

February 2023



Messenger



2 Improve Flexibility & Range of Motion

4 Help for Caregivers

8 February is a Resolution Reset



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IMPROVE FLEXIBILITY & RANGE OF MOTION

by TAYLOR LEE
Certified COA Fitness Trainer

When it comes to health and wellness, cardio and strength training are very important, but stretching should not to be overlooked. Increasing flexibility can have several benefits such as helping to potentially avoid injuries, staving off arthritis and other chronic issues, increasing your range of motion, and improving posture and balance. As an added bonus, you don't have to twist yourself like a pretzel to see improvements.

There are different types of stretching, with the most common being dynamic and static. When most people think of stretching, they think of static stretching. Static stretching is when you stand, sit, or lie still and hold a single position for period of time. Dynamic stretching involves active movements where joints and muscles go through a full range of motion. Both have their benefits depending on the goal. Dynamic stretching primes the joints and muscles for movement by lubricating the joints and warming up the muscles, making it an excellent start for a workout or similar activity. Static stretching improves flexibility and range of motion by relaxing and elongating the muscles. This sort of stretching is best when the muscles are already warmed up, such as after physical activity.

It's not a stretch to say improving flexibility and range of motion are important. Regular stretching, both dynamic and static, are excellent additions to any fitness routine. Even if you struggle with stiffness in general, improvements can be made with consistent stretching, making it well worth the effort. Here at the COA we have several classes that address flexibility and range of motion including Yoga, Range of Motion, S.E.A.T., and Balance, Stretch, & Stability classes. There's something for everybody.

3 BASIC STATIC STRETCHES FOR BEGINNERS

For these stretches, find a sturdy chair such as a dining chair, preferably one without arms. With all these stretches, hold the position at the point where you feel a gentle pull and not at the point where it becomes painful. If any of these stretches cause discomfort or pain, discontinue. With practice you may be able to go deeper with each stretch.

Hamstring Stretch

Seated at the edge of your chair, extend your right leg out straight with your heel on the floor and your toes pointing up at the ceiling. Your left leg should be bent at 90 degrees with your foot flat on the floor. Keeping your back as straight as possible, lean forward until you feel a gentle pull in the back of your right leg. Hold this position for 30-45 seconds. Repeat this stretch on the left side.



Quad Stretch

Seated at the edge of your chair, turn to the right so your left leg is completely off the edge of the chair. Holding onto the seatback with your right hand for support, place your left foot behind you as far as comfortably possible. You should feel this stretch through the front of your left thigh. Hold for 30-45 seconds. Repeat this process on the opposite leg.

Thoracic Stretch

Standing behind a chair, place both hands on the seat back and walk backwards hinging at the hips. Be sure to keep your neck, back, and shoulders relaxed. If you feel the chair pulling towards you, you may be standing too far back. You will feel this stretch in your upper back and shoulders. If your hamstrings are particularly tight, you may feel this stretch in your hamstrings as well. Hold this position for 30-45 seconds.



Cover Image

Alice Kerber finished painting her piece during Ceramics that meets every Thursday at the Lowe Center. Be sure to check out future Messengers for Ceramics coming to Front Street Crossing or if you are interested in other great activities like this one, check out pages 12-21.

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Front Street Crossing

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The COA is proud to partner with...



Help for the Caregiver

by KERYL CONKRIGHT
Savvy Caregiver Trainer/Instructor

Charrise McCorey and her family had just moved to Cass County. She had been caring for her mother Patty Sharkey in their home for many years and was in desperate need of services. She began the journey of seeking information. In her previous area of residence, she had sought help but kept coming to a dead end with road block after road block. Upon arriving here in Cass County, she called the COA to ask about services.

Charrise was met with support as she asked what services were available. Upon hearing about Adult Day Services (ADS), she scheduled a trial visit. Charrise was so impressed by the intake process as it was truly all about her mom and her mom's needs. She said it felt like a giant group hug then and still does every day. Her mom attends the ADS Monday through Friday and loves it. Charrise finally found a place where her mom's need for socialization, activity, and involvement are met by staff that really love her and include her.

It wasn't long after discovering ADS that Charrise heard about the Caregiver Class which was to begin in a few days. Her desire to attend the class was to gain knowledge of facts of dementia and to obtain practical tools to use in daily life. After completing the class, not only did she gain knowledge and acquire tools, but she is better able

to understand the disease and its progression. She also feels that she received factual information and tools to help her through her journey of caregiving.

For those who are thinking about taking this class, Charrise would tell you, "One doesn't know how much they need it because you don't know what you don't know." Charrise found comfort in realizing she was not alone in her journey. She felt the material allowed her to receive straight forward, practical information and gain confidence in her caregiver skills.

There are many more people out there like Charrise who can benefit from these great resources. It could be you, a friend, or a loved one. The COA not only offers ADS, but will again partner with Region IV Area Agency on Aging to provide the Savvy Caregiver® Class at the Lowe Center in Cassopolis. This free six-week class will be conducted on Mondays, March 20 - April 24 from 1 - 3 p.m. All sessions are taught by Keryl Conkright, Savvy Caregiver® Trainer/Instructor.

This family caregiver class is for family members caring for an individual in the home setting who lives with any type of memory loss, such



Charrise McCorey & Patty Sharkey

as dementia. It is said that caregiving is one of the most difficult jobs one may do in their lifetime. This class will not only offer information regarding memory loss, as well as dementia and its effects on the brain, but will also include other aspects such as managing behaviors, improving caregiving skills, and how to handle everyday activities more easily. Another important component involves the discussion of making sure to take care of yourself as the caregiver in order to better care for your loved one.

Free respite care is offered while one attends the class. Information is available at the time of registration. To register, call or email Tracy at (269) 982-7731 or tracymanning@areaagencyonaging.org.

If you are caring for someone who lives with a memory loss issue, please call and sign up for this class. The information and resources you gain will help you as you make your way through the caregiving journey.

Volunteers

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

Kay Diehl
Carol Dierickx
Jeff Downing
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
Kimberly Hartman
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
Julie Stebbin
Kawanna Stoker
Walter Swann
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

Volunteers listed are for the month of December, during which we had 138 active volunteers who contributed 1824 hours of work. This would be equal to more than 11 full time staff positions.



269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

www.ccmcf.org

Upcoming Bus Trip

MUSEUM OF SCIENCE & INDUSTRY

Tuesday, April 11

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.

Cost: \$90 (Nonrefundable)

Call (269) 445-8110 to register.

Christmas Dinner



DOWAGIAC'S ICE TIME FESTIVAL

Watch ice, timber, and wood carvers, as they create works of art before your eyes at the Dowagiac Ice Time Festival on Saturday, February 4.

Gather around the campfire for warm and chocolatey S'mores and be sure to stop into Front Street Crossing during the chili crawl for the opportunity to taste COA Chef Garcia's chili from 11 a.m. - 2 p.m. During this time, you will get to taste and vote for your favorite award-winning chili as you make your way through town to various participating businesses.



Tax Preparation at the COA

The AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone free of charge with a special focus on taxpayers who are over 50. Tax-Aide volunteers are located nationwide and are trained and IRS-certified every year.

The Cass County Council on Aging is proud to partner with the AARP Foundation to provide this free service. Each year our local Tax Team of Volunteers spends hundreds of hours preparing individual tax returns for our community's seniors.

Once again, the COA will be partnering with local AARP Tax Volunteers to provide this service. Customers will bring their tax information to the COA and go through an intake screening. Their information will be left with the volunteers to prepare the tax return. Once completed, the customer will be contacted when the return is ready to be picked up and filed.

A limited number of appointments will be available. To schedule an appointment, call (269) 445-8110 beginning at 9 a.m. on Monday, February 6.

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.



February is a Resolution Reset

by DANIELLE DILTS
Human Resources Manager

With one month into the new year, hopefully you set some goals for yourself and are still working on obtaining them. The good news is, here at the COA we offer plenty to do.

If your resolution was to get in shape, we have wonderful Fitness Centers and dedicated fitness instructors to assist you with reaching your goals.

Another resolution you might have made involves giving back to the community and helping others. When the weather gets worse, the need for home delivered meals is on the rise. It is extremely difficult to find volunteers willing to deliver meals, especially during the winter with all the added snow and slick conditions. We have been lucky to add some

wonderful people to our volunteer team post covid and I am very grateful for them, however we still are struggling.

We are proud of our many volunteers who coordinate with our professional kitchen staff to deliver hot, nutritious meals throughout the county. For many, the meal is made even more special because a smiling volunteer checks in on them daily.

Many of our volunteers move away during the winter months, leaving us searching to fill the positions. Volunteers have a set schedule to drive one day per week on the same route. This helps both the volunteer and the recipient to familiarize themselves with one

another, making it a greater experience for both.

It isn't too late to keep working on that resolution or to even start a new one. So whether your intent is in getting fit or giving back, the COA has something for you. If you are interested in joining our volunteer team, please reach out to Danielle at (269) 445-8110 and find out more of what it takes to become a Meals on Wheels volunteer.

Make this the year you keep that resolution by volunteering today.



Volunteer Spotlight

Dick and Joyce Borton began volunteering in our Lowe Center Dining Room spring of 2019. Since then, they have been a lifesaver for us, filling in on many occasions when we were short on volunteers for the day. When asked if they would take over a meal delivery route, they stepped right up and agreed without hesitation.

You can usually find them on Mondays delivering meals throughout the community all while sharing their smiles. Kudos to our AMAZING volunteers!



Employee Spotlight

Sadie Watson has been a Home Care Aide since June 2016. She is a dedicated, hard worker who cares deeply about the clients she serves. If any issues or concerns arise, she is quick to report them. We are very happy to have her as part of the COA team.



Black History Month Celebration

The Minority Coalition of Cass County is proud to announce the celebration of Black History Month with their annual breakfast on Tuesday, February 28 at the Cass County COA in Cassopolis from 7:30 to 9:30 a.m. This year's theme is "We All Have a Dream." The guest speaker will be the author, Paula Matthews. Breakfast is free and open to the public. Registration is required by calling (269) 445-8110.



Paula Matthews,
Author & Speaker



Holiday Sign-A-Long

Donations & Support

Annual Campaign

Clara Anderson
Shirley Andrews
Walter Archer
Sandra Bakeman
Jan Ball
Faith Beaupre
Lawrence Bienick
Steven Blair
Nancy Bowman
Sharon Bradley
Richard Bruno
Thomas Buszek
Sandra Butte
Robert and Linda Campbell
Keryl Conkright
Gregory Connelly
Donald Cooper
Ida Corbit
Betty Cripe
Richard Darr
Don Duck
William Eustice
Anne Felton
Margo Foreman
Mary Fosdick
Jayne Fox
Michael Fox
Linda Frisbie
Glenda Gibson
John Gould
Barbara Green
Melody Grubbs
Shirley Guilford
Juanita Hagan
Larry Hartsell
Jacquelyn Hotrum

Christine Hughes
Earline Jones
Karen Judd
David Kane
Byron Kephart
Mary Kinnison
Fred Kirsch
Jim and Andrea Klett
Ledger Krupp
Edward Kwilosz
Patricia Laporte
Ivan Lawson
Frederick Leet
Dale Lyons
Michael Machalleck
Karen Mack
Michael Maloney
Thomas Marosz
Jerry McIntyre
William Mitchell
Jane Mooneyham
Carl and Jane Moraw
Shirley Morlan
Eddie Mose
Al Mott
Mary Myrkle
Barbara Norton
Patrick Parenti
Phyllis Peterson
Richard Peterson
Betty Phillips
William Potter
Karen Randall
Elsie Randles
Claude Richardson
Louise Rigoni

Mike Rockwell
Harvey Ross
Janet Ross
Stanley Sarabyn
Doug Sayles
Richard Scheibelhut Jr
Jerry Schley
Gary Shanafelt
Mike Sheffieck
Ann Simmons
John Simpson Jr
Sandra Smith
James Snow
Bruce and Ada Springsteen
Starks Family
Funeral Homes
Sylvia Stull
Doris Tastula
Jeri Taylor
Patsy Taylor
Richard Temple
G. Toms Yarger
Susan Toth
Michael Turney
Sandra Wallace
Dewanda Washburn
James Wilson
Georgianna Wixson
Kenneth Wolfe
William Woodill
Marny Wyant
Georgia Yarbrough
James Zimmer
Jimmy's Tavern

*Includes donations received between
December 11, 2022 – January 10, 2023.
Donations received after that date will be
acknowledged in the next edition of the Messenger.*

Greatest Need

John Adams
Stanley Sarabyn
Michael Sutherland

Meals on Wheels

Orval Allison
Susan White

***In Memory of
Donna Adams***

Michael Fox
Sheree Adams
Scott Peters
Nancy Wolf

***In Memory of
Elaine Katovsich***

Thomas Katovsich

***In Memory of
Bruce Mather***

Donna Dodd
Pat Mather

***In Memory of
Ruth McDonald***

Robert and Linda Campbell
Toni and David Janssen
Bonnie Latourette
James Snow
Betty Taggart

Nutrition Program

Karen Current

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

FEBRUARY 2023 Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		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	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	11:00 am Ice Time Festival
6	7	8	9	10	11
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 1:00 pm America's National Parks 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 10:00 am Spill the Beans 11:00 am Tai Chi 12:45 pm Bingo 1:00 pm Valentine Heart Wreath Class	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	
13	14	15	16	17	18
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	11:30 am Valentine's Party 1:00 pm America's National Parks 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 Get Your Estate in Order 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	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	
20	21	22	23	24	25
CLOSED in honor of Presidents Day	11:30 am Mardi Gras 1:00 pm America's National Parks 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	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	
27	28				Front Street Crossing
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	1:00 pm America's National Parks 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)				Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI
					All Programs / Events REQUIRE Registration

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		1:00 pm Pinochle 1:30 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	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 12:30 pm Ceramics 2:30 pm Woodcarvers	9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Diabetes Support Group 1:00 pm Hand & Foot 1:30 pm Bingo 1:30 pm Fit 30	9:00 am Yoga
6	7	8	9	10	11
10:00 am Quilting 1:00 pm America's National Parks 1:00 pm Mah Jongg 5:45 pm Yoga	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	10:00 am Valentine Heart Wreath Class 1:00 pm Caregivers Support Group 1:00 pm Pinochle 1:30 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	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 Grief Support Group <i>Off Site Shopping</i>	7:30 am Breakfast Buffet 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:30 pm Bingo 1:30 pm Fit 30	9:00 am Yoga
13	14	15	16	17	18
9:00 am Foot Clinic 12:00 pm Color Your World (Watercolor) 1:00 pm America's National Parks 1:00 pm Mah Jongg 5:45 pm Yoga	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 11:30 am Valentine's Party 1:00 pm Parkinson's Support Group 1:00 pm Visual Arts Class 1:30 pm Euchre 3:00 pm Line Dance	1:00 pm Get Your Estate in Order 1:00 pm Pinochle 1:30 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	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 2:30 pm Woodcarvers	9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:30 pm Bingo 1:30 pm Fit 30	9:00 am Yoga
20	21	22	23	24	25
CLOSED in honor of Presidents Day	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 11:30 am Mardi Gras 1:00 pm MS Support Group 1:00 pm Visual Arts Class 1:30 pm Euchre 3:00 pm Line Dance	7:30 am Breakfast Buffet 1:00 pm Pinochle 1:30 pm Bingo 1:30 pm Fit 30 12:00 pm Conservation Conversations 5:00 pm Lawless Jam Session	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	9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:30 pm Bingo 1:30 pm Fit 30	9:00 am Yoga
27	28		 <p>Breakfast Buffet February 10 & 22 7:30 - 9:00 am Cost: \$5</p>		<p>Lowe Center Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7:30 am - 12 pm 60525 Decatur Rd. Cassopolis, MI</p> <p>All Programs / Events REQUIRE Registration</p>
9:00 am Foot Clinic 1:00 pm America's National Parks 1:00 pm Mah Jongg 5:45 pm Yoga	7:30 am Black History Month Celebration 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				

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

Cost: FREE

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

Instructor: Joyce Greenwood

Lowe Center

Thursdays

12:30 - 2:30 pm



LC COLOR YOUR WORLD (Watercolor Class)

Cost: \$18

**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.

February's watercolor is "BFFs."

Instructor: Roy Hruska

Lowe Center

Monday, Feb. 13

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, Feb. 2 & 16

2:30 - 5 pm

LC KNITTING & CROCHETING

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

Lowe Center

Fridays

9 am - 12 pm

LC QUILTING

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

Lowe Center

Monday, Feb. 6

10 am - 4 pm

LC HOLLYWOOD FSC TREASURES (Movie)

In lieu of the normal Hollywood feature, this month we are highlighting the National Parks. Check out page 18 for dates and times.



LC VALENTINE HEART FSC WREATH CLASS

Cost: \$15 per heart

Registration is required

Join us to create your own Valentine Heart Wreath just in time for Valentine's Day. This lovely wreath is made with soft cozy chenille yarn and a multi ribbon bow on a wire frame.

Instructor: Leslie Vargo

Lowe Center

Wednesday, Feb. 8

10 am

Front Street Crossing

Wednesday, Feb. 8

1 pm

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Online / Zoom



LC VISUAL ARTS CLASS

Cost: \$15 (Per Class)

Please bring a pencil and paper. A supply list will be provided.

Every class begins with an art history lesson and a discussion, followed by a project.

Students work at their own pace using various media.

Mediums Used: Pencil, Charcoal, Acrylic Paint, Pastel, (any water based medium)

Instructor: Sharron Ott

Lowe Center

Tuesdays
1 - 3 pm

COMPUTERS & TECHNOLOGY

LC COMPUTER USE

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

Lowe Center

Mondays - Fridays
8 am - 5 pm

Front Street Crossing

Mondays - Fridays
8 am - 4 pm

FITNESS & EXERCISE

LC FITNESS CENTER

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.

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

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

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

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

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

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

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

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

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



 **Lowe Center**

 **Front Street Crossing**

 **In Your Neighborhood**

 **Online / Zoom**

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.

Be sure to check out the **NEWLY** added Thursday morning class in Cassopolis.

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
5:45 - 7 pm

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
1:30 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

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

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 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



LC AMERICA'S NATIONAL PARKS

FSC Go on a filmmaking docuseries journey of eight of America's most beloved national parks. Experience the breathtaking landscapes and majestic animals on this insightful exploration of some of the U.S.' most beautiful places.

1. Olympic National Park in Washington State
2. Yosemite National Park
3. Everglades
4. Gates of the Arctic
5. Yellowstone
6. Saguaro
7. Grand Canyon
8. Great Smoky Mountains

This has replaced the Hollywood Treasures movie for this month.

Lowe Center

Mondays,
Feb. 6, 13, & 27
1 pm

Front Street Crossing

Mondays,
Feb. 7, 14, 21, & 28
1 pm

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Zoom
Online / Zoom

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

Wednesday, Feb. 22
12 - 1 pm



LC GET YOUR ESTATE IN ORDER

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,
Edler Law & Estate
Planning Attorney

Lowe Center

Wednesday, Feb. 15
1 pm

Front Street Crossing

Wednesday, Feb. 15
10 am

SERVICES & SUPPORT

LC CAREGIVER'S SUPPORT GROUP

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

Lowe Center

Wednesday, Feb. 8
1 - 3 pm

LC DIABETES SUPPORT GROUP

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

Lowe Center

Friday, Feb. 3
1 - 3 pm

LC DRUG DROP

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, Feb. 2
10 am - 12 pm



LC FOOT CLINIC

Cost: \$20

Appointment ONLY

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

Lowe Center

Mondays, Feb. 13 & 27
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

Thursday, Feb. 9
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, Feb. 14 & 28
9 am - 4 pm

Front Street Crossing

Tuesday, Feb. 7
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, Feb. 21
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, Feb. 14
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, Feb. 9

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, Feb. 7
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

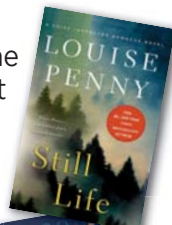
SOCIAL SESSIONS

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.



February's Discussion Book

Still Life by Louise Penny

March's Discussion Book

The Midnight Library by Matt Haig

Leader: Gina Simoni,
Dowagiac District Library

Lowe Center

Tuesday, Feb. 7
1 - 3 pm

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom



FSC SPILL THE BEANS

Want to be the first to know about what's going on in your community?

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.

February's Bean Spiller

Why is my insurance so expensive?

What kind of insurance do I really need?

What do I need to be insured?

Find out all this and more from Farm Bureau Insurance Agent Jeff Neumann. Specializing in insurance for over 38 years, he is happy to answer all of your questions dealing with personal auto, home, and farm.

March's Bean Spiller

Matt Westen,
Director at Dowagiac District Library

Front Street Crossing

Wednesday, Feb. 8
10 am

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, Feb. 7 & 21
9:30 am - 12 pm

SPECIAL EVENTS



FSC ICE TIME FESTIVAL

Stop in Front Street Crossing to take a break from the cold during the festival. While you are there, be sure to taste the COA's entry for the chili cook-off and even vote for your favorite.

Front Street Crossing

Saturday, Feb. 4
11 am - 2 pm



LC MARDI GRAS

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

Registration is requested

Celebrate with our New Orleans-style party, complete with music, beads, and king cake.

Lowe Center

Tuesday, Feb. 21
11:30 am - 1:30 pm

Front Street Crossing

Tuesday, Feb. 21
11:30 am - 1:30 pm



LC VALENTINE'S PARTY

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

Registration is requested

Have a sweet time and feel the love at our Valentine's Day party.

Lowe Center

Tuesday, Feb. 14
11:30 am - 1:30 pm

Front Street Crossing

Tuesday, Feb. 14
11:30 am - 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

Don't Let this Opportunity Sail Away Without You

7 Day Alaska Cruise on the Royal Princess

September 9 - 16, 2023

Seattle | Juneau | Skagway | Glacier Bay National Park | Ketchikan | Victoria (Canada)

Limited Cabins remain
before the price increases.
Book TODAY!

Rates start at **\$1536 per person**

*Rates based on double occupancy and include taxes,
fees, port expenses, premier beverage package,
Wi-Fi, gratuities, and \$50 donation to the COA*

Deposit: \$250 per person | Final Payment: June 11, 2023

For more information or to book:

Leslie Vargo at (269) 445-8110 or Melvin Reynolds at (330) 708-0592

Princess Cruise Lines, Ltd. Ships of Bermudan and British registry.

Rates subject to availability and not guaranteed until booked and fully deposited.

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.

FEBRUARY 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Soup Menu <i>at the Lowe Center</i>  Monday Loaded Potato Tuesday Broccoli Cheese Wednesday Chili Thursday Steak & Ale Chowder Friday Clam Chowder		1 Main Entrée* Pulled Chicken on a Bun Maple Roasted Sweet Potatoes Three Bean Salad Cupcake Café Entrée Grilled Cheese Café Fresh Salad Tuna Salad	2 Main Entrée* Goulash Italian Blend Vegetables Breadstick Pears Café Entrée Walking Tacos Café Fresh Salad COA Salad	3 Main Entrée* Parmesan Crusted Tilapia Roasted Redskins Peas & Pearl Onions Wheat Bread Fruit Yogurt Café Entrée Turkey Rueben Café Fresh Salad Fruit Salad
6 Main Entrée* Chicken Tenders Mashed Potatoes w/ Gravy Mixed Vegetables Wheat Roll Strawberry Applesauce Café Entrée Patty Melt Café Fresh Salad Veggie Blend Salad	7 Main Entrée* Pork Chile Verde Rice Roasted Corn & Black Beans Fruit Cookie Café Entrée Loaded Baked Potato Café Fresh Salad Cottage Cheese w/ Fruit	8 Main Entrée* Vegetarian Chili Cornbread Tortilla Chips Cake Café Entrée Loaded Mac & Cheese Café Fresh Salad Cranberry Chicken Salad	9 Main Entrée* Beef Stew w/ Vegetables Rosemary Redskins Whole Wheat Roll Plum Café Entrée Spicy Chicken Sandwich Café Fresh Salad Turkey Craisin Salad	10 Main Entrée* Tuna Noodle Casserole Peas & Pearl Onions Wheat Bread Pie Café Entrée Gyro Café Fresh Salad Antipasto Salad
13 Main Entrée* White Chicken Chili Black Beans Flour Tortilla Peaches Café Entrée Soup in a Bread Bowl Café Fresh Salad COA Salad	Valentine's Day Meal 14 Main Entrée* Chicken Cordon Bleu Duchess Potatoes Ratatouille Valentine's Dessert Café Entrée Club Sandwich Café Fresh Salad Strawberry Chicken Salad	15 Main Entrée* Turkey à la King Mixed Vegetables Biscuit Jello Café Entrée Pulled Pork Nachos Café Fresh Salad Beef Taco Salad	16 Main Entrée* Baked Spaghetti Green Beans Garlic Toast Tropical Fruit Café Entrée Tamales w/ Refried Beans Café Fresh Salad Garlic Shrimp Salad	17 Main Entrée* Dilled Salmon Wild Rice Blend Carrots Fruit Cocktail Café Entrée Shrimp over Dirty Rice Café Fresh Salad Buffalo Chicken Salad
20 CLOSED <i>in honor of Presidents Day</i>	Mardi Gras Meal 21 Main Entrée* Jambalaya Red Beans & Rice Whipped Sweet Potatoes King Cake Café Entrée Popcorn Chicken Café Fresh Salad Tuna Salad	22 Main Entrée* Chicken Lasagna Italian Breadstick Scandinavian Blend Vegetables Pumpkin Pie Café Entrée Tacos Café Fresh Salad House Salad	23 Main Entrée* Enchiladas Mexican Rice Black Beans Tapioca Pudding Café Entrée Cheeseburger Café Fresh Salad Antipasto Salad	24 Main Entrée* Southern Style Flounder Hush Puppies Broccoli Chocolate Cake or Fruit Café Entrée Flatbread Pizza Café Fresh Salad Mediterranean Salad
27 Main Entrée* Teriyaki Chicken White Rice Sugar Snap Peas Fortune Cookie Cinnamon Applesauce Café Entrée Salisbury Steak & Redskins Café Fresh Salad Fruit Salad	28 Main Entrée* Pork Chop Stuffing Brussels Sprouts Wheat Roll Pears Café Entrée Tuna Melt Café Fresh Salad Cobb Salad		LOCATIONS & HOURS Lowe Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (Jan. 13 & 25) Front Street Crossing (FSC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Chestnut Towers Apartments Meals* served daily by reservation only – call the COA for more information.	

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

Lowe Center &
Front Street Crossing

Tuesday,
Feb. 21

11:30 am - 1:30 pm

Registration is Requested



Lowe Center & Front Street Crossing
Tuesday, February 14
11:30 a.m. - 1:30 p.m.

Registration is Requested
by calling (269) 445-8110