

August 2023

The Messenger



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notify a COA staff member.



A Day to Honor

by SHELLY PURUCKER
Operations Assistant

You've probably heard the phrase "you need to respect your elders" many times. What day could be more perfect to do that on than National Senior Citizens Day, which just so happens to be coming up on August 21.

Of course this day wasn't always around. It wasn't until 1988 when President Ronald Reagan took the initiative to honor seniors by signing a proclamation stating "Throughout our history, older people have achieved much for our families, our communities, and our country." He goes on saying, "We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."

Being that the COA has been around for over 50 years now, we recognize the importance seniors have both in our community and to the world. This is why we offer such a wide variety of programs and services such as care based services like home care, ADS, medical transportation, etc., meals both dine-in and home delivered, fitness facilities and classes, various programs and educational classes, and let's not forget all the fun classes and activities.



Seniors

Today, seniors are still active in their communities as well as continuing to have a strong presence in the workforce. With the many improvements in healthcare over the years, people are living longer, healthier lives. According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.

For this very reason, it is important that the COA and other places like us thrive and continue to grow. One way this is made possible is through the use of our many wonderful senior volunteers who are setting an example for younger generations. As needs exist, older people are making their presence felt both for the good of others and for their own.

At the COA, we absolutely love our seniors and thank you all for what you have achieved and will do to help our future.

Cover Image

Front Street Coordinator and Fitness Instructor Ky'sha Johnson (front) keeps the Walking Club (left to right: Kathy Ragland, Jo Krizinski, Marcia Hart, Dennis Snook, & Linda Sims) on pace as they make their way throughout Dowagiac. If you are interested in this club or the many other fitness options the COA offers, be sure to check out pages 12 - 22.

Cass County COA Staff Contacts

CEO

Marty Heirty

Adult Day Service

Laura Jepkema

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Handy Helpers /

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Cindy Ledger, RN

Charitable Giving

Kelli Casey

Food Service

Michael Garcia

Front Street Crossing

Ky'sha Johnson

Human Resources /

Volunteers

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Leisure Activities /

Fitness /

Facilities Rental

Kelli Casey

Lifelong Learning

Patty Gremaux

Meals on Wheels /

In-Home Care /

Medicare Medicaid

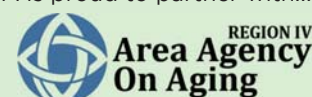
Assistance

Adrienne Glover

Operations

Danielle Dilts

The COA is proud to partner with...



A Breath of Fresh Air

by KY'SHA JOHNSON
Certified COA Fitness Trainer

Want to improve your mood? Did you know that plants just might be the answer? Multiple studies have proven that plants keep you happier and healthier by offering both psychological and physical health benefits. Some of these include reduced fatigue, lowered stress and anxiety, boosted healing and pain tolerance, improved air quality, and dry skin and respiratory ailments relief. The best part is it is all for free with no exercise required.

So what's the catch? There is no catch. It's as simple as visiting a nice garden, taking a stroll through a park, sitting outside to enjoy nature, gardening, or just chilling with your houseplants.

According to a 16-year study of 2,800 older people in Australia, it discovered that spending time daily with plants can reduce the likelihood of dementia by up to 36%. This surprising figure is comparable to the benefits of physical activity in reducing the risk of cognitive decline. What a great excuse to occasionally bypass the gym for that walk through the garden.

Spending time with plants and gardening also offers great opportunities to make new friends. It is all about sharing experiences and finding common interests, no matter your age. Visiting community gardens or participating in one means you're likely to bump into other gardeners, and it will be easy to strike up conversations as you work together, share tools, and admire each other's progress

and produce. You can also learn a lot from other gardeners, which can be helpful for branching out and trying to grow new things and finding different gardens or greenhouses to visit.

It truly is amazing that plants are able to do such great things like alleviate and reduce the risk of depression, prevent boredom, and encourage continued learning about them. So go out there and enjoy all the wonderful plants or stop by your local greenhouse and pick up your new best friend. Have fun and enjoy!



Volunteer Spotlight

Even though Lucienne "Luci" Lafontant-Lee retired from the COA after 11 years of service, her passion for helping others quickly called her back to volunteer.

With all of her years of experience and knowledge, driving for Meals on Wheels and transporting clients to medical appointments was actually quite an easy transition. Already knowing firsthand the great need the COA has for volunteers, the past 2 years of volunteering several times a week have really made a difference to the COA, herself, and the community.



Employee Spotlight

Noelia "Noel" Rykowski was a Home Care Aide who previously worked for the COA, left for a while, but missed us so much she had to come back. Since her return, she has gradually made her way into a floating position. One day you may find Noel helping out in the café, at Chestnut Towers, over at Front Street Crossing, sitting at the front desk, or answering the phones. Because she enjoys staying busy, you may even walk into a room and see her making it spotless.





Kayak Club



Volunteers

Duane Adams
Ruthann Adams
Joanne Anderson
Candy Azevedo
Carol Bailey
Rita Baker
Roger Baker
Shirley Barks
Joanne Bata
Paul Bata
Faith Beaupre
Linda Brossman
Judy Brown
Susan Bingham
Diane Bonczynski
Joyce Borton
Richard Borton
Jacqueline Bowe
Rebecca Bowers
Camille Briegel
Linda Brossman
Judy Brown
Marie Bruegmann
Thomas Buszek
Frank Butts
Marsha Butts
Becky Caldwell
Linda Campbell
Robert Campbell
Lonnie Carlisle
Ginger Carlisle
Michael Casey
Anne Colgan
Joe Colgan
Keryl Conkright
Sue Cook
Judy Coon
Jeff Corey
Dan Dahmen
Grace Darrow
Max Davis
Floyd Deahl

Kay Diehl
Sue Decker
Carol Dierickx
Jeff Downing
Laura Drake
David Dunlap
Sue Dunlap
Robin Emenaker
Larry Emrick
Anna Eubank
Margo Foreman
Jayne Fox
Elizabeth French
Mary Geminder
Ed Goodman
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
April Kerber

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
Delores Minisee
Carol Modigell
Barb Monroe
Pamela Moore
Carl Moraw
Sharon Ott
Nancy Pallas
Diane Palmer
Susan Parker
Karen Pellow
Phyllis Peterson
Michael Peterson
Ray Phillips
Terry Proctor
George Purlee
Jannette Rafferty
Sandra Randle
Carol Rauch
Jennifer Ray
Terry Ray
Joyce Rentfrow
Melvin Reynolds
Kerstin Rhoades
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
Sam Wooley
Tom Yarger
Fran Yeager
Katherine Yoder
Carol Young
Beverly Youngberg
Richard Zander
Steve Zebell

Volunteers listed are for the month of June, during which we had 153 active volunteers who contributed 1660 hours of work. This would be equal to more than 10 full time staff positions.

Final Alaska Meeting

For those of you counting down the days before you leave on the September 2023 Alaska Cruise, make sure you attend the last Alaska Questions & Answers cruise meeting on Wednesday, August 23 at 1p.m. at the COA Lowe Center. You will be picking up your luggage tags and travel summaries as well as get a chance to ask those last minute questions. Those who are unable to attend will be sent their documents. Also if you are not quite sure what to pack, email Melvin at melvinreynolds@comcast.net for a suggested packing list.

Ice Cream Social

Cassopolis



Q: Are You Ready for Some Trivia?

A: YES!

Is your head full of useless facts and knowledge? Now is your time to shine, or at least have a ton of fun because the COA's Trivia Night is back on Friday, October 13 starting at 6 p.m. at the COA Lowe Center.

Join us and our special guest host, JEOPARDY! winner Jennifer Quail for a night filled with fun, food, cash bar, and of course trivia. Without you, this fantastic night would not be complete.

This entertaining evening is our primary fundraising event for our Handy Helpers program. With your support, we can serve our senior neighbors throughout Cass County by building custom wheelchair accessible ramps and installing both grab bars and handrails at no cost.

Tables for teams of 8 are now available for \$200 as well as sponsorship opportunities.

For more information, please contact Kelli Casey at (269) 445-8110 or KelliC@casscoa.org

HEALTH FAIR

The COA will host its annual Senior Health Fair on Friday, September 8, from 8 to 11 a.m. at the COA Lowe Center in Cassopolis.

This free event includes a healthy breakfast, information booths, and shoulder and neck massages. In addition, various health screenings for older adults will be available at no charge.

* Marked items require appointments.

- Blood Pressure Checks
- Cholesterol Testing*
- COVID-19 Vaccinations*
- Glucose Testing*
- Hearing Screenings
- Oral Cancer Screenings
- Skin Cancer Screenings*
- Teeth & Denture Checks
- Vision Screenings & Glaucoma Testing

Anyone receiving a health screening is encouraged to share results with their primary health providers.

Please call the COA at (269) 445-8110 for more information. Scheduling begins on Monday, August 14.



Now accepting applications.

Community room with fireplace and full kitchen, library, craft and fitness rooms.

Spacious one- and two-bedroom apartments are loaded with every amenity:

- Stunning water and wood views
- Intercom-entry building
- Emergency pull cords
- Elevator
- Professional on-site staff
- Barrier-free apartments available
- Seniors 62 years or older or disabled (regardless of age)
- Rent based on income if qualified - assistance available



Please call (269) 445-3333
TDD (800) 649-3777
for more information.



269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

www.ccmcf.org

CASS COUNTY
MedicalCareFacility


OUTPATIENT THERAPY SERVICES

NOW ACCEPTING
NEW PATIENTS!

Call Rie or Matt for information
or an appointment

269-445-3801

Get Crafty at the COA



Arts and crafts positively affect everyone regardless of age, but they are particularly beneficial for older adults. Creating crafts keeps your brain 'thinking' as you solve problems and explore ideas. Participating in creative activities such as crafting not only stimulates the brain but also improves focus and concentration. In fact, studies have shown that older adults who participate in cultural programs visit the doctor less, require reduced prescription medications, have less risk of falls, and feel happier and more socially connected.

The COA and crafting extraordinaire Judy Brown have partnered to provide two monthly craft classes at our Lowe Center. All supplies will be included in the class, but feel free to bring something from home that may enhance your project.

Be sure to join us each month for Crafty Creations starting in August and Whimsical Gnomes beginning in September. More information can be found every month in the What's Happening section.



Discover Cassopolis History

The Downtown Cassopolis Historical Walking Tour is back! Don't miss out on a chance to tour historic downtown Cassopolis, share stories, learn about the history, explore inside some of the sites, and hear oral history from local residents.

This year you will be given several opportunities to take part in this extremely informative walking tour. The first will be on Friday, September 8 at 10 a.m. and then again later that same day at 12 p.m. Your last chance will be on Friday, September 15 at 10 a.m.

Each walking tour should last no longer than an hour and a half. Due to size limits, registration is required for the tours by calling (269) 445-8110. The starting location will be provided at registration. Sign up today to step back in time to a part of local history.

Don't Pay More, Call the Best Hearing Store!

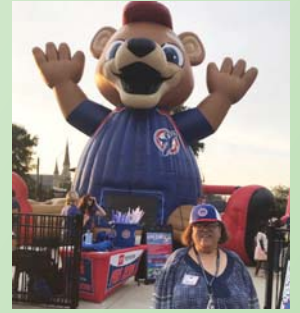
Since 2018, we have provided the best of service with the best Hearing Aid products at the best price available to the public. We love to help people hear better and live their Best lives!



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.

South Bend Cubs Bus Trip



Photos by Patty Gremaux



Walking Club Dowagiac



Donations & Support

*Includes donations received between
June 11 – July 10, 2023.*

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

Annual Campaign

Darlene Cain
Bill Rumsey

Food Service

Phillip Schumacher

Greatest Need

Jimmie Adkins
Tim Bartak
Lawrence Bienick
Meryl Christensen
Steven Cramer
Noami Criswell
Jean Cross
Kimberle Danzy-Yeager
Floyd Deahl
Jeffrey Downing
Terry Foreman
Todd Galloway
Sara Gleason
Bonnie Green
Janet Hagen
Kathleen Hassinger
James Hummell
Sandra Jasiak
Cheryl Kovalak
Sally Krager
Judy Lawrence
Lori Mackey
McCormick & Company Inc.
Sharon McDonald

Greatest Need (cont.)

Kaye McNiff
Karen Meyer
Arthur Middleton
Cindra Mikel
Linda Minnix
Linda Morris
Steve Murphy
Kelley Nickel
Berneda Plummer
Patricia Pusko
Melvin Reynolds
Ted Smucker
Jane Sorn
Charlotte Stoddard
Shelly Tropp
Roseann VanDuren
Sandra Wallace
Dennis Watson
Marsha Wiles
Barb Zinn

Handy Helpers

John Gould
Howard Smuda
T. Westgate
Maxine Wheatley

Meals on Wheels

Cheryl Albright
David Carte
Bonnie Cuthbert

Meals on Wheels (cont.)

Betty Grames
Amberson Huff
St. Ann Catholic Church
Ed Thornburgh

In Memory of Maggie Cripe

Sharon Miller

In Memory of Richard Darr

John Hrycko

In Memory of Tamper Loder

George Purlee
Amy Wagoner

In Memory of Leta Ritter

Mike and Chris Copenhagen
Keith and Diane Osborn
Arlene Peterson
Tim and Laura Schug
Larry and Nancy Wales

In Memory of Ruthanne Smith

Mary Appelt
Donna Coates
Arden and Carolyn Withers
Richard and Jean Withers

In Memory of Floyd Williams

Janice Gray

Seniors in Cass County Need Your Support

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

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

Please consider making a gift today.

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

AUGUST 2023 Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Front Street Crossing Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI	1 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)	2 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	3 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	4 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	5
All Programs / Events REQUIRE Registration					
7 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 9:00 am Smartphone Basics 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	8 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	9 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	10 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	11 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	12
14 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 2:00 pm Congestive Heart Failure Support Group	15 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 10:00 am Diabetes Support Group 1:00 pm Hand & Foot 1:00 pm Silver Screen Cinema (Movie) Off Site Marcellus Moves (8:30 am)	16 Annual Cookout at Cass County Fairgrounds Front Street Crossing CLOSED	17 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	18 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	19
21 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	22 9:00 am Parkinson's Power Punchers 10:00 am Get Your Estate in Order 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	23 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	24 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Parkinson's Support Group 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	25 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	26
28 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	29 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot 1:30 pm Ice Cream Social Off Site Marcellus Moves (8:30 am)	30 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Fraud Watch Basics 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	31 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)		

AUGUST 2023

Lowe Center

Cassopolis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lowe Center Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7:30 am - 12 pm 60525 Decatur Rd. Cassopolis, MI All Programs / Events REQUIRE Registration	9:00 am S.E.A.T./ Stretch 1 9:30 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 11:00 am Mindful Meditation 1:00 pm Book Club 1:00 pm Stroke Support 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	2 9:00 am Walking Club 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	9:00 am S.E.A.T./ Stretch 3 9:00 am Yoga 10:00 am Drug Drop 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics 1:00 pm Story of Your Life 1:00 pm Memoir Class 2:30 pm Woodcarvers Off Site Senior Day at the Fair (9:00 am)	4 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Diabetes Support Group 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	5 9:00 am Yoga
7 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 5:30 pm Savvy Caregiver Class	8 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 11:00 am Mindful Meditation 1:00 pm Parkinson's Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	9 9:00 am Walking Club 10:00 am Crafty Creations 1:00 pm Caregivers Support Group 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	9:00 am S.E.A.T./ Stretch 10 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics 1:00 pm Grief Support Group 1:00 pm Story of Your Life 1:00 pm Memoir Class Off Site Shopping	11 9:00 am Knitting / Crochet 9:00 am Tech Support 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	12 9:00 am Yoga
9:00 am Foot Clinic 9:00 am Yoga 10:00 am Quilting 12:00 pm Color Your World (Watercolor) 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie) 5:30 pm Savvy Caregiver Class Off Site Kayak Club (10:00 am) 14	15 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 11:00 am Mindful Meditation 1:00 pm MS Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	16 Annual Cookout at Cass County Fairgrounds Lowe Center CLOSED	17 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics 2:30 pm Woodcarvers	18 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:00 pm Tech Support 1:15 pm Bingo 1:30 pm Fit 30	19 9:00 am Yoga
21 8:00 am AARP Smart Driver Class 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 5:30 pm Savvy Caregiver Class	22 8:00 am AARP Smart Driver Class 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 1:30 pm Get Your Estate in Order 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	23 9:00 am Walking Club 1:00 pm Alaska Cruise Q&A 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	24 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics	25 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 5:30 pm Food Truck (Concert) 7:00 pm Summer Concert	26 9:00 am Yoga
28 9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg 5:30 pm Savvy Caregiver Class Off Site Kayak Club (10:00 am)	29 9:00 am S.E.A.T./ Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:15 pm Euchre 3:00 pm Line Dance	30 7:30 am Breakfast Buffet 9:00 am Walking Club 11:00 am Dementia Friends 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Sess. Off Site Indiana Dunes State Park Hike & Lake Michigan Shoreline Boat Tour (8:00 am)	31 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics	Breakfast Buffet August 30 7:30 - 9 am Cost: \$5 	

PROGRAM INFORMATION

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

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

Online: CassCOA.org

ARTS & ENTERTAINMENT

LC CERAMICS MADE EASY

FSC Cost: FREE

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

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

Lowe Center

Thursdays
12 - 2 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.

August's watercolor is "Relaxation."

Instructor: Roy Hruska

Lowe Center

Monday, Aug. 14
12 - 3 pm



LC CRAFTY CREATIONS

Cost: \$5

**Registration is required by
August 4.**

Get a chance to make a craft each month in this new crafting class.

This month's featured craft is this cute Little Red Wagon made by you. It's the perfect thing to decorate your table and show off your autumn décor of fall apples, miniature pumpkins, or gourds.

Instructor: Judy Brown

Lowe Center

Wednesday, Aug. 9
10 am

LC FRUIT BELT WOODCARVERS

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

Lowe Center

Thursdays, Aug. 3 & 17
2:30 - 5 pm

LC QUILTING

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

Lowe Center

Mondays, Aug. 7 & 21
10 am - 4 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 SILVER SCREEN CINEMA (Movie)

August's feature is
Mrs. Harris Goes to Paris

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working many jobs scrimping and saving in order to raise the funds to pursue her dream, she embarks on an adventure to Paris. Find out if she is forever changed by her new look.

Starring Lesley Manville, Alba Baptista, & Isabelle Huppert

Free movie, individual bag of popcorn, and water.

Lowe Center

Monday, Aug. 14
1 pm

Front Street Crossing

Tuesday, Aug. 15
1 pm

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Zoom
Online / Zoom

LC VISUAL ARTS CLASS

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

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

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

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

Instructor: Sharron Ott

Lowe Center

Tuesdays
1 - 3 pm

COMPUTERS & TECHNOLOGY



FSC AARP SMARTPHONE BASICS

Registration is requested

Whether you are new to
smartphones or have had
one for a while, this basic
phone class will get you
up to speed on your day
to day operation.

Please bring your smartphone
for a more hands on experience.

Instructor: Jo Ann Flowers,
AARP Volunteer

Front Street Crossing

Monday, Aug. 7
9 am - 12 pm

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



LC TECH SUPPORT

Appointment ONLY

Are you having trouble
attaching that picture to
an email, or maybe you
can't seem to download
that app for your phone?
Get basic questions like
this and more answered in
a one-on-one tech support
appointment.

Each time slot will be limited to
15 minutes.

Instructor: Deb Robinson

Lowe Center

Friday, Aug. 11
9 - 11 am

Friday, Aug. 18
1 - 3 pm

FITNESS & EXERCISE

LC FITNESS CENTER

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

Lowe Center

Mondays - Thursdays
7 am - 7 pm

Fridays
7 am - 4 pm

Saturdays
7:30 am - 12 pm

Front Street Crossing

Mondays - Fridays
7 am - 4 pm

Membership Prices

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



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

Class Prices

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

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

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm


Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

FITNESS & EXERCISE

LC **BALANCE, STRETCH, AND STABILITY**

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

Registration is required

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

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

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

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

FSC **CARDIO CHALLENGE**

 Cost: \$25 (Monthly)
Registration is required

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

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
8 - 8:45 am

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 **KAYAK CLUB**

Cost: \$20 cash (Per Rental)
FREE (No Rental)

Registration is required

Get a chance to meet others, soak up some fresh air, and get a little exercise while doing it. With this bimonthly club you can paddle your own fun around Diamond Lake.

Kayaks and paddle boards will need to be rented or you are free to bring your own. Life jackets are required and all participants must be proficient swimmers. There is limited rental availability. Everyone, regardless of renting or not, is required to register.

Leader: Taylor Lee

In Your Neighborhood

Park Shore Marina
22230 Maple St.
Cassopolis, MI
Mondays,
Aug. 14 & 28
10 am - 12 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

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood


Online / Zoom



FSC PARKINSON'S POWER PUNCHERS

Cost: FREE

Join in for this free boxing exercise class geared toward those with M.S., Parkinson's, and Parkinson's related conditions.

Instructor: Coach Walter Swann,
Former Professional Boxer

Front Street Crossing
Tuesdays & Thursdays
9 - 10 am

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 WALKING CLUB

Cost: FREE

Registration is requested

Socialize, stay active, and get a good stretch in with the COA's Walking Club. This club will include a couple laps around the walking trail/downtown (about 1.5 miles, 30 minutes) followed by a 5-10 minute stretch session with a fitness instructor.

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

Leaders: Taylor Lee (LC)
Ky'sha Johnson (FSC)

Lowe Center (Walking Trail)
Wednesdays
9 am

Front Street Crossing (Downtown)
Thursdays
8 am

What's Happening
at the COA

Lowe Center
60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

FITNESS & EXERCISE

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

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

If a program is scheduled, Bingo will follow afterward.

Lowe Center

Wednesday & Fridays
1:15 pm

Front Street Crossing

Mondays & Wednesdays
12:45 pm

LC 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
1:15 pm

Front Street Crossing

Thursdays
1:30 pm

FSC FSC MUSICIANS

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

Front Street Crossing

Fridays
11 am

LC HAND & FOOT



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

Lowe Center

Fridays
1 - 4 pm

Front Street Crossing

Tuesdays
1 - 4 pm

LC LAWLESS JAM SESSION

Come and share the sounds of old time country and Celtic styles of music. Anyone who plays a tin whistle, banjo, guitar, bass, fiddle, ukulele, autoharp, dulcimer, or any other string instrument is invited to join in on the session. You can be a beginner to an expert. Even if you don't play an instrument, stop by, listen, and suggest a song or two.

Lowe Center

Wednesdays
5 - 6:30 pm

LC MAH JONGG

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

Lowe Center

Mondays
1 - 4 pm

LC PINOCHLE



Enjoy this trick-taking card game while making friends.

Lowe Center

Wednesdays
1 - 3 pm



FSC SCRABBLE

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

Front Street Crossing

Wednesdays
10 am

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

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

LC AARP SMART DRIVER COURSE

Cost: \$20 (AARP Member)

Cost: \$25 (Non-Member)

Registration is required

Safer driving could save you money with this 2 day course.



Learn driving techniques to keep you and your loved ones safe on the road. Also discover how to reduce driver distractions, maintain proper distance, safety belt positioning, air bags, new car technology, roundabout info, ways to adjust your driving to age-related changes, and more.

Both days are required for completion. Please check with your insurance agent to see if this qualifies for a discount.

Instructor: Jo Ann Flowers,
AARP Volunteer

Lowe Center

Monday & Tuesday
Aug. 21 & 22
8 am - 12 pm

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 ALASKA CRUISE QUESTIONS & ANSWERS

If you are booked on the September 2023 Alaska Cruise, then this final update session is for you. Come and pick up your luggage tags, travel summary, and get those last minute questions answered before you sail away.

Lowe Center

Wednesday, Aug. 23
1 pm

FSC FRAUD WATCH BASICS

Registration is requested

Have you ever been approached with a fraudulent offer or been a victim of identity theft? Come and get proven resources and tools to help spot and avoid identity theft and fraud. Having the latest data and tips will help to protect yourself and your family.



Instructor: Jo Ann Flowers,
AARP Volunteer

Front Street Crossing

Wednesday, Aug. 30
10 - 11 am

LC GET YOUR ESTATE IN ORDER

FSC

Registration is required

Now is the time to plan ahead and get some of your affairs in order.



Join Attorney Walling as he discusses how Lady Bird Deeds, Wills, Trusts, the two types of Power of Attorney (*financial and medical*), and Asset Preservation for Nursing Home Care can benefit you.

Presenter: Michael B. Walling,
Elder Law & Estate
Planning Attorney

Lowe Center

Tuesday, Aug. 22
1:30 pm

Front Street Crossing

Tuesday, Aug. 22
10 am

LC MINDFUL MEDITATION

Stress, anxiety, worry, fear, anger, and resentment are all things that plague our daily lives. Through this six week course, learn to increase your peace, joy, and happiness; enhance your immune system; improve clarity, focus, and self-confidence; and an improved sense of self-worth and respect for others.

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

Lowe Center

Tuesdays,
July 11 - Aug 15
11 am - 12 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

LISTEN & LEARN

LC STORY OF YOUR LIFE - WRITING A MEMOIR

Registration is required

During this six-week series you'll learn



the fundamental skills of memoir composition as you get the opportunity to record your past and deepen connections with those around you.

Instructor: Carole A. Tate
Teaching and Learning
Center from SMC

Lowe Center

Wednesdays,
July 6 - Aug 10
1 pm

SERVICES & SUPPORT

FSC CONGESTIVE HEART FAILURE SUPPORT GROUP

Navigating a chronic condition like CHF can feel overwhelming at first as you adjust to a new way of life, but these changes are often easier with much-needed support and care. Learn about beneficial lifestyle changes and connect with others for emotional support.

Front Street Crossing

Monday, Aug. 14
2 - 3:30 pm

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, Aug. 9
1 - 3 pm

LC DEMENTIA FRIENDS MICHIGAN

Registration is requested

This free one-hour informational session is designed to help you understand how to better communicate and support those with dementia.

During this time you will learn more about



dementia, ways to implement dementia friendly practices in homes and throughout your community, what it is like to live with the disease, and more.

Instructor: Keryl Konkright

Lowe Center

Wednesday, Aug. 30
11 am

LC FSC DIABETES SUPPORT GROUP

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

Lowe Center

Friday, Aug. 4
1 - 3 pm

Front Street Crossing

Tuesday, Aug. 15
10 - 11:30 am



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, Aug. 3
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, Aug. 14 & 28
Call for Times

LC GRIEF SUPPORT GROUP

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

Lowe Center

Thursday, Aug. 10
1 - 3 pm

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Online / Zoom

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, Aug. 8 & 22
9 am - 4 pm

Front Street Crossing

Tuesday, Aug. 1
9 am - 3 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, Aug. 15
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, Aug. 8
1 - 3 pm

Front Street Crossing

Thursday, Aug. 24
10 - 11:30 am

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.

Care for your family member is available free of charge while you attend classes. Ask for details when you register.

Instructor: Keryl Conkright

Lowe Center

Mondays,
July 17, 24, & Aug. 7 - 28
5:30 - 7:30 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, Aug. 1
1 - 3 pm

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

N SHOPPING

Cost: \$5

Reservations ONLY

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

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

Reservations are required at least three days before the trip and will be on a first reserve basis.

In Your Neighborhood

Thursday, Aug. 10

SOCIAL SESSIONS

LC READ & SHARE BOOK CLUB

Discover and discuss books with other book enthusiasts.

August's Discussion Book

It Can't Happen Here by Sinclair Lewis

September's Discussion Book

It Can't Happen Here by Sinclair Lewis

Lowe Center

Tuesday, Aug. 1
1 - 3 pm

LC THE STORMY NIGHT WRITERS SOCIETY

Come and share your tales and get a chance to give and receive constructive feedback.

Discussions cover a wide variety of writing related topics like editing, genres, audiences, dialogue, characters, and more.

Lowe Center

Tuesdays, Aug. 1 & 15
9:30 am - 12 pm

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

SOCIAL SESSIONS

FSC SPILL THE BEANS

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

August's Bean Spiller

Come join us as SMC President Joe Odenwald makes Roadrunner Tracks by updating us on the past, present, and future of SMC's thriving environment.

September's Bean Spiller

Jordan Anderson,
Baker's Rhapsody

Front Street Crossing

Wednesday, Aug. 9
10 am

SPECIAL EVENTS

FSC ICE CREAM SOCIAL

Cost: Free

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



Ice Cream sponsored by
Honor Credit Union

Front Street Crossing

Tuesday, Aug. 29
1:30 - 2:30 pm

N ANNUAL COOKOUT

Cost: \$3

Registration is required
by Thursday, Aug. 10

The summer would not be complete without this special day of food, fun, friends, and entertainment.

All food
provided
by the COA
- just bring
your appetite!



Entertainment is by Al Mott.

Cass County Fairgrounds (Darlene Lowe Building)

Wednesday, Aug. 16
11 am - 2 pm
10:30 am (Doors Open)
11 am (Entertainment Begins)
12 pm (Lunch)

LC INDIANA DUNES STATE **N** PARK HIKE & BOAT TOUR

Cost: \$55

Registration is required

Discover the dunes at Indiana Dunes State Park. Here you will have the chance to choose between three options based on your activity level and interest. You can visit the Nature Center followed by a short hike, be more adventurous and go on a longer hike, or simply relax on the beach.

In the afternoon, board the Emita II to enjoy a scenic cruise on Lake Michigan.

Trip includes transportation, entrance into Indiana Dunes State Park, boat tour, and all taxes and gratuity. Lunch is NOT included but is available for purchase.

Lowe Center & In Your Neighborhood

Wednesday, Aug. 30
8 am (Bus Departure)
6 pm (Approx. Bus Return)



N SENIOR DAY AT THE FAIR

Get transported back to the golden era of rock 'n' roll with The Fabulous Oldies But Goodies Band. This authentic 50s and 60s show band will make you shake, rattle and roll the morning away.

Enjoy donuts and coffee, as well as have a chance to win a door prize.

Donuts sponsored by John Seculoff of Edward Jones

Cass County Fairgrounds (Gregarek Building)

Thursday, Aug. 3
9 am - 12 pm

LC SUMMER CONCERT

Cost: Free

Registration is requested

Be sure not to miss the final summer concert of the season featuring The Whistle Pigs. This seven-piece dance band entertains audiences of all ages with their versatile musical offerings of contemporary, classic rock, jazz, and rhythm and blues.



Sponsored by Sunset Coast.

Food will be available for purchase from Drive Thru Q (BBQ) & other food vendors.

Please bring your own chair or blanket.

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

Lowe Center (Pavilion)

Friday, Aug. 25
5:30 - 7:30 pm (Food)
7 - 9 pm (Concert)

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood


Online / Zoom

AUGUST 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
LOCATIONS & HOURS					
<div>Low Center Hours (LC)</div> <div>Lunch**</div> <div>11:30 a.m. - 1:30 p.m. (weekdays)</div> <div>Buffet Breakfast</div> <div>7:30 - 9:00 a.m. (August 30)</div> <div>.....</div> <div>Front Street Crossing (FSC)</div> <div>Lunch**</div> <div>11:30 a.m. - 1:30 p.m. (weekdays)</div>					
	1	2	3	4	
	<div>Main Entrée*</div> <div>Swedish Meatballs</div> <div>Egg Noodles</div> <div>Peas & Carrots</div> <div>Wheat Bread</div> <div>Strawberry Shortcake</div> <div>Café Entrée</div> <div>Chicken Salad Sandwich</div> <div>Café Fresh Salad</div> <div>Beef Taco Salad</div>	<div>Main Entrée*</div> <div>Pulled Pork Sandwich on a Bun</div> <div>Roasted Redskins</div> <div>Three Bean Salad</div> <div>Fruit Cocktail</div> <div>Café Entrée</div> <div>Deli Sandwich</div> <div>Café Fresh Salad</div> <div>Strawberry Chicken Salad</div>	<div>Main Entrée*</div> <div>Lasagna</div> <div>Broccoli</div> <div>Italian Breadstick</div> <div>Fresh Fruit</div> <div>Café Entrée</div> <div>Sloppy Giuseppe</div> <div>Café Fresh Salad</div> <div>Fruit Salad</div>	<div>Main Entrée*</div> <div>Tilapia</div> <div>Hushpuppies</div> <div>Peas</div> <div>Wheat Bread</div> <div>Pudding</div> <div>Café Entrée</div> <div>Beef Nachos</div> <div>Café Fresh Salad</div> <div>COA Salad</div>	
7	8	9	10	11	
<div>Main Entrée*</div> <div>Chicken Enchiladas</div> <div>Mexican Rice</div> <div>Refried Beans</div> <div>Tortilla</div> <div>Cookie</div> <div>Café Entrée</div> <div>Ham Salad Sandwich</div> <div>Café Fresh Salad</div> <div>Very Veggie Salad</div>	<div>Main Entrée*</div> <div>Hamburger on a Bun</div> <div>Lettuce, Tomato, & Pickle</div> <div>Macaroni Salad</div> <div>Potato Chips</div> <div>Fresh Fruit</div> <div>Café Entrée</div> <div>Loaded Baked Potato</div> <div>Café Fresh Salad</div> <div>Cottage Cheese w/ Fruit</div>	<div>Main Entrée*</div> <div>Ham & Cheese Sandwich</div> <div>Potato Salad</div> <div>Three Bean Salad</div> <div>Mandarin Oranges</div> <div>Café Entrée</div> <div>Grilled Chicken Sandwich</div> <div>Café Fresh Salad</div> <div>Cobb Salad</div>	<div>Main Entrée*</div> <div>Macaroni & Cheese</div> <div>Carrots</div> <div>Peas & Pearl Onions</div> <div>Apple Crisp</div> <div>Café Entrée</div> <div>Chef's Special</div> <div>Café Fresh Salad</div> <div>Turkey Craisin Salad</div>	<div>Main Entrée*</div> <div>Catch of the Day</div> <div>Maple Roasted Sweet Potatoes</div> <div>California Blend Vegetables</div> <div>Wheat Roll</div> <div>Pie</div> <div>Café Entrée</div> <div>Beef Tostada</div> <div>Café Fresh Salad</div> <div>Fruit Salad</div>	
14	15	16	17	18	
<div>Main Entrée*</div> <div>Sweet & Sour Chicken</div> <div>White Rice</div> <div>Oriental Vegetables</div> <div>Fortune Cookie</div> <div>Banana</div> <div>Café Entrée</div> <div>Rueben</div> <div>Café Fresh Salad</div> <div>COA Salad</div>	<div>Main Entrée*</div> <div>Beef Tacos</div> <div>Spanish Rice</div> <div>Refried Beans</div> <div>Tortilla</div> <div>Rice Pudding</div> <div>Café Entrée</div> <div>Swedish Meatballs</div> <div>Café Fresh Salad</div> <div>Wedge Salad</div>	CLOSED for Annual Cookout at Cass County Fairgrounds		<div>Main Entrée*</div> <div>Tuna Noodle Casserole</div> <div>Mixed Vegetables</div> <div>Broccoli</div> <div>Wheat Roll</div> <div>Cake</div> <div>Café Entrée</div> <div>Wavy Gravy Fries</div> <div>Café Fresh Salad</div> <div>Chicken Taco Salad</div>	<div>Main Entrée*</div> <div>Chicken Marsala</div> <div>Rice Pilaf</div> <div>Spinach</div> <div>Wheat Bread</div> <div>Fresh Fruit</div> <div>Café Entrée</div> <div>Spaghetti (Jimi's Favorite)</div> <div>Café Fresh Salad</div> <div>Salad Trio</div>
21	22	23	24	25	
<div>Main Entrée*</div> <div>Chicken Salad</div> <div>Cucumbers, Tomatoes, & Carrots</div> <div>Wheat Roll</div> <div>Fresh Fruit</div> <div>Café Entrée</div> <div>Grilled Ham & Cheese</div> <div>Café Fresh Salad</div> <div>Veggie Blend Salad</div>	<div>Main Entrée*</div> <div>Salisbury Steak</div> <div>Mashed Potatoes</div> <div>Peas & Carrots</div> <div>Wheat Bread</div> <div>Cookie</div> <div>Café Entrée</div> <div>Grilled Veggie Wrap</div> <div>Café Fresh Salad</div> <div>BLT Salad</div>	<div>Main Entrée*</div> <div>Pork Chop</div> <div>Sweet Potatoes</div> <div>Carrots</div> <div>Wheat Bread</div> <div>Blueberry Crisp</div> <div>Café Entrée</div> <div>Chili Dog</div> <div>Café Fresh Salad</div> <div>Michigan Chicken Salad</div>	<div>Main Entrée*</div> <div>Spaghetti & Meatballs</div> <div>Green Beans</div> <div>Garlic Toast</div> <div>Fresh Fruit</div> <div>Café Entrée</div> <div>Grilled Cheese</div> <div>Café Fresh Salad</div> <div>Oriental Salad</div>	<div>Main Entrée*</div> <div>Fish Sandwich on a Bun</div> <div>Coleslaw</div> <div>Hushpuppies</div> <div>Cake</div> <div>Café Entrée</div> <div>Lasagna</div> <div>Café Fresh Salad</div> <div>Mediterranean Salad</div>	
28	29	30	31	OTHER LOCATIONS	
<div>Main Entrée*</div> <div>Chicken Fajitas</div> <div>Mexican Rice</div> <div>Refried Beans</div> <div>Tortilla</div> <div>Banana Pudding</div> <div>Café Entrée</div> <div>Patty Melt</div> <div>Café Fresh Salad</div> <div>Fruit Salad</div>	<div>Main Entrée*</div> <div>Beef Stroganoff</div> <div>Egg Noodles</div> <div>Green Beans</div> <div>Wheat Roll</div> <div>Fruit</div> <div>Café Entrée</div> <div>Ham & Cheese Sandwich</div> <div>Café Fresh Salad</div> <div>Mini Chef Salad</div>	<div>Hot Breakfast (LC)</div> <div>Main Entrée*</div> <div>Hot Dog on a Bun</div> <div>Corn</div> <div>Baked Beans</div> <div>Jello</div> <div>Café Entrée</div> <div>Roast Turkey Sandwich</div> <div>Café Fresh Salad</div> <div>Cottage Cheese w/ Fruit</div>	<div>Main Entrée*</div> <div>Baked Penne</div> <div>Italian Beans</div> <div>Italian Breadstick</div> <div>Peach Cobbler</div> <div>Café Entrée</div> <div>Turkey Bacon Wrap</div> <div>Café Fresh Salad</div> <div>COA Salad</div>	<div>Chestnut Towers Apartments</div> <div>Meals* served daily by reservation only</div> <div>Call the COA for more information.</div>	

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

Annual Cookout

at the Fairgrounds (Darlene Lowe Building)

Wednesday,
August 16

All Food Provided by the COA
Just Bring Your Appetite!

Cost: \$3

Please call (269) 445-8110 for reservations by **August 10**

Doors Open
10:30 a.m.

Entertainment
11:00 a.m.
Featuring Al Mott

Lunch
12:00 p.m.
BINGO After Lunch