe Center Pavilion**  
**Wednesday, August 21**  
**11 a.m. – 2 p.m.**

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**EDUCATIONAL & INTERACTIVE**

**NEW - GUIDED HIKE IN THE PARK:** Meet us for a guided hike at Russ Forest. Enjoy a nice stroll along the trail as interesting plants, insects, and birds are pointed out along the way. Hear stories about the natural flora and fauna as your guides share their knowledge about this gem of a Cass County Park. Afterward, enjoy refreshments provided by Cass County Parks & Recreation. Guides: Naturalist Bill Westrate and Conservation District Administrator Korie Blyveis

* If needing a ride from the COA, please mention when registering.

**Fred Russ Forest Park**  
**20379 Marcellus Hwy, Decatur**  
**Friday, June 14**  
**2 - 4 p.m.**  
* Pre-registration preferred

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**NEW - AARP SMART DRIVER COURSE:** This revised 2 day classroom refresher course is for drivers age 50 and older. Many topics are discussed, such as the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today’s increasingly challenging driving environment. Time is spent on how one can manage and accommodate common age-related changes in vision, hearing, reaction time, and much more. Many auto insurers provide a discounted rate upon completion. We advise participants to consult with their insurance agent about the discount. Even without the discount the information is invaluable. There are no tests required to pass the course.

- $15 fee for AARP Members  
- $20 fee for Non-Members  
(Lunch is not included.)

**Front Street Crossing**  
**Tuesday-Wednesday**  
**June 18 & 19**  
**10 a.m. – 3 p.m.**  
* Advance registration is required and must attend both days

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**NEW - ASSURED LIVING MONITORING SYSTEM:** People worldwide are living longer and over half of those over 65 years of age will require some form of assistance. Now with more and more wanting to live in their own home for longer, what can be done? One solution could be the Assured Living Products which can control panels, sensors on beds and chairs, personal emergency response, doorbell cameras, and much more. It also offers caregivers the opportunity to monitor and give assistance when needed. Presented by: Best Buy and the Geek Squad

**Lowe Center**  
**Thursday, June 27**  
**10 a.m.**

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**NEW - DARK SKIES STAR VIEWING:** Come join us out in the pavilion as we explore the hidden wonder and beauty of the constellations and the night sky. Telescopes will be available to provide an up close and personal view of the stars. If skies aren’t clear, viewing will be rescheduled for **Wednesday, August 28**. Presented by: Robert Parrish, Michiana Astronomical Society Member

**Lowe Center**  
**Monday, August 26**  
(Weather Date: Wednesday, Aug. 28)  
**9 p.m.**

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(800) 323-0390 or (269) 445-8110  
www.casscoa.org & facebook.com/CassCOA
SPECIAL EVENTS & MOVIES

NEW - FINGERPRINTING EVENT: If your child or grandchild would ever go lost or get taken, do you have pictures or fingerprints to help the police with their search? Here is your chance to get your child’s fingerprints taken, along with a photo and voice recordings all on an easy to hand over CD. Call for an appointment since fingerprinting is done electronically and takes some time. Fingerprint Operator: Deputy McKenzie Kreiner, Cass County Sheriff’s Office

- Lowe Center
  Thursday, June 27
  12 - 5 p.m.
  • Advance registration is required

NEW - SUMMER SONGS & SUNDAES: Join us for Ice Cream and a tribute to the music of Gordon Lightfoot. Singer Mike Fornes allows the legend to live on by replicating the songs, styles, and moods of the Canadian singer-songwriter’s best in this solo performance. Be ready for a visual and acoustic trip from the Great Lakes to the Canadian Rockies as you listen to the pains of lost loves and haunting melodies. The play list includes such standards as “If You Could Read My Mind,” “Canadian Railroad Trilogy,” “Sundown,” “Carefree Highway,” “Rainy Day People,” and of course “The Wreck of the Edmund Fitzgerald.”

Concert will be outside under the pavilion. Please bring your own lawn chair or blanket.
(If weather is bad, concert will be inside.)

- Lowe Center Pavilion
  Wednesday, June 19
  Ice Cream: 6:30 p.m.
  Concert: 7 p.m.
  (800) 323-0390 or (269) 445-8110

- Lowe Center
  Thursday, June 18
  Depart: 8:30 a.m.
  Return: 5:30 p.m. (Approximate Time)
  $60 per person includes transportation & boat ONLY.
  • Advanced reservation and payment are required by July 3. Late cancellations will NOT be refunded.

THE MOVIES—HOLLYWOOD TREASURES: Come and enjoy a great movie on a big screen and don’t worry, popcorn is provided.

- Lowe Center
  Mondays / 1 - 3 p.m.
  June 10 / July 8 / August 12

- Front Street Crossing
  Tuesdays / 1 - 3 p.m.
  June 11 / July 9 / August 13

June: Indiana Jones “Raiders of the Lost Ark” starring Harrison Ford, Karen Allen and Paul Freeman
July: “Indiana Jones and the Temple of Doom” starring Harrison Ford, Kate Capshaw and Jonathan Ke Quan
August: “Indiana Jones and the Last Crusade” starring Harrison Ford and Sean Connery

NEW - SAUGATUCK BUS TRIP: Sit back, relax, and listen to the water running off the paddlewheels as you gently glide down the Kalamazoo River. See Saugatuck from the water, a totally different view from what you see on land, and take in the majesty of Lake Michigan. Afterward, head into town for lunch at one of the several restaurants and enjoy an afternoon of shopping. This trip REQUIRES walking. Bus: Full Size Private Bus

- Lowe Center
  Tuesday, August 20
  Depart: 9 a.m.
  Return: 6 p.m. (Approximate Time)
  $85 per person includes boat with buffet lunch & transportation ONLY.
  • Advanced reservation and payment are required by Aug. 6. Late cancellations will NOT be refunded.

NEW - CHICAGO CABARET LUNCH CRUISE BUS TRIP: This trip offers shopping along Chicago’s famous Navy Pier and includes a two-hour cruise on Lake Michigan with skyline views. On board, enjoy a delicious Cabaret Lunch Buffet and a broad repertoire of sing-along show tunes and jazz standards. This trip REQUIRES walking.

- Lowe Center
  Tuesday, August 20
  Depart: 9 a.m.
  Return: 6 p.m. (Approximate Time)
  $85 per person includes boat with buffet lunch & transportation ONLY.
  • Advanced reservation and payment are required by Aug. 6. Late cancellations will NOT be refunded.

COMPUTER & TECHNOLOGY

COMPUTER USE & ASSISTANCE:
Several public-use computers are available for use during normal business hours. Personalized computer assistance is available without an appointment. Computer Assistance: Tim Wiggins

- Lowe Center
  1st Monday of the month
  1 - 3 p.m.

- Front Street Crossing
  1st & 3rd Fridays of month
  9 - 11 a.m.

PERSONALIZED COMPUTER SUPPORT: If you are using our public computers at Front Street Crossing, the Lowe Center or your own laptop the COA’s computer expert will be available to personally assist you. Please note these sessions are available by advance appointment only. Computer Support: Laura Nichols

- Lowe Center
  1st & 3rd Thursdays
  8:30 a.m - 12 p.m.
  • Advance registration is required

www.casscoa.org & facebook.com/CassCOA
HEALTH, WELLNESS & SUPPORT

FITNESS CENTERS: The Cass County COA has outstanding fitness centers at both the Lowe Center in Cassopolis as well as Front Street Crossing in Dowagiac. Each center offers a variety of cardiovascular fitness machines and weight training equipment. Each fitness center is led by trained instructors who can provide assistance and advice to help you get in shape and stay in shape.

FITNESS CENTER HOURS:

- **Lowe Center**
  60525 Decatur Road; Cassopolis, MI 49031
  Mon. - Thurs. / 7 a.m. - 7 p.m.
  Fri. / 7 a.m. - 5 p.m.
  Sat. / 8 a.m. - Noon

- **Front Street Crossing**
  227 S. Front St.
  Dowagiac, MI 49047
  Mon. - Fri. / 7 a.m. - 4 p.m.

FITNESS CENTER MEMBERSHIP:

- 1 Year Membership:
  - $140 for those 60+ / $165 for those <60
- 3 Month Membership:
  - $55 for 60+ / $65 for <60
- 1 Month Membership:
  - $35 for 60+ / $45 for <60
- Walk-ins: $6 per person

**JUNE SPECIAL (Both Locations)**
$10 off the 3 Month Price

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FITNESS CENTER FOR SPECIALIZED NEEDS: For those who need assistance and a special program to use the Fitness Center, help is available. Trainers will help you design a program or work with one setup by your physician or physical therapist. Call ahead for more information and to set up a schedule.

- **Lowe Center**
  Personal Trainers:
  Asali Kelly & Taylor Lee

- **Front Street Crossing**
  Personal Trainer:
  Trish Proctor-McCann

LINE DANCE: One of the most fun ways to get moving and enjoy great music is line dancing. You will enhance your coordination and your dance moves!
Instructor: Fran Yeager

- **Lowe Center**
  Tuesdays / 3 - 4 p.m.

S.E.A.T. / STRETCH CLASS: Designed for those with limited functional ability so that you exercise seated and around a chair. It will keep you moving, improve your fitness level, stretch your muscles and work on balance and range of motion to improve mobility.

- **Lowe Center**
  Mondays & Wednesdays
  9:45 - 10:30 a.m.
  $10 per month

R.A.D. (RAPE AGGRESSION DEFENSE) PRACTICE CLASS: In order to take the free Practice Class you must have completed the three day R.A.D. course. Instructor: Donna Dominiak of the Sheriff’s Office

- **Lowe Center**
  Mondays
  June 3 / July 1 / August 12
  12 - 12:30 p.m.

YOGA (MONDAY): Enjoy the increased flexibility and stress relief that yoga provides in this evening program. Instructor: Karen Sommers

- **Lowe Center**
  Mondays / 5:45 - 7 p.m.
  $8 per class

YOGA (SATURDAY): Yoga can be practiced to enhance overall health, to improve balance, to heal and prevent injuries, to strengthen muscles and to open the body for meditation. Instructor: Amy Crennell

- **Lowe Center**
  Saturdays / 9 - 10:15 a.m.
  $8 per class

FRONT STREET CROSSING

CARDIO CHALLENGE: This class is low-impact with high-energy. You will challenge your entire body with a combination of cardio, strength training, and balance exercises. Mat exercises are also incorporated for a well-rounded workout. Instructor: Ky’sha Mitchell

- **Front Street Crossing**
  Mondays, Wednesdays & Fridays
  8 - 8:45 a.m.
  $25 per month / $5 for walk-ins

VIM & VIGOR TRANSITIONS: Start with an aerobic workout and end with a chair cool down and stretch. The focus is on heart-health, strength, flexibility and balance. Instructor: Ky’sha Mitchell

- **Front Street Crossing**
  Mondays, Wednesdays & Fridays
  9 - 9:45 a.m.
  $25 per month / $5 for walk-ins
S.E.A.T. (SIT, EXERCISE AND TONE): This is a chair-based fitness class that focuses on maintaining flexibility and strength. It is great for anyone who has concerns about stability and balance. Instructor: Ky’sha Mitchell

Front Street Crossing
Mondays, Wednesdays & Fridays
10 - 10:45 a.m.
$25 per month / $5 for walk-ins

TAI CHI (DAY): 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

Front Street Crossing
Mondays & Wednesdays
11 - 11:45 a.m.
$20 per month / $5 for walk-ins

TAI CHI (NIGHT): This is the exact same class as what is offered during the daytime only now at a more convenient time for the working person. The door will be locked right at 6 p.m. so please be sure to arrive early. Instructor: Glenda Gibson

Front Street Crossing
Mondays & Wednesdays
6 - 7 p.m.
$20 per month / $5 for walk-ins

IN YOUR NEIGHBORHOOD

MARCELLUS MOVES: This class provides a variety of cardio activities combined with balance and strength moves. This class brings the Cass County COA to Marcellus to provide a workout closer to home. Instructor: Rosemary Gilliam

United Methodist Church
197 W. Main, Marcellus
Tuesdays & Thursdays
8:30 - 9:15 a.m.
$20 per month / $5 for walk-ins

MARCELLUS OUTPOST: This is a chance for you to meet your neighbors, play bingo and enjoy lunch. (Please bring $1 for the entrée and a dish to pass.) The “meet & greet” is followed by bingo and lunch.

United Methodist Church
197 W. Main, Marcellus
4th Tuesday of the month
10:30 a.m. - 1 p.m.

SHOPPING:
The COA has coordinated with Cass County Transit to provide monthly transportation for those 60+ to Niles so you can go to the bank, Shelton’s Farm Market and Walmart. Once you have signed up for the program for the first time with the COA, all following trips will be handled by Cass County Transit. Cass Transit charges $5 and will contact you monthly to see if you want to be added to their scheduled pick up.

1st time reservations:
Wendy (269) 445-8110
Thursdays
June 6 / July 11 / August 8

UNION NEIGHBORS: This is a chance for those who live in and near Union to get together. The day starts with free blood pressure checks, followed by bingo and then a potluck lunch. Please bring $1 for the entrée and a dish to pass.

Cass County Conservation Club
13710 US 12, Union
2nd Thursday of every month
10 a.m. - 1 p.m.

FUN, GAMES & CLUBS

BINGO: The game of bingo was first played in Italy around 1530, and it continues. BINGO is played every week at the COA. If a program is scheduled, Bingo will follow afterward.

Front Street Crossing
Wednesdays & Fridays
Birthday Bingo: Fridays
June 28 / July 26 / August 23
1 - 2 p.m. / $1.25 to play

Front Street Crossing
Wednesdays
Birthday Bingo: Wednesdays
June 26 / July 24 / August 21
12:45 - 2 p.m. / $2.25 to pay

CHAMPAGNE FLUTES: If you play a flute, then this is the group for you. This musical group plays for nursing homes and other venues. Practices rotate between the Lowe Center and Front Street Crossing.

Lowe Center
Wednesdays
June 5 / July 3 & 24 / August 7
1:30 p.m.

Front Street Crossing
Wednesdays
June 26 / July 31 / August 28
1:30 p.m.

CHESS CLUB: Playing chess can increase your problem-solving skills. Even if you don’t know how to play, there are folks who are willing to teach you.

Lowe Center
Mondays
10:30 a.m. - 1 p.m.
EUCHRE CLUB: Euchre is a Midwesterner’s game. It is very popular at both COA locations. If a program is scheduled, Euchre will follow afterward.

- Lowe Center
  Tuesdays
  1 p.m.
- Front Street Crossing
  Thursdays
  1 p.m.

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 a.m.

MAH JONGG: Mah Jongg is a popular pastime all over the world and is a great way to socialize and stimulate brain cells!

- Lowe Center
  Mondays
  1 - 4 p.m.

PINOCHELLE CLUB: This trick-taking card game is a great way to make friends and have fun.

- Lowe Center
  Wednesdays
  1 p.m.

CRAFTS

CERAMICS: Learn and create ceramics. It’s easy, fun and therapeutic. All pieces are provided and you do the painting. Instructors: Joyce Greenwood & Lorna Suits

- Lowe Center
  Thursdays
  12:30 - 2:30 p.m.
  $8 fee per month plus firing fees
  No Ceramics August 29.

FRUITBELT WOODCARVERS:
This long-standing group has been meeting at the Lowe Center for years. The group loves to share their knowledge with those new to the craft.

- Lowe Center
  Meets the 1st & 3rd
  Thursday of every month
  1st Thursday: 2:30 - 5 p.m.
  3rd Thursday: 5 - 6:30 p.m.

KNITTING & CROCHETING CLUB:
This wonderful group uses their skills for good. Many of the items they create are donated to children in need, nursing homes, abuse shelters, storm victims and more. Best of all, they are happy to teach newcomers. Please note: Yarn donations are always welcome!

- Lowe Center
  Fridays
  9 a.m. - 12 p.m.

QUILTING CLUB: All quilters and beginners are welcome to participate in creating future heirlooms. Quilts are made and donated to foster children who treasure them for years to come.

- Lowe Center
  Meets 1st & 3rd
  Monday of every month
  10 a.m. - 4 p.m.
  No Quilting June 17.

DANCE AND SOCIAL CLUB: This group is always seeking new members, both couples and singles—and boy do they have fun. There is nothing like dancing to lift your spirits and get you moving.

- Lowe Center
  Thursdays
  9 a.m. - 12 p.m.

SING ALONG: Music is medicine for the soul, and singing only enhances the benefits. Join the group and sing your heart out to tunes that will bring you down memory lane. Led by: Bev Smith, George Purlee and Jannette Rafferty

- Lowe Center
  Fridays
  11 - 11:45 a.m.

SERVICES & RESOURCES

DRUG DROP: Turn in your expired or unwanted pills, capsules and tablet medications for proper disposal. Please note, we are unable to dispose of liquids, inhalers, or needles.

- Lowe Center
  10 a.m. - 12 p.m.
  1st Thursday of every month
  No Drug Drop in July

The Cass County Sheriff’s Office will take unwanted pills, capsules and tablets in their 24-hour drop box.

HEARING CLINIC: Get your hearing tested for FREE along with hearing aid cleaning/adjustments.

- Lowe Center
  10 a.m. - 12 p.m.
  1st Thursday of every month
  No Drug Drop in July

(800) 323-0390 or (269) 445-8110
www.casscoa.org & facebook.com/CassCOA
LEGAL CLINICS: This is your opportunity to have important legal questions answered by attorneys from the community.

- By Appointment Only
  (269) 445-8110

Lowe Center
Wednesday
July 17

Front Street Crossing
Wednesdays
June 19 / August 21

FOOT CLINIC: Taking care of your feet is highly therapeutic especially when you get your nails trimmed, calluses filed and a foot massage.

Lowe Center
- By Appointment Only
  Mondays
  June 10 & 24 / July 8 & 22 / August 19 & 26
  $20 for first visit
  $17 for follow-up visits

MASSAGE: Relax. There is nothing like having someone work out aches and pains while you enjoy the benefits. Kirsten Bugy, Massage Therapist

Lowe Center
- By Appointment Only
  Tuesdays
  $26 for 30-minute massage
  $45 for 1 hour massage

VETERAN'S AFFAIRS: We have an expert on hand to answer questions about Veteran’s benefits including medical prescription benefits. Provided by: Tom Green, Cass County’s Veterans Affairs representative

10 a.m. - 12 p.m.
No Appointment Necessary

Lowe Center
Thursday
July 11

Front Street Crossing
Thursdays
June 13 / August 8

SPECIAL EVENTS

DOUGHNUTS FOR DAD:
Who doesn’t love free doughnuts? All dads will be served doughnuts and beverages at Front Street Crossing free of charge.

Front Street Crossing
Friday, June 14
9 - 11 a.m.
- Advance reservation is requested

FATHER’S DAY BRUNCH: This is a celebration and a time to pay tribute to Dads. Come and enjoy this free brunch.

Lowe Center
Friday, June 14
9 - 10 a.m.

CAMP SAFE KIDS: Get your grandchild (ages 9 to 11) signed up for this one day camp on safety held at the COA. They will get the chance to learn about First Aid, fire safety, bike and traffic safety, and much more. Participating: Cass County Sheriff’s Office, Dowagiac Police and Fire Departments, Midwest Energy, and Penn Township Fire Department

Lowe Center
Monday, June 17
9:30 a.m. - 3:30 p.m.
Breakfast and Lunch Served
- Advance registration is required

ICE CREAM SOCIAL: We all scream for ice cream during the summer months. Join us for a free scoop.

Front Street Crossing
Sponsored by Honor Credit Union
Tuesday, August 27
1 - 2 p.m.

GRAND FESTIVAL: The Lowe Center will turn into an amusement park for grandparents and their grandchildren. There is fun for all ages, dinner is included and it’s all free!

Lowe Center
Friday, July 12
2 p.m.

SENIOR DAY AT THE FAIR: The Gregarek Building at the Cass County Fairgrounds is the site of a wonderful morning of entertainment featuring Johnny Cash Impersonator, Rock Harley and country band The Bronk Bros. Donuts and coffee are free, and there will be door prizes galore.

Cass County Fairgrounds
Gregarek Building
Thursday, August 1
9 a.m. - 12 p.m.

(800) 323-0390 or (269) 445-8110
www.casscoa.org & facebook.com/CassCOA
ANNUAL COA COOKOUT: The summer would not be complete without this special day of food, fun and entertainment. It’s a wonderful time to gather with friends and the entire COA staff.

Cass County Fairgrounds
Darlene Lowe Building
Wednesday, August 14
11 a.m.
Doors Open at 10:30 a.m.

COA POKER RUN FUNDRAISER:
Participating sponsors/stops include Driftwood, The Strand, Indian Lake Pub, Dockside Dan’s, and Sister Lakes Brewing Company (last stop with light appetizers). Proceeds benefit Cass County COA Programs and Services. Tickets are available at either COA location, by contacting Heidi at (269) 445-8110, or Heidip@casscoa.org. Tickets available day of event at Sister Lakes Brewing Co.

Sister Lakes Area
Saturday, June 1
2 - 5 p.m.
$20 per person
$10 for 1 additional card to add to hand

Care Services

SUPPORT GROUPS

DEMENTIA CAREGIVER’S SUPPORT:
Support is offered in this private group. Care can be provided free of charge for your loved one in our Adult Day Service if prior arrangements are made.

Lowe Center
Second & Last Wednesdays of every month
1 - 3 p.m.

DIABETES SUPPORT:
Lowe Center
1st Friday of every month
1 - 3 p.m.

GRIEF SUPPORT:
Lowe Center
2nd Thursday of every month
10 a.m. - 12 p.m.

MULTIPLE SCLEROSIS SUPPORT:
Lowe Center
3rd Tuesday of every month
1 - 3 p.m.

PARKINSON’S DISEASE SUPPORT:
Lowe Center
2nd Tuesday of every month
1 - 3 p.m.

STROKE SUPPORT:
Lowe Center
1st Tuesday of every month
1 - 3 p.m.

SPECIAL CARE EVENTS

AGING MASTERY PROGRAM:
The program’s goal is to empower adults to make and maintain small but impactful changes. The classes will explore navigating longer lives, physical activity, sleep, healthy eating and hydration, financial fitness, medication management, advanced planning, healthy relationships, fall prevention, and community engagement. Each class will contain basic educational materials developed from highly trusted sources, a checklist of potential next steps, and a system for tracking behaviors. Presented by: Region IV Area Agency on Aging

Front Street Crossing
Tuesdays, June 4 - August 6
1 - 2:30 p.m.
Cost: $99 (Scholarships available)
Advance reservation is required by calling Tara Gillette at (269) 408-4369

LONGEST DAY - ALZHEIMER’S WALK:
The Longest Day is the day with the most light — the summer solstice. On this day, thousands of participants from across the world come together to fight the darkness of Alzheimer’s. The COA is joining in this year by holding a walk out on the Walking Trail to raise awareness and funds. So wear your purple and come walk with us. Flowers will be available for purchase.

Lowe Center Walking Trail
Friday, June 21
9 - 11 a.m.

CREATING CONFIDENT CAREGIVERS: This class, supported by Region IV Area Agency on Aging, is for family members caring for a loved one with memory loss. Learn about dementia and its effects on the brain, managing behaviors, improving caregiving skills, taking care of yourself, and much more. These two hour sessions are held once a week for six weeks. Free pre-arranged respite is available during the classes.

Lowe Center
Mondays, July 22 – August 26
1 - 3 p.m.
Advance registration is required

The phone number for both the Lowe Center & Front Street Crossing is: (269) 445-8110 or (800) 323-0390.
The mailing address for both locations is: Cass County COA P.O. Box 5 Cassopolis, MI 49031

Lowe Center Hours
Monday - Thursday: 7 a.m. - 7 p.m.
Friday: 7 a.m. - 5 p.m.
Saturday: 8 a.m. - Noon

Front Street Crossing Hours
Monday - Friday: 7 a.m. - 4 p.m.