

April 2023



# The Messenger



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Twice the FUN

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Bloom

**6** Healthy Habits,  
Healthy You

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### The Messenger,

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### Messenger Staff

*Director of Community Development*  
Kelli Casey

*Communications Assistant*  
Terina Miller

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# Dueling Pianos... Twice the FUN

by KELLI CASEY  
*Director of Community Development*

What makes a night with a guy and a piano more fun? How about adding a second guy and a piano, where both are vying for your attention.

Gather your friends and family and get ready for an unforgettable experience that will have you laughing, singing, and dancing in your seat, all for a great cause.

Your support will help ensure Cass County's homebound seniors receive nutritionally balanced meals delivered to their homes.

Don't miss out on this high-energy, all-request, sing-and-clap-along, rock 'n' roll, comedy dueling piano show where the audience is just as much part of the show as the entertainers. So come prepared to put the FUN in the fundraiser!

Proceeds benefit Cass County COA's Meals on Wheels

Event tickets are \$50 per person, including heavy appetizers, silent auction, concert, and cash bar. Reserve your seat or table of 8 today.

To purchase tickets or sponsor this event, call Kelli Casey at (269) 445-8110 or e-mail [KelliC@casscoa.org](mailto:KelliC@casscoa.org).

*Dueling pianos is provided by Dueling Pianos International*



## Cass County COA Staff Contacts

### CEO

Marty Heirty

### Adult Day Service

Laura Jepkema

### Care Services / 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 / Handy Helpers

Kelli Casey

### Meals on Wheels / In-Home Care /

### Medicare Medicaid Assistance

Adrienne Glover

### Operations

Danielle Dilts

### Cover Image

Jim Brosnan works on his hand-body coordination with Coach Walter Swann as Cheri Hallwood and Lila Wallace watch with delight waiting for their turn to put on the gloves during the Parkinson's Power Punchers class at Front Street Crossing. For more great classes like this one, turn to pages 12 - 21.

The COA is proud to partner with...





## in Bloom

by SHELLY PURUCKER  
*Operations Assistant*

When we have hope, we have expectations and a desire to take it a step further. There is always a path ahead of us, and motivation leads us forward. Hope is a field filled with blooming anticipation, growing outlooks, and wild enthusiasm. As a volunteer, you can provide growth to our local seniors and help both them and yourself overcome obstacles within the path.

Hope is associated with many positive outcomes including greater happiness and better achievement. It boosts immune function, decreases pain, lowers stress, reduces anxiety and depression, and

leads to a longer life. It's a necessary ingredient for getting through tough times and for meeting everyday goals.

If you feel that your hope is lost or that it could use a little boost, then you are in luck because hope is more of a habit than a state of mind and can be learned. Some of the ways to increase hope include...

- Think of your goals as exciting challenges
- Be flexible and creative
- Increase your motivation
- Expect roadblocks
- Persist, even under stressful conditions
- Take it one step at a time
- Keep your goals high but realistic
- Turn to humor
- Gain strength from others

The Cass County COA has resources available to increase hope by attending our many activities, fitness center and classes, support groups, and our volunteer opportunities.

Much like a garden of flowers, growth occurs when we think of using our tools and resources to heighten our development and flourish. Having the right tools and knowing how to utilize them can make a big impact on daily activities. Sometimes it can feel impossible to do the things you want and it can pull away self-confidence and a sense of hope for the future. With a little tending to your garden of hope, it can bloom with endless possibilities.

## PUBLIC SPORT COURTS

Have you heard that Penn Township recently constructed sport courts?

They now have two dedicated pickleball courts and one tennis court that can be converted into a pickleball court. These are located at 60717 S. Main in Vandalia and are available for public use with no fees or reservations required.

Be sure to watch for upcoming Basics of Pickleball classes beginning this spring sponsored by the COA and Penn Township.

For more information or to let us know you're interested in classes, please contact Kelli Casey at (269) 445-8110.







## Black History Month Celebration



## Volunteers Anchor Us to Our Mission

The COA is blessed to have so many wonderful volunteer that we are inviting those who have donated 10 or more hours of their time between October 1, 2021 - September 30, 2022 to come on board for an evening celebrating YOU.

So save the date for April 26 at 4 p.m. for the Annual Meeting & Volunteer Dinner and look for your special cruise themed invitation in the mail.

## Volunteers

Duane Adams  
Ruthann Adams  
Joanne Anderson  
Betty Ash  
Candy Azevedo  
Carol Bailey  
Rita Baker  
Shirley Barks  
Joanne Bata  
Paul Bata  
Faith Beaupre  
Jim Beebe  
Vicky Beebe  
Diane Bonczynski  
Joyce Borton  
Richard Borton  
Rebecca Bowers  
John Bradke  
Linda Brossman  
Judy Brown  
Marie Bruegmann  
Frank Butts  
Marsha Butts  
Becky Caldwell  
Linda Campbell  
Robert Campbell  
Lonnie Carlisle  
Ginger Carlisle  
Michael Casey  
Anne Colgan  
Joe Colgan  
Keryl Conkright  
Judy Coon  
Jeff Corey  
Dan Dahmen  
Max Davis  
Floyd Deahl  
Kay Diehl  
Sue Decker

Carol Dierickx  
Jeff Downing  
Laura Drake  
David Dunlap  
Sue Dunlap  
Robin Emenaker  
Larry Emrick  
Anna Eubank  
Marilu Franks  
Elizabeth French  
Mary Geminder  
Barb Green  
Joyce Greenwood  
Cheryl Groner  
Floyd Groner  
Jim Grubbs  
Melody Grubbs  
Shirley Guilford  
Joyce Hamilton  
Janet Hamilton-Merckx  
Brooke Hari  
Marcus Hari  
Debbie Hartman  
Kimberly Hartman  
Mable Hartman  
Kim Hedges  
Mary Hedges  
Sue Heinrich  
Jim Hershberger  
Marshall Higginbotham  
Jason Hill  
Deborah Howes  
Richard Howes  
Mary Jones  
Linda Keeler  
Mike Klute  
Gwendolyn Klyce

Penny Knepple  
Stephanie Knepple  
Virginia Kraft  
David Kring  
Luci Lafontant-Lee  
Marcia Lofts  
Ronald Lofts  
Sharon Macdonald  
Richard Macleod  
Frank Maley  
Carol Manning  
Elaine McKeough  
Kathleen McMahon  
Dolores McNeary  
Cindra Mikel  
Delores Minisee  
Barb Monroe  
Pamela Moore  
Carl Moraw  
Nancy Pallas  
Diane Palmer  
Susan Parker  
Karen Pellow  
Phyllis Peterson  
Michael Peterson  
Ray Phillips  
George Purlee  
Jannette Rafferty  
Sandra Randle  
Carol Rauch  
Jennifer Ray  
Terry Ray  
Joyce Rentfrow  
Melvin Reynolds  
Helga Richards  
John Seculoff  
Fred Shank  
Nicolette Shea  
Erma Skipper

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

Volunteers listed are for the month of February, during which we had 145 active volunteers who contributed 1009 hours of work. This would be equal to more than 6 full time staff positions.





## Mardi Gras



# Healthy Habits, Healthy You

by TAYLOR LEE  
Certified COA Fitness Trainer

Making healthy choices is important. Healthy choices can make us feel better and can help us to live longer, healthier lives. Even when it's for our benefit, change isn't always easy, and it can be frustrating to experience setbacks when we're trying to make healthier choices.

Here are some tips to help us get and stay on track.

- **Make a Plan** - Identify unhealthy habits you may have and set realistic goals. Small consistent efforts will take you further than sporadic bursts of intense effort, so small reachable goals are best. If possible remove temptations and recruit family and friends as support.
- **Track Your Progress** - Write down your goals and record

your progress. This can help you stay focused and catch any slip ups. When slip ups occur, learn from them and think of helpful strategies to avoid them in the future.

- **Be Patient** - Change is a process and improvement takes time. Reflect on future benefits to keep you motivated. Remember, progress is better than perfection. Slip ups happen, but it's important to learn from them and keep going.

Striving to improve ourselves is a worthwhile endeavor, and being mindful of our daily habits is the key. For the month of April both COA locations are going to hold a fitness challenge centered around this notion. Each participant will keep track of up to 5 healthy habits they'd like to implement for 30 days from their start date. Those who actively participate in the challenge and have an active

To get the results you want, you don't have to be extreme, just consistent. A little progress each day adds up.



fitness center membership for the majority of the 30 days will win a t-shirt. Of course by the end of the challenge, all the healthier habits you will have adopted make for an even better prize. So, why not stop in and take the first step to a healthier you?

## Volunteer Spotlight

Jason Hill has been volunteering for the COA since last fall and has been doing a fantastic job helping out in the kitchen.

Jason is very friendly and eager to learn new skills as well as assist with additional duties. He is always smiling and spreads his positivity to all he works alongside. Good job Jason!



## Employee Spotlight

Katherine Wilson has been part of the COA for almost 2 years and serves as the Café Hostess at Front Street Crossing in Dowagiac. During this time she has floated between the Café and our Chestnut Towers meals site.

Katherine is an animal lover and has 3 animals at her home; a leopard gecko, a spotted python, and a dog.

Outside of work, Katherine enjoys learning about astronomy and watching all the constellations.

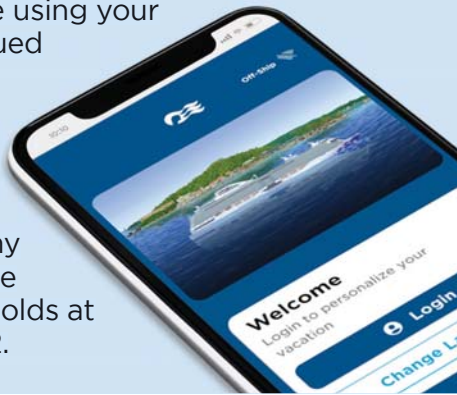




# Alaska Cruise Medallion App Workshops

If you need help or have questions about setting up the Medallion App for the Alaska Cruise then you will want to join us on Friday, April 14 at 1 p.m. or Saturday, April 15 at 10 a.m. for these informative workshops all about the app.

Please bring your passport, emergency contact information, and a credit card. All of these are required to get you ready to sail. If you are using your government issued ID and a birth certificate, you will need to bring those instead of a passport. For any questions, please call Melvin Reynolds at (330) 708-0592.



## Cass County Household Hazardous Waste & Tire Collection



You may have started or are about to begin your annual spring cleaning routine. As you cleanse your home of those old or no longer need items, you may be asking yourself what to do with the items that cannot go in your regular trash.

On Wednesday, April 26 from 3 to 6 p.m. the Cass County Road Commission (340 N. O'Keefe St., Cassopolis) will be accepting all your hazardous waste and used passenger tires. Those wishing to get rid of hazardous waste may drop off up to 300 pounds per vehicle for free. Any amount over that will be charged \$1.74 per pound. Electronics, appliances, metal items, and anything steel will be accepted at no charge.

Some of the approved items include household chemicals, batteries, gasoline and diesel fuel, car fluids, oil based paints, varnishes and stains, garden chemicals, radioactive materials, pool chemicals, and much, much more. Please note that latex paint is not hazardous and may be discarded with your regular trash by opening the can and letting it dry out.

Items that will not be accepted include major appliances like refrigerators and washing machines, air conditioners, dehumidifiers, fireworks, used motor oil, fire extinguishers, ammunition, biohazards, and propane tanks larger than 20 pounds.

People may also drop off used tires from cars and pickup trucks at no cost with proof of Cass County residence. The road commission will continue to accept tires until 6 p.m. or until two trailers are loaded. Sorry, no semi or tractor tires will be permitted.

Any old or worn flags may be dropped off to be disposed of properly with a ceremony by the VFW.

No appointment is necessary for this event that is sponsored by the Cass County Board of Commissioners. For any additional information or questions, please contact the Cass County Administrator's Office at (269) 445-4420.

## 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.





# PARKINSON'S POWER PUNCHERS







## Upcoming Bus Trips

### FREIDRICK MEIJER GARDENS & SCULPTURE PARK

Tuesday, May 23

Get a chance to explore one of the nation's most significant sculpture and botanic experiences as you wander over 150 acres of striking gardens with fine art. Also wind throughout the property on a guided tram tour.

Trip includes non-wheelchair accessible transportation, admission into the gardens, guided tram tour, and all taxes and gratuity. *(Lunch is NOT included but available for purchase.)*

Bus Leaves: 8 a.m.

Bus Returns: 6 p.m. *(approx. time)*

Cost: \$85 *(Nonrefundable)*

**Register by May 9**

### SOUTH BEND CUBS

Thursday, July 6

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

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

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

Bus Leaves: 5 p.m.

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

Cost: \$70

**Register by June 22**

## 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.

# APRIL 2023

# Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Front Street Crossing</b>  Monday - Friday 7 am - 4 pm  227 S. Front St. Dowagiac, MI					1
<b>All Programs / Events REQUIRE Registration</b>					
3	4	5	6	7	8
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Hearing Clinic 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot  Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	11:30 am Easter Dinner 1:30 pm Euchre  Off Site Marcellus Moves (8:30 am)	<b>CLOSED for Good Friday</b>	<b>CLOSED in honor of Easter</b>
10	11	12	13	14	15
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot 1:00 pm Hollywood Treasures (Movie)  Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 10:00 am Spill the Beans 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre  Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	
17	18	19	20	21	22
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot  Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre  Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	
24	25	26	27	28	29
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot  Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre  Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lowe Center</b> Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7:30 am - 12 pm 60525 Decatur Rd. Cassopolis, MI <b>All Programs / Events                      REQUIRE Registration</b>	 <b>Breakfast Buffet</b> <b>April 12 &amp; 28</b> <b>7:30 - 9 am</b> Cost: \$5				9:00 am Yoga
<b>3</b> 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:00 pm Savvy Caregiver Class	<b>4</b> 9:00 am S.E.A.T./Stretch 9:30 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:00 pm Book Club 1:00 pm Stroke Support 1:00 pm Visual Arts Class 1:30 pm Euchre 3:00 pm Line Dance	<b>5</b> 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	<b>6</b> 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Drug Drop 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 11:30 am Easter Dinner 12:30 pm Ceramics 1:00 pm Diabetes PATH 2:30 pm Woodcarvers Off Site Shopping	<b>7</b> <b>CLOSED for Good Friday</b>	<b>8</b> <b>CLOSED in honor of Easter</b>
<b>10</b> 9:00 am Foot Clinic 9:00 am Yoga 12:00 pm Color Your World (Watercolor) 1:00 pm Hollywood Treasures (Movie) 1:00 pm Mah Jongg 1:00 pm Savvy Caregiver Class	<b>11</b> 9:00 am Hearing 9:00 am S.E.A.T. 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch 1:00 pm Parkinson's Support Group 1:00 pm Visual Arts Class 1:30 pm Euchre 3:00 pm Line Dance Off Site Museum of Science & Industry (8:00 am)	<b>12</b> 7:30 am Breakfast Buffet 1:00 pm Caregivers Support Group 1:00 pm Nutrition Class 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	<b>13</b> 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:30 pm Ceramics 1:00 pm Diabetes PATH	<b>14</b> 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Alaska Cruise Medallion App Workshop 1:00 pm Hand & Foot 1:15 pm Bingo 1:00 pm Grief Support Group 1:30 pm Fit 30	<b>15</b> 9:00 am Yoga 10:00 am Alaska Cruise Medallion App Workshop
<b>17</b> 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:00 pm Savvy Caregiver Class	<b>18</b> 9:00 am S.E.A.T./Stretch 9:30 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 12:00 pm Conservation Conversations 1:00 pm MS Support Group 1:00 pm Visual Arts Class 1:30 pm Euchre 3:00 pm Line Dance	<b>19</b> 1:00 pm Nutrition Class 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	<b>20</b> 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:30 pm Ceramics 1:00 pm Diabetes PATH 1:00 pm This Lit Is Your Lit 2:30 pm Woodcarvers	<b>21</b> 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	<b>22</b> 9:00 am Yoga
<b>24</b> 9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg 1:00 pm Savvy Caregiver Class	<b>25</b> 9:00 am Hearing Clinic 9:00 am S.E.A.T./Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:00 pm Visual Arts Class 1:30 pm Euchre 3:00 pm Line Dance	<b>26</b> 1:00 pm Nutrition Class 1:00 pm Pinochle 4:00 pm Annual Meeting & Volunteer Recognition Dinner	<b>27</b> 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:30 pm Ceramics 1:00 pm Diabetes PATH 1:00 pm This Lit Is Your Lit	<b>28</b> 7:30 am Breakfast Buffet 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	<b>29</b> 9:00 am Yoga

## PROGRAM INFORMATION

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

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

**Online:** [CassCOA.org](http://CassCOA.org)

## ARTS & ENTERTAINMENT

### LC CERAMICS MADE EASY

**FSC** Cost: FREE

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

Ceramics is now every Friday in Dowagiac. Be sure to check it out.

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

#### Lowe Center

Thursdays  
12:30 - 2:30 pm

#### Front Street Crossing

Fridays  
12:30 - 2:30 pm

### LC 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.



April's watercolor is "Fancy Foal."

Instructor: Roy Hruska

#### Lowe Center

Monday, Apr. 10  
12 - 3 pm

### LC FRUIT BELT WOODCARVERS

All types of wood crafters are welcome. The group loves to share their knowledge. Those new to the craft are welcome.

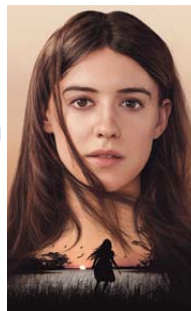
#### Lowe Center

Thursdays, Apr. 6 & 20  
2:30 - 5 pm

### LC HOLLYWOOD TREASURES (Movie)

April's feature is  
***Where the Crawdads Sing***

An abandoned girl raised herself in the dangerous marshlands of North Carolina. When one of the young men from town is discovered dead, this mysterious marsh girl suddenly becomes the main suspect. As the case unfolds, the many secrets that lay within the marsh soon become threatened.



Starring Daisy Edgar-Jones, Taylor John Smith & Harris Dickinson

Free movie, individual bag of popcorn, and water.

#### Lowe Center

Monday, Apr. 10  
1 pm

#### Front Street Crossing

Tuesday, Apr. 11  
1 pm



### LC KNITTING & CROCHETING

This wonderful and social group creates lots of things from yarn, and they donate many items to local charities. They will also teach newcomers. Yarn donations are welcome.

#### Lowe Center

Fridays  
9 am - 12 pm

### LC VISUAL ARTS CLASS

Cost: \$15 (Per Class)

Please bring a pencil and paper. A supply list will be 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 with both water based and acrylic paints in this ongoing class.

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

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

Instructor: Sharron Ott

#### Lowe Center

Tuesdays  
1 - 3 pm

**LC**  
Lowe Center

**FSC**  
Front Street Crossing

**N**  
In Your Neighborhood

  
Online / Zoom



## LC QUILTING

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

### Lowe Center

Mondays, Apr. 3 & 17  
10 am - 4 pm

## COMPUTERS & TECHNOLOGY



## LC COMPUTER USE

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

### Lowe Center

Mondays - Fridays  
8 am - 5 pm

### Front Street Crossing

Mondays - Fridays  
8 am - 4 pm

## FITNESS & EXERCISE

## LC FITNESS CENTER

**FSC** The Cass County COA offers two great fitness center options close to home. Each center offers a variety of cardiovascular fitness machines, weight training equipment, as well as qualified instructors who can help you achieve and maintain your goals.

### Lowe Center

Mondays - Thursdays  
7 am - 7 pm

Fridays  
7 am - 4 pm

Saturdays  
7:30 am - 12 pm

### Front Street Crossing

Mondays - Fridays  
7 am - 4 pm

### Membership Prices

<b>1 year</b>	\$140 (60+) \$165
<b>3 months</b>	\$55 (60+) \$65
<b>1 month</b>	\$35 (60+) \$45
<b>Walk-in</b>	\$5



COA is a **SilverSneaker & Renew Active** location

### Class Prices

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

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

## LC BALANCE, STRETCH, AND STABILITY

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

**Registration is required**

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

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

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

### Lowe Center & Online / Zoom

Tuesdays & Thursdays  
11 - 11:45 am

### Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays  
9 - 9:45 am

## FSC BRAIN & BODY

Cost: FREE

Don't miss your chance to revitalize your mind and body with this 30 minute fitness experience that will help keep your mind and body connected to maximize your everyday living experience.

Instructor: Ky'sha Johnson

### Front Street Crossing

Tuesdays & Thursdays  
1 - 1:30 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

**LC**  
Lowe Center

**FSC**  
Front Street Crossing

**N**  
In Your Neighborhood

**PS**  
Online / Zoom

## FITNESS & EXERCISE

### **FSC** **CARDIO CHALLENGE** **PS** Cost: \$25 (Monthly) **Registration is required**

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

Instructor: Ky'sha Johnson

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

**Front Street Crossing & Online / Zoom**  
Mondays, Wednesdays, Fridays  
8 - 8:45 am

### **LC** **FIT 30**

Cost: Free

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

Instructor: Taylor Lee

**Lowe Center**  
Wednesdays & Fridays  
1:30 - 2 pm

### **LC** **LINE DANCE**

Cost: FREE

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

Instructor: Fran Yeager

**Lowe Center**  
Tuesdays  
3 pm

### **N** **MARCELLUS MOVES**

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

**Registration is required**

This class brings the Cass County COA to Marcellus to provide a workout closer to home with a variety of cardio activities combined with balance and strength moves.

Instructor: Rosemary Gillam

#### **In Your Neighborhood**

United Methodist Church  
197 W. Main St.  
Marcellus, MI  
Tuesdays & Thursdays  
8:30 - 9:15 am



### **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

### **FSC** **RANGE OF MOTION & MOBILITY CLASS**

Cost: \$25 (Monthly)  
**Registration is required**

Formerly the S.E.A.T. Class, this class is designed for those with limited functional mobility and range of motion. Movements can be done in a seated position or by holding on to a chair/rail for support. Focus is on functional exercises to improve & maintain activities of everyday living.

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  
10 - 10:45 am

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

Cost: \$20 (Monthly)  
**Registration is required**

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

Instructor: Taylor Lee

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

**Lowe Center & Online / Zoom**  
Tuesdays & Thursdays  
9 - 9:45 am



## LC STRONG & STABLE



Cost: \$20 (Monthly)

Registration is required

Take your balance and stability to the next level with this challenging yet low impact class. Exercises will include hand weights, body weight, and kettlebells to focus on developing strength and stability.

Instructor: Taylor Lee

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

### Lowe Center & Online / Zoom

Tuesdays & Thursdays  
10 - 10:45 am

## FSC TAI CHI



Cost: \$25 (Monthly)

Registration is required

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

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

Instructor: Glenda Gibson

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

### Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays  
11 am - 12 pm

## LC YOGA



Cost: \$8 (Per Class)

Registration is required

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



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

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

### Lowe Center & Online / Zoom

Mondays  
9 - 10:15 am

Thursdays  
9 - 10:15 am

Saturdays  
9 - 10:15 am

## JUST FOR FUN

## LC BINGO



Cost: \$1.25 (LC)

\$2.25 (FSC)

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

If a program is scheduled, Bingo will follow afterward.

### Lowe Center

Wednesday & Fridays  
1:15 pm

### Front Street Crossing

Mondays & Wednesdays  
12:45 pm

## LC CHESS



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

### Lowe 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.

### Lowe Center

Tuesdays  
1:30 pm

### Front Street Crossing

Thursdays  
1:30 pm

## FSC FSC MUSICIANS

Do you enjoy playing a musical instrument? Why not join other music enthusiasts and jam with the FSC Musicians.

### Front Street Crossing

Fridays  
11 am

# What's Happening at the COA

### Lowe Center

60525  
Decatur Rd.  
Cassopolis, MI

Mon. - Thurs.  
7 am - 7 pm

Fri.  
7 am - 4 pm

Sat.  
7:30 am - 12 pm

### Front Street Crossing

227  
S. Front St.  
Dowagiac, MI

Mon. - Fri.  
7 am - 4 pm

## JUST FOR FUN

### LC HAND & FOOT

**FSC** If you enjoy the rummy type game of Canasta, then be sure to come and play this easier popular variation called Hand & Foot.

#### Lowe Center

Fridays

1 - 4 pm

#### Front Street Crossing

Tuesdays

1 - 4 pm

### LC LAWLESS JAM SESSION

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

Even if you don't play an instrument, stop by, listen, and suggest a song or two.

#### Lowe Center

Wednesdays

5 - 6:30 pm

### LC MAH JONGG

Join the fun that originated in China with this fascinating rummy-like game that uses tiles rather than cards.

#### Lowe Center

Mondays

1 - 4 pm

### LC PINOCHLE

**FSC** Enjoy this trick-taking card game while making friends.

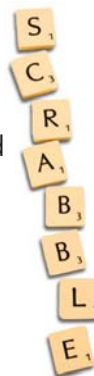
#### Lowe Center

Wednesdays

1 - 3 pm

### FSC SCRABBLE

Spell out your own F-U-N as you enjoy this crossword style board game. Win or lose, you'll have a good time, but don't take our word for it; you'll have to make your own.



#### Front Street Crossing

Wednesdays

10 am

### LC SING-A-LONG

Join volunteer leaders George Purlee & Jannette Rafferty for a musical journey down memory lane.



#### Lowe Center

Fridays

10:30 am - 12 pm

## LISTEN & LEARN

### FSC ACOUSTIC GUITAR LESSONS

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

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

Instructor: Max Davis

#### Front Street Crossing

Fridays

10 - 11 am



### LC CONSERVATION CONVERSATIONS

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

Presenter: Cass County Conservation District

#### Lowe Center

Tuesday, Apr. 18

12 - 1 pm

LC  
Lowe Center

FSC  
Front Street Crossing

N  
In Your Neighborhood

Online / Zoom



## LC NUTRITION CLASS

Registration is required

Are you interested in learning how to eat better?



Join us for a 6-week nutrition program that can help you lead a healthier lifestyle. Learn valuable knowledge about all five food groups, label reading, and portion size in this SNAP Ed Nutrition Program.

**Instructor:** Nora Lee,  
Cass County  
MSU Extension's  
Community  
Nutrition Associate

### Lowe Center

Wednesdays,  
Apr. 12 - May 17  
1 - 2:30 pm

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

Join us in getting to know the Gay Nineties (1890s, that is!) through the books, stories, songs, and more of the last decades of the 19th century. We'll not only discuss the American culture and history that got writers going, but we'll also see how those writers influenced our country's history.



**Instructor:** Elaine McKeough

### Lowe Center

Thursdays,  
Apr. 20 - May 25  
1 - 3 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.

#### Lowe Center

Wednesday, Apr. 12  
1 - 3 pm



### LC DIABETES PATH

Registration is required

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

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

#### Lowe Center

Thursdays,  
Apr. 6 - May 11  
1 - 3:30 pm

### LC DIABETES SUPPORT GROUP

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

#### Lowe Center

Friday, May 5  
1 - 3 pm  
*No April Support Group*



### LC DRUG DROP

All medications **MUST** be removed from original containers and dumped in a sealed clear plastic bag.

Turn in expired or unwanted pills, capsules, and tablet medications for proper disposal.

Drugs can be dropped off at the Cass County Sheriff's Office at any time.

**Please note, no liquids, inhalers or needles can be taken. Drugs are only accepted at the COA during special date and time.**

#### Lowe Center

Thursday, Apr. 6  
10 am - 12 pm

### LC FOOT CLINIC

Cost: \$20  
**Appointment ONLY**

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

#### Lowe Center

Mondays, Apr. 10 & 24  
Call for Times

What's Happening  
at the COA

#### Lowe Center

60525  
Decatur Rd.  
Cassopolis, MI

Mon. - Thurs.  
7 am - 7 pm

Fri.  
7 am - 4 pm

Sat.  
7:30 am - 12 pm

#### Front Street Crossing

227  
S. Front St.  
Dowagiac, MI

Mon. - Fri.  
7 am - 4 pm

## SERVICES & SUPPORT

### LC GRIEF SUPPORT GROUP

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

#### Lowe Center

Friday, Apr. 14 *(Date Change)*  
1 - 3 pm



### LC HEARING CLINIC

#### FSC Appointment ONLY

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

#### Lowe Center

Tuesdays, Apr. 11 & 25  
9 am - 4 pm

#### Front Street Crossing

Tuesday, Apr. 4  
9 am - 4 pm

### LC MS SUPPORT GROUP

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

#### Lowe Center

Tuesday, Apr. 18  
1 - 3 pm

### LC PARKINSON'S SUPPORT GROUP

Parkinson's disease is a complex condition that affects every aspect of life for those diagnosed with it. This group provides support from others who are affected by the disease.

#### Lowe Center

Tuesday, Apr. 11  
1 - 3 pm

### LC SAVVY CAREGIVER CLASS

Registration is required by calling (269) 982-7731

This 6-week class, supported by Region IV Area Agency on Aging, is

for caregivers of people with memory loss. Learn valuable information on how to care for your loved one as well as for yourself as the caregiver.



#### Lowe Center

Mondays, Mar. 20 - Apr. 24  
1 - 3 pm

### LC STROKE SUPPORT GROUP

Both people living with stroke and their loved ones are welcome to attend this support group to share support and learning opportunities.

#### Lowe Center

Tuesday, Apr. 4  
1 - 3 pm

### N SHOPPING

Cost: \$5

**Reservations ONLY**

Transit provides transportation to the bank, Shelton's Farm Market, and Super Walmart in Niles.



The Cass County COA will sign you up for the first trip and Cass County Transit will handle any further trips.

Reservations are required at least three days before the trip and due to less seating, will be on a first reserve basis. Transit will space out passengers to allow for social distancing. Masks MUST be worn.

#### In Your Neighborhood

Thursday, Apr. 6

### N VETERANS AFFAIRS

**Appointment required**

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

Contact: Karee Krause, Veterans Service Officer

Phone: 269-445-4472

LC  
Lowe Center

FSC  
Front Street Crossing

N  
In Your Neighborhood

Online / Zoom



## SOCIAL SESSIONS

### LC READ & SHARE BOOK CLUB

Registration is required

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

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



#### April's Discussion Book

*The Catcher in the Rye* by J. D. Salinger

#### May's Discussion Book

*From Scratch* by Tembi Locke

Leader: Gina Simoni,  
Dowagiac District Library

#### Lowe Center

Tuesday, Apr. 4  
1 - 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, Apr. 4 & 18  
9:30 am - 12 pm

### FSC SPILL THE BEANS

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

#### April's Bean Spiller

Discover more about the Orphan Train and its journey across the U.S. from Steve Arseneau, Director at Dowagiac Area History Museum

#### May's Bean Spiller

Alice Swann,  
Professional  
Handcrafted  
Doll Maker

#### Front Street Crossing

Wednesday, Apr. 12  
10 am

## SPECIAL EVENTS

### LC ANNUAL MEETING & VOLUNTEER RECOGNITION DINNER

Invitation ONLY  
Registration is required

Volunteers who have given 10 or more hours of their time between October 2021 - September 2022 will receive an invite to the meeting and dinner. If you do not receive an invitation by April 19 and think that you did volunteer at least 10 hours during those times, please contact Danielle at the COA.



#### Lowe Center

Wednesday, Apr. 26  
4 - 6 pm



### LC EASTER DINNER

FSC Cost: Regular Rates Apply  
Registration is required  
prior to the event

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

#### Lowe Center

Thursday, Apr. 6  
11:30 am - 1:30 pm (Dine-In)

#### Front Street Crossing

Thursday, Apr. 6  
11:30 am - 1:30 pm (Dine-In)



### LC MUSEUM OF SCIENCE AND INDUSTRY

Cost: \$90  
Registration is required

Travel back in time to the city forever preserved in the temporary exhibit of Pompeii: The Exhibition. Then finish the day exploring one of the largest science museums in the world.

Trip includes non-wheelchair accessible transportation, admission into the Pompeii exhibit, entrance into museum, and all taxes and gratuity. Lunch is NOT included but is available for purchase.

#### Lowe Center & In Your Neighborhood

Tuesday, Apr. 11  
8 am (Bus Departure)  
8 pm (Approx. Bus Return)

What's Happening  
at the COA

Lowe Center  
60525  
Decatur Rd.  
Cassopolis, MI

Mon. - Thurs.  
7 am - 7 pm

Fri.  
7 am - 4 pm

Sat.  
7:30 am - 12 pm

Front Street  
Crossing

227  
S. Front St.  
Dowagiac, MI

Mon. - Fri.  
7 am - 4 pm

# Donations & Support

*Includes donations received between  
February 11 – March 10, 2023.*

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

## **Annual Campaign**

Craig Alton  
Ottis Bowe  
Marlene Deming  
Dowagiac Credit Union  
George Gearhart  
Donald Krause  
Elaine McKeough  
Janet Parrish  
Harold Yeomans

## **Assistance Program**

Eugene Bella  
Stephen Bella  
Cheryl Buggy

## **Assistance Program (cont.)**

Lynn Dittmer  
Floyd Groner  
Karen Tolliver

## **Greatest Need**

Linda Frisbie  
Herman Lawson  
McCormick & Company Inc.  
Flena Rubalcaba

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

Amberson Huff  
Eva Jenkins  
Georgina Karnes  
Morris Redding  
Howard Smuda  
Joyce Smuda  
Michael Sutherland  
JoAnne Wood

## **In Memory of Darlene Toney**

Dutch and Pat Hunsberger

## **Seniors in Cass County Need Your Support**

Your gift is extremely important, particularly in today's climate, because it offers immediate resources that are directed to the current needs of local seniors like Meals on Wheels, In Home Care, Adult Day Service and the Handy Helpers program that builds wheelchair accessible ramps for Cass County seniors at no cost. Your donation

is helping to make our community's seniors happier and healthier. Right here. Right now.

Please consider making a gift today.

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

## **Shredding Day**

**Monday, May 15  
9 – 10 a.m.**

COA Lowe Center Parking Lot  
**Cost: \$5 per car**



CASS COUNTY  
MedicalCare Facility

**269-445-3801**

23770 Hospital St.  
Cassopolis, MI 49031

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

CASS COUNTY  
MedicalCare Facility

**OUTPATIENT THERAPY SERVICES**

**NOW ACCEPTING  
NEW PATIENTS!**

Call Rie or Matt for information  
or an appointment

**269-445-3801**



# APRIL 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LOCATIONS &amp; HOURS</b> <b>Lowe Center Hours (LC)</b> Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (Apr. 12 & 28) <b>Chestnut Towers Apartments</b> Meals* served daily by reservation only - call the COA for more information.		<b>Daily Soup Menu</b> <i>at the Lowe Center</i> Monday <b>Loaded Potato</b> Tuesday <b>Broccoli Cheese</b> Wednesday <b>Chili</b> Thursday <b>Steak &amp; Ale Chowder</b> Friday <b>Clam Chowder</b>		
<b>3</b> <b>Main Entrée*</b> Orange Chicken White Rice Oriental Vegetables Wheat Bread Fortune Cookie <b>Café Entrée</b> Grilled Cheese <b>Café Fresh Salad</b> Cranberry Chicken Salad	<b>4</b> <b>Main Entrée*</b> Cheeseburger on a Bun Rosemary Roasted Redskins Corn Peaches <b>Café Entrée</b> Walking Tacos <b>Café Fresh Salad</b> Cottage Cheese w/ Fruit	<b>5</b> <b>Main Entrée*</b> Herbed Pork Loin Redskin Mashed Potatoes Green Beans Wheat Roll Jello <b>Café Entrée</b> Grilled Chicken Sandwich <b>Café Fresh Salad</b> Antipasto Salad	<b>Easter Dinner</b> <b>6</b> <b>Main Entrée*</b> Baked Ham w/ Pineapple Sweet Potatoes Brussels Sprouts Wheat Bread Dutch Apple Pie <b>Café Entrée</b> No Café Entrée <b>Café Fresh Salad</b> No Café Salad	<b>7</b> <b>CLOSED</b> for <b>Good Friday</b>
<b>Dyngus Day</b> <b>10</b> <b>Main Entrée*</b> Polish Sausage w/ Sauerkraut Tater Tots Peas & Carrots Pudding <b>Café Entrée</b> Loaded Mac & Cheese <b>Café Fresh Salad</b> Cobb Salad	<b>11</b> <b>Main Entrée*</b> Roast Beef Mashed Potatoes w/ Gravy Broccoli Wheat Bread Pears <b>Café Entrée</b> Big Poppa Burger <b>Café Fresh Salad</b> Turkey Craisin Salad	<b>Hot Breakfast (LC)</b> <b>12</b> <b>Main Entrée*</b> Pork Chop Supreme Maple Roasted Sweet Potatoes Green Beans w/ Mushrooms Wheat Roll Banana <b>Café Entrée</b> Fish Sandwich <b>Café Fresh Salad</b> Fruit Salad	<b>13</b> <b>Main Entrée*</b> Chicken Lasagna Stewed Tomatoes Garlic Toast Fruit Brownie <b>Café Entrée</b> Grilled Ham & Cheese <b>Café Fresh Salad</b> COA Salad	<b>14</b> <b>Main Entrée*</b> Dilled Salmon Baked Potato California Blend Vegetables Fruit Cocktail <b>Café Entrée</b> Chili Dog <b>Café Fresh Salad</b> Mini Chef Salad
<b>17</b> <b>Main Entrée*</b> Sweet & Sour Chicken Fried Rice Stir-Fry Vegetables Wheat Roll Fortune Cookie <b>Café Entrée</b> Hot Turkey Sandwich <b>Café Fresh Salad</b> Beef Taco Salad	<b>18</b> <b>Main Entrée*</b> Philly Cheesesteak on a Bun Roasted Redskins Peas Mandarin Oranges <b>Café Entrée</b> Pulled Pork Sliders (2) <b>Café Fresh Salad</b> Salad Trio	<b>19</b> <b>Main Entrée*</b> Pork Chile Verde Rice Corn & Black Beans Tortilla Fruit / Cookie <b>Café Entrée</b> French Dip <b>Café Fresh Salad</b> Buffalo Chicken Salad	<b>20</b> <b>Main Entrée*</b> Baked Spaghetti Italian Blend Vegetables Garlic Breadstick Tropical Fruit <b>Café Entrée</b> Snoop Dogg's Mac & Cheese <b>Café Fresh Salad</b> BLT Salad	<b>21</b> <b>Main Entrée*</b> Beer Battered Cod Rice Pilaf Lemon Pepper Broccoli Wheat Bread Banana Cake <b>Café Entrée</b> Popcorn Chicken <b>Café Fresh Salad</b> Tuna Salad
<b>24</b> <b>Main Entrée*</b> Grilled Chicken Sandwich on a Bun Baked Beans Corn on the Cob Jello <b>Café Entrée</b> Flatbread Pizza <b>Café Fresh Salad</b> Cranberry Chicken Salad	<b>25</b> <b>Main Entrée*</b> Beef Stew Mashed Potatoes w/ Gravy Stew Vegetables Wheat Roll Applesauce <b>Café Entrée</b> Chicken & Waffles <b>Café Fresh Salad</b> Mediterranean Salad	<b>LC CLOSED / FSC OPEN</b> <b>26</b> <b>Main Entrée*</b> Pulled Pork Sandwich Green Beans Potato Salad Yogurt <b>Café Entrée</b> No Café Entrée <b>Café Fresh Salad</b> No Café Salad	<b>27</b> <b>Main Entrée*</b> Lasagna Green Beans Italian Breadstick Fruit Chocolate Cake <b>Café Entrée</b> Hot Beef Sandwich <b>Café Fresh Salad</b> Cobb Salad	<b>Hot Breakfast (LC)</b> <b>28</b> <b>Main Entrée*</b> Parmesan Crusted Tilapia Mashed Redskins Scandinavian Vegetables Wheat Roll Pineapple <b>Café Entrée</b> Chicken Tacos <b>Café Fresh Salad</b> Cottage Cheese w/ Fruit

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

# Easter Dinner

Thursday,  
**APRIL 6**

*Lowe Center & Front Street Crossing*

**11:30 a.m. ~ 1:30 p.m.**

*Regular rates apply*

Registration is **REQUIRED**  
by **APRIL 1**  
by calling (269) 445-8110