

February 2024



The Messenger



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Workout
Work For You

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& Easter Egg
Hunt

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Programs
& Bus Trips



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MAKE YOUR WORK OUT WORK FOR YOU

by TAYLOR LEE

Certified COA Fitness Trainer

Starting a fitness program may be one of the best things you can do for your health. Some of the many benefits of increased physical activity include weight loss, improved sleep, and self-esteem. So, deciding to be more active is a no-brainer, but how to get started may not be. Contrary to what the infomercials may claim, there is no such thing as “one size fits all” when it comes to choosing a fitness routine. In reality, the best work out routine is the one that works best for you. Personalizing a fitness program doesn’t have to be complicated either. Here are a few tips to keep in mind when planning your fitness program.

Establish Goals

Why starting a fitness program is important. Do you want to improve your health? Would you like to be able to keep up with your grandkids? Are you training for a 5k? Your goals will help you stay motivated and measure your progress, so the more clearly defined they are, the better.

Make a Balanced Routine

Each week, adults need 150 minutes of moderate-intensity physical activity and 2 days of muscle-strengthening activity, according to the current Physical Activity Guidelines for Americans. This may sound like a lot, but it doesn’t have to be done all in one day. In fact, it’s actually better if you spread it out throughout the week. If you work out 6 days a week, this averages out to 25 minutes per day. At least two days a week should include strength training, which may include free weights, resistance bands, or even your own body weight.

Start Slow and Steady

If you’re new to exercise, err on the side of caution and start slowly. Initially, the enthusiasm and excitement we feel when starting a new fitness program may push us to give it 110% from the start. This can actually be counterproductive, leading to burnout or possible injuries. Aim to increase your intensity level by no more than 10% per week. It could be beneficial to ask a fitness professional to set up a program that will slowly and steadily improve your physical fitness. If you have a health condition or an injury, consult with your physician before starting a fitness program.



Schedule Daily Activity

Finding time to exercise can be difficult, especially if we have an already full schedule. To make it easier, schedule time to exercise as you would any other appointment. For example, simple ways to include physical activity in your day might look like taking a break from what you are doing and going for a short walk, or riding an exercise bike while watching your favorite show.

Include a Variety of Activities

Variety is the spice of life, and this is also true with fitness programs. Doing different activities, called cross training, can keep you from getting bored with your routine. It also helps prevent overuse injuries. An example of cross training includes swimming one day and doing strength training the next.

Starting a fitness program is important, but it doesn't need to be overwhelming. The Cass County COA has many resources available to the community, including a wide variety of fitness classes as well as activity-based groups, such as Walking Club and Kayak Club. There are also two fitness centers with qualified fitness professionals, who are happy to help you meet your goals, whatever they may be. Through careful planning and pacing yourself, you can make your work out work for you so that you are set on the right track for a healthier and happier you.

Cover Image

Robin Emenaker packs up her car to head out and deliver meals on a snowy day throughout Cass County. If you are interested in volunteering for the COA's Meals on Wheels or for any of our other wonderful volunteer opportunities, please call the COA at (269) 445-8110.

Cass County COA Staff Contacts

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Cindy Ledger, RN

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Front Street Crossing

Ky'sha Johnson

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Operations

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The COA is proud to partner with...



Christmas



Photos by Lisa Stephens & Terina Miller



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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
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Call the Cass COA at 269-445-8110 to schedule an appointment in Cassopolis or Dowagiac.

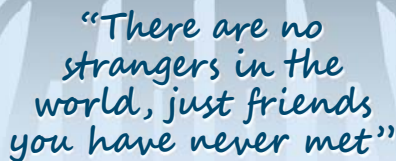
Make a Friend

by SHELLY PURUCKER
Operations Assistant

February isn't all about sweethearts and love. There happens to be another significant day that falls during this month on February 11 and it is National Make a Friend Day.

Making new friends can open up opportunities for personal growth, learning about different cultures and customs, as well as having fun experiences together. It can even be exciting to make new friends. Remember to be open-minded and don't limit yourself to those exactly like you. Sometimes learning about different backgrounds, perspectives, and interests may really surprise you and soon you'll discover a common ground. If you are a bit shy, you may overcome this by being the first to smile and begin small talk.

Being open and genuine is another small stepping stone when meeting new people. It is also important



*"There are no
strangers in the
world, just friends
you have never met"*

~ William Butler Yeats

to become a good listener in order to get to know the other person. Some other big keys for making and keeping friendships are staying in touch with the other person and expanding your social circle by saying "YES" to invites.

Here are a few ways to celebrate this meaningful day.

Go to a local event

Check out your local community calendar for upcoming events like concerts, festivals, or theater performances. Going solo can be a great way to meet new people and make friends.

Join a club/group

This is a great way to find people with similar interests. Consider joining a fitness group, a golf league, a nature club, or take some sort of lessons.

Whatever your preference is, either big or small, you are sure to find one that fits your



needs. Don't forget that the COA also has a wide range of clubs, groups, events, and fun ways to meet others. Check out pages 12 - 21 for a full list of activities and events that are perfect for finding your next friends.

Volunteer

Sign up for volunteer opportunities in your community. Cass County COA would be thrilled to have you in one of our many volunteer positions. This is a wonderful way to meet new faces and make new friends. Plus, you help those in need and have fun while doing so. Call the COA at (269) 445-8110 for more information.

There are so many great opportunities right here in our community to reach out and make meaningful connections with others. What are you waiting for?

**Leap Day only comes
every 4 years, so make your
extra day count!**

Hop on over to either COA location and help us celebrate Leap Day with games, activities lunch specials, and a movie.

(Movie shown at Lowe Center only.)

See page 21 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



Craft Show & Easter Egg Hunt

Saturday, March 23 | Lowe Center

Here comes Peter Cottontail, hopping down the COA walking trail.

Hippity hop on over for family fun time at the COA's first ever outdoor Easter Egg Hunt starting at 10 a.m.

Have an egg-cellent time searching for Easter Eggs and get your picture taken with the Easter Bunny.

Then hop inside the COA from 10 a.m. – 2 p.m. for our egg-citing Spring Fling Craft Show. Shop one-of-a-kind crafts made by local artisans to fill your Easter baskets or decorate your home for spring.

Vendor spaces are still available. Call Shelly at (269) 445-8110 for more details.



COA Tax Preparation

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 COA 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.

So how does the COA tax preparation work? 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 Thursday, February 1.



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.



Savvy Caregiver

Mondays, April 1 – May 6 | 1– 3 p.m.

Lowe Center

This class is for those caregivers who have a person with any type of memory loss and is still living in a home setting. Each week new information will be presented in order to help caregivers better understand the disease process, the important role of caregiving, and the need to take good care of oneself.

Call Tracy with Region IV Area Agency on Aging at (800) 654-2810 if interested in signing up for this class.

Upcoming Programs & Bus Trips

MAPLE SYRUP FESTIVAL

Saturday, March 16

Bus Leaves: 8 am

Bus Returns: 12 pm (approx. time)

Cost: \$8 (Nonrefundable)

Get a chance to tour the Maple Row Syrup facilities in Jones, Michigan to see the modern way of turning maple sap into pure maple syrup. Get a firsthand look at how maple syrup is made as well as experience a living historical reenactment. Also visit a petting zoo and shop for maple syrup products.

Trip includes transportation.

Breakfast is available for purchase.

Limited Space

Registration Required

HANDS-ONLY CPR TRAINING & EMERGENCY PREPAREDNESS

Friday, April 12

9 am (Front Street Crossing)

1 pm (Lowe Center)

Red Cross Hands-Only CPR is a free, easy to learn 30-minute presentation designed to teach individuals of all ages how to deliver lifesaving CPR care without rescue breaths.

Completing a Hands-Only CPR course does not result in CPR certification.

Also, learn how to protect yourself and cope with disaster by planning ahead from Red Cross personnel. They will cover the basics of emergency preparedness for your own circumstances. When disaster strikes there isn't much time to act, so prepare now for those sudden emergencies.

Presenter: Red Cross

Registration Required

BLACKSMITH WORKSHOP

Wednesday, April 17

10 am – 2 pm

Lowe Center

Cost: \$15 per pendant

Work with an experienced blacksmith to create your own necklace or keychain pendant. You will get to heat, shape, and texture your metal using an authentic working fire forge and blacksmith tools.

Only cotton clothing can be worn. A blacksmith apron and safety glasses will be provided.

*Presenter: Dennis Kuemin,
Blacksmith at Wolf Prairie
Historic Arts*

**Registration Required by
April 10**

SHIPSHEWANA AMISH ARTISANS & WORKSHOP TOUR

Wednesday, May 15

Bus Leaves: 8 am

Bus Returns: 5 pm (approx. time)

Cost: \$85 (Nonrefundable)

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

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

Limited Space

Registration Required

Volunteer Spotlight



When there was a great need for someone to lead the COA's tax assistance program, former CEO Bob Cochrane stepped up to volunteer. He knows how important this program is for people in our community.

Each year hundreds of people get help filing their taxes from the many hard-working COA tax volunteers. Bob is just one of those volunteers who dedicate full time hours throughout the tax season.

Employee Spotlight

Teresa Hershberger has worked for the COA for over 26 years. Prior to her being hired she was working for LMB Accounting who contracted with the COA to provide payroll and financial services. Teresa is a pleasure to work with and always puts her best foot forward.



When not at work, Teresa enjoys time with her family traveling to the UP and most recently has added cruising to her list.

Coffee with a Cop & a Firefighter



SAIL AWAY WITH THE COA

12-DAY PANAMA CANAL CRUISE ON THE EMERALD PRINCESS

January 23 - February 4, 2025

12 Days | 6 Ports | Panama Canal

Ft. Lauderdale | 2 Days at Sea | Aruba | Bonaire, Caribbean Netherlands | Day at Sea | Cartagena, Colombia |
Panama Canal - Partial Transit | Colon, Panama | Limon, Costa Rica | Day at Sea | Grand Cayman | Day at Sea | Ft. Lauderdale

Rates start at \$1618 per person

Rates based on double occupancy and include taxes, fees, port expenses, and \$50 donation to the COA

Deposit: \$400 per person | Final Payment: October 25, 2024

Bookings must be made through **Melvin Reynolds** or **Chris Cetlinski** 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.



Celebrate Black History

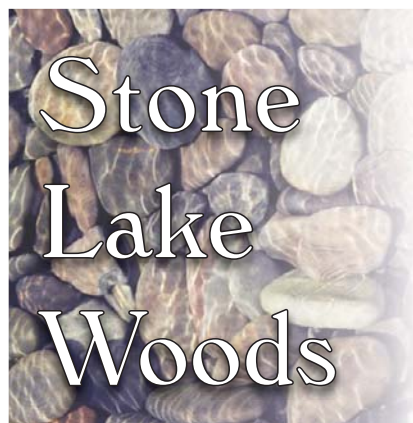
Every February, the U.S. honors the contributions and sacrifices of African Americans who have helped shape the nation. This specific month was chosen to coincide with the birthdays of two prominent figures in African American history: Abraham Lincoln and Frederick Douglass. Black History Month celebrates the rich cultural heritage, triumphs, and adversities that are an indelible part of our country's history.

The Minority Coalition of Cass County is excited to partner with the COA for their annual Black History Month Celebration Breakfast on Thursday, February 29, at the Lowe Center in Cassopolis from 7:30 to 9:30 am.

This year's theme, "African Americans and the Arts," celebrates African American artists, poets, writers, visual artists, and dancers who have historically served as change agents through their crafts.

Listen and engage with local speakers, enjoy a wonderful breakfast with neighbors, and celebrate history, culture, and our future.

Cookie Decorating



Standard & Accessible Units Now Available

One bedroom independent living apartments available for older adults (62 and older) & physically handicapped (55 and older).

Annual income not to exceed \$31,700 for couples and \$27,750 for single. Rent based on 30% of net income.

Rent includes heat, electric, water, trash, satellite TV, and a/c.

For more information, contact
Sheryl DeRyder, Manager
Stone Lake Woods, Inc.

335 W. State St.
Cassopolis, MI 49031

269-445-8040

Equal Housing Opportunity Affirmative Fair Marketing Plan



Volunteers

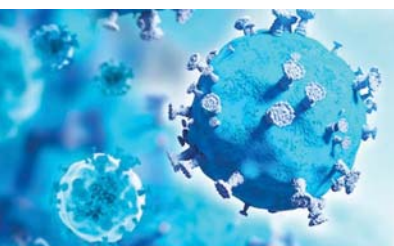
Daisy Adams
Duane Adams
Ruthann Adams
Joanne Anderson
Candy Azevedo
Carol Bailey
Rita Baker
Roger Baker
Shirley Barks
Joanne Bata
Paul Bata
Faith Beaupre
Susan Bingham
Diane Bonczynski
Joyce Borton
Richard Borton
Cynthia Boss
Jacqueline Bowe
Rebecca Bowers
Camille Briegel
Linda Brossman
Karen Brovold
Judy Brown
Marie Bruegmann
Thomas Buszek
Frank Butts
Marsha Butts
Becky Caldwell
Linda Campbell
Robert Campbell
Lonnie Carlisle
Ginger Carlisle
Michael Casey
Chris Cetlinski
Carol Churchill
Berry Clark
Richard Cloud
Anne Colgan
Joe Colgan
Keryl Conkright
Sue Cook
Judy Coon
Jeff Corey

Dan Dahmen
Grace Darrow
Max Davis
Floyd Deahl
Sue Decker
Carol Dierickx
Jeff Downing
Laura Drake
Robin Emenaker
Larry Emrick
Margo Foreman
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
Sue Heinrich
Jim Hershberger
Jason Hill
Sheryl Johnson
Mary Jones
James Karasek
Linda Keeler
Mike Klute
Penny Knepple
Sondra Knight
Virginia Kraft
David Kring
Gary Kull
Luci Lafontant-Lee
Marcia Lofts
Ronald Lofts
Bobbi Lowe
Richard Macleod

Frank Maley
Carol Manning
Elaine McKeough
Kathleen McMahon
Shaniqua McNary
Dolores McNeary
Charlene Mielke
Delores Minisee
Carol Modigell
Barb Monroe
Pamela Moore
Carl Moraw
Lucinda Mosier
Sharon Ott
Nancy Pallas
Diane Palmer
Susan Parker
Karen Pellow
Teresa Perry
Phyllis Peterson
Michael Peterson
Madeline Pettit
Ray Phillips
Terry Proctor
George Purlee
Jannette Rafferty
Elsie Randles
Sandra Randle
Elsie Randles
Jennifer Ray
Terry Ray
Joyce Rentfrow
Melvin Reynolds
Kirsten Rhoades
Helga Richards
Kim Sak
Audrey Salesberry
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John Seculoff
Fred Shank
Nicolette Shea
Erma Skipper
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Marie Slough
Beverly Smith
Bonita Smith
Eileen Smith
John Smith
Irmgard Stanage
Kawanna Stoker
Walter Swann
Terrie Tabbert
Diane Tiser
Elizabeth
Vanhphau
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 December, during which we had 158 active volunteers who contributed 963 hours of work. This would be equal to more than 6 full time staff positions.



COVID VACCINES

Friday, February 23

10 - 11 a.m.

For more information see page 21.

FEBRUARY 2024 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 Parkinson's 10:00 am Power Punchers 1:30 pm Strength Training & Core Euchre Off Site Marcellus Moves (8:30 am) | 2 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics | 3 11:00 am Ice Time Festival |
| All Programs / Events REQUIRE Registration | | | | | |
| 5 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo | 6 9:00 am Hearing Clinic 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am) | 7 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo | 8 9:00 am Parkinson's 10:00 am Power Punchers Strength Training & Core Euchre 1:30 pm Off Site Marcellus Moves (8:30 am) | 9 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics | 10 |
| 12 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo | 13 9:00 am Parkinson's 10:00 am Power Punchers Strength Training & Core 11:30 am Mardi Gras 1:00 pm Hand & Foot 1:00 pm Silver Screen Cinema (Movie) Off Site Marcellus Moves (8:30 am) | 14 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Spill the Beans 10:00 am Tai Chi 11:30 am Valentine's 12:45 pm Bingo | 15 9:00 am Parkinson's 10:00 am Power Punchers Strength Training & Core Euchre 1:30 pm Off Site Marcellus Moves (8:30 am) | 16 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Meals in Minutes 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics | 17 |
| 19 CLOSED <i>in honor of Presidents Day</i> | 20 9:00 am Parkinson's 10:00 am Power Punchers Strength Training & Core 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am) | 21 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:00 pm Veterans Affairs 12:45 pm Bingo | 22 9:00 am Parkinson's 10:00 am Power Punchers Parkinson's Support Group 10:00 am Strength Training & Core 1:30 pm Euchre Off Site Marcellus Moves (8:30 am) | 23 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics | 24 |
| 26 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo | 27 9:00 am Parkinson's 10:00 am Power Punchers Strength Training & Core 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am) | 28 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo | 29 9:00 am Parkinson's 10:00 am Power Punchers Strength Training & Core 11:30 am Leap Day Celebration (Activities) 1:30 pm Euchre Off Site Marcellus Moves (8:30 am) | | |

| 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 | | | 1 9:00 am S.E.A.T. 9:00 am Yoga 10:00 am Drug Drop 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics 2:30 pm Woodcarvers | 2 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 | 3 9:00 am Yoga |
| All Programs / Events REQUIRE Registration | | | | | |
| 5 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg | 6 9:00 am S.E.A.T./ Stretch 9:30 am The Stormy Night 10:00 am Writer's Society 10:30 am Strong & Stable 11:00 am Chess 11:00 am Balance / Stretch 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 | 7 9:00 am Introduction to Backyard Beekeeping 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session | 8 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 1:00 pm Grief Support Group Off Site Shopping | 9 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 | 10 9:00 am Yoga |
| 12 9:00 am Foot Clinic 9:00 am Yoga 12:00 pm Color Your World (Watercolor) 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie) | 13 9:00 am Hearing Clinic 10:00 am S.E.A.T. 10:30 am Strong & Stable 11:00 am Chess 11:00 am Balance, Stretch, Stability 11:30 am Mardi Gras 1:00 pm Parkinson's Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance | 14 10:00 am Crafty Creations 11:30 am Valentine's 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 | 15 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 | 16 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 | 17 9:00 am Yoga |
| 19 CLOSED in honor of Presidents Day | 20 9:00 am S.E.A.T./ Stretch 9:30 am The Stormy Night 10:00 am Writer's Society 10:30 am Strong & Stable 11:00 am Chess 11:00 am Balance, Stretch, Stability 1:00 pm MS Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance | 21 10:00 am Whimsical Gnomes 1:00 pm Pinochle 1:30 pm Mediterranean & DASH Eating 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session | 22 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 | 23 9:00 am Knitting / Crochet 10:00 am COVID Vaccine 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30 | 24 9:00 am Yoga |
| 26 9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg | 27 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 1:15 pm Euchre 3:00 pm Line Dance | 28 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session | 29 7:30 am Black History Month Breakfast 9:00 am S.E.A.T. 9:00 am Yoga 10:00 am Strong & Stable 10:30 am Leap Day Celeb. (Movie) 11:30 am Leap Day Celebration (Activities) 11:00 am Balance / Stretch 12:00 pm Ceramics | | |

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.

February's watercolor is "Jaguar."

Instructor: Roy Hruska

Lowe Center

Monday, Feb. 12
12 - 3 pm



LC CRAFTY CREATIONS

Cost: \$5 per 2 jars

**Registration is required
by February 7.**

Make your own jars of colorful, scented bath salts as a soothing treat for yourself or as a gift for a special someone.

Limited scents will be provided or you can bring your own favorite perfume/cologne.

Instructor: Judy Brown

Lowe Center

Wednesday, Feb. 14
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, Feb. 1 & 15
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. 5
10 am - 4 pm

LC VISUAL ARTS CLASS

Cost: \$15 (Per Class)

All supplies are provided. No registration is required and you can attend when it is convenient.

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

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

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

Instructor: Sharron Ott

Lowe Center

Tuesdays
1 - 3 pm

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Zoom
Online / Zoom



LC SILVER SCREEN FSC CINEMA (Movie)

February's feature is
Harriet

Join us as we celebrate
Black History Month.

Based on the thrilling and
inspirational life of an
iconic American freedom
fighter, Harriet tells the
extraordinary tale of
heroic abolitionist Harriet
Tubman's escape from
slavery and the dangerous
missions she led to
liberate slaves through the
Underground Railroad. Her
courage, ingenuity, and
tenacity freed hundreds
of slaves and changed the
course of history.

*This movie depicts
graphic images and some
profanity.*

Starring Cynthia Erivo, Leslie
Odom Jr., & Janelle Monáe

Free movie, individual bag
of popcorn, and water.

Lowe Center

Monday, Feb. 12
1 pm

Front Street Crossing

Tuesday, Feb. 13
1 pm

LC WHIMSICAL GNOMES

Cost: FREE

Registration is required
by February 14.

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

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

This month's featured
gnome is a St. Patrick
Gnome. Add a little green
to your holiday décor with
this festive gnome perfect
for the March holiday.
Who knows, maybe a little
luck will come your way.

Instructor: Judy Brown



Lowe Center

Wednesday, Feb. 21
10 am

COMPUTERS & TECHNOLOGY

LC COMPUTER USE

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

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

Unlimited Class Prices

1 Year \$240

3 Months \$69

1 Month \$25

*Class price allows you access
to all fitness classes in-person,
online (if available), or both.*

What's Happening
at the COA

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



BALANCE, STRETCH, AND STABILITY



Cost: See page 15
Registration is required

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

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

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



CARDIO CHALLENGE



Cost: See page 15
Registration is required

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

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
8 - 8:45 am



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-this class ONLY)*
\$5 *(Per Class)*
See page 15 for bundle price

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

Instructor: Rosemary Gillam

In Your Neighborhood

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



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



S.E.A.T. / STRETCH CLASS



Cost: See page 15
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
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

LC
Online / Zoom

FSC STRENGTH TRAINING & CORE CLASS



Cost: See page 15
Registration is required

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

Instructor: Ky'sha Johnson

Front Street Crossing

Tuesdays & Thursdays
10 - 10:45 am



LC STRONG & STABLE



Cost: See page 15
Registration is required

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

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
10 - 10:45 am

FSC TAI CHI



Cost: See page 15
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
10 - 11 am **(NEW TIME)**

LC YOGA



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

Now available with Unlimited Class rate

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

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 EUCHRE

FSC 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

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

Lowe Center

Fridays
1 - 4 pm

Front Street Crossing

Tuesdays
1 - 4 pm

LC LAWLESS JAM SESSION

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

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

Lowe Center

Wednesdays
5 - 6:30 pm



LC MAH JONGG

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

Lowe Center

Mondays
1 - 4 pm

LC PINOCHLE

Enjoy this trick-taking card game while making friends.

Lowe Center

Wednesdays
1 - 3 pm

FSC SCRABBLE

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

Front Street Crossing

Wednesdays
10 am

LC SING-A-LONG

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

Lowe Center

Fridays
10:30 am - 12 pm

LISTEN & LEARN

FSC ACOUSTIC GUITAR LESSONS

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

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

Instructor: Max Davis

Front Street Crossing

Fridays
10 - 11 am

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

LC INTRODUCTION TO BACKYARD BEEKEEPING

Registration is required by February 1

Learn about the fascinating hobby of backyard beekeeping with the Berrien & Cass County Beekeepers Association.



Discover the biology and maintenance of a honeybee colony with a demonstration of beehive components, tools, and protective gear. Also get a chance for Q&A.

Presenter: Doug Allison,
Berrien/Cass
Beekeepers Club

Lowe Center

Wednesday, Feb. 7
9 - 11:30 am

LC MEDITERRANEAN & DASH EATING PATTERNS

Registration is required by February 16

Learn about plant based and lean protein eating patterns that reduce blood pressure, protect your heart, and may help you to live a longer, healthier life. Add fruits, vegetables, and unsaturated fats to your daily eating patterns in simple ways with the DASH and Mediterranean diets.



Presenter: Melissa Powell,
Area Agency on
Aging Registered
Dietitian

Lowe Center

Wednesday, Feb. 21
1:30 pm



FSC MEALS IN MINUTES

Registration is required by February 12

Are you tired of cooking? Do you avoid meal prep due to dishes and messes? Are you overwhelmed with meal planning for one or two?

Come to Meals in Minutes to learn how to prepare healthy items that don't require a culinary degree or a day spent in the kitchen. Bring your appetite as we sample select items. You will walk away with recipes that are simple, delicious, and ready in minutes.

Class size is limited so sign up today.

Presenter: Melissa Powell,
Area Agency on
Aging Registered
Dietitian

Front Street Crossing

Friday, Feb. 16
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. 14
1 - 3 pm

LC DRUG DROP

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

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

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

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

Lowe Center

Thursday, Feb. 1
10 am - 12 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. 2
1 - 3 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. 12 & 26
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. 8
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. 13 & 27
9 am - 4 pm

Front Street Crossing

Tuesday, Feb. 6
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, Feb. 20
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. 13
1 - 3 pm

Front Street Crossing

Thursday, Feb. 22
10 - 11:30 am

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. 6
1 - 3 pm

N SHOPPING

Cost: \$5

Reservations ONLY

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

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

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

In Your Neighborhood

Thursday, Feb. 8

FSC VETERANS AFFAIRS

Walk-ins Welcome

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



Those veterans who are at-risk or are experiencing homelessness can connect to resources and programs for stable housing.

Contact: Jordan Brinker,
Social Worker, Battle
Creek VA Medical Center

Front Street Crossing

Wednesday, Feb. 21
12 - 2 pm

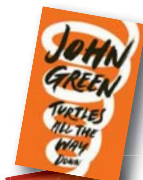
SOCIAL SESSIONS

LC READ & SHARE BOOK CLUB

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

February's Discussion Book

Turtles All the Way Down by John Green



March's Discussion Book

The Alchemist by Paulo Coelho



Lowe Center

Tuesday, Feb. 6
1 - 3 pm

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom



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.

February's Bean Spiller

Travel Agent and Cruise Planner Susan Leach will inform you about traveling in today's world, the best places to visit, accommodations, and why cruising might be right for you.

March's Bean Spiller

Jordan Anderson,
Baker's Rhapsody

Front Street Crossing

Wednesday, Feb. 14
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. 6 & 20
9:30 am - 12 pm

SPECIAL EVENTS

LC COVID VACCINE

Cost: Your insurance will be billed

Appointment ONLY

Stay up to date with the latest COVID-19 vaccine.

Corewell Health & Lakeland Care will be administering the Moderna shots.

- Bring a photo ID and your Health Insurance card(s)
- Bring your vaccination card if you would like it updated.

Medicare will cover the vaccine. For all other insurance, you can call your provider to confirm coverage if unsure. You will be billed if your insurance doesn't cover the vaccine.

Lowe Center

Friday, Feb. 23
10 - 11 am



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. 3
11 am - 2 pm



LC LEAP DAY CELEBRATION

Hop to it and help us celebrate Leap Day!



Games & Activities
11:30 am - 1:30 pm

Leap Year movie
(Lowe Center only)
10:30 am

Lowe Center

Thursday, Feb. 29
10:30 am - 1:30 pm

Front Street Crossing

Thursday, Feb. 29
11:30 am - 1:30 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. 13
11:30 am - 1:30 pm

Front Street Crossing

Tuesday, Feb. 13
11:30 am - 1:30 pm

LC VALENTINE'S

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

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

Front Street Crossing

Wednesday, 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

Donations & Support

*Includes donations received between
December 11, 2023 – January 10, 2024.
Donations received after that date will be
acknowledged in the next edition of the Messenger.*

Annual Campaign

Hsiu-Chu Adkins
Shirley Andrews
Anonymous
Diane Barrett-Curtis
Sally Billingham
Nancy Bowman
Thomas Buszek
Sandra Butte
Frank Butts
Bernadette Calkins
Jeanne Casey
Nancy Coffel
Keryl Conkright
Gregory Connelly
Charles Crennell
Patricia Donat
Dowagiac
Credit Union
Dowagiac
Lions Club
Karen Duck
Garry Fedore
Tom Fetter
Margo Foreman
Jayne Fox
Michael Fox
Linda Frisbie
Fruitbelt
Woodcarvers
George Gearhart
Mary Geminder
Marilyn Golden
Kim Goss
Lois Groszek
Bernice Gwilt
Juanita Hagan
Mabel Hartman

Annual Campaign (cont.)

Virginia Helvey
Gary Hollenbeck
Charles Jones
Leonard
Kanczuzewski
Byron Kephart
Leroy Kinnison
Gerald Knapp
Sue Knapp
Ledger Krupp
Edward Kwilosz
Ivan Lawson
Michael Machalleck
Michael Mahoney
Elaine McKeough
McLoughlin Family
Foundation
Barbara Monroe
Monuments
by Design
Carl Moraw
Clarise Murphy
Mary Myrkle
Janet Parrish
Leslie Paul
Martha Perkins
Michael Petersen
Richard Peterson
Patricia Preston
Joyce Proctor
Paul Pugh
George Purlee
Karen Randall
Elsie Randles
Terry Ray
Mike Rockwell
Arlene Sarabyn

Annual Campaign (cont.)

Sherry Sayles
Christine Scelzo
Linton Schinske
Jerry Schley
Larry Schmidt
Phyllis Schott
Bruce Springsteen
Starks Family
Funeral Homes
Rosaleen Sullivan
Michael Sutherland
Georgia
Taylor-McAdoo
Carol Trent
Joseph Underwood
James Watson
William Woodill
Roberta Woodruff
Max Wright
Georgia Yarbrough
James Zimmer
M.J. Zimmerman

Food Service

Karen Current

Front Street Crossing

Dan J. McAvoy

Greatest Need

Toni Janssen

Handy Helpers

Robin Emenaker
Clara Flory
Sheree Stevenson
Dewanda Washburn

Meals on Wheels

Cheryl Albright
Alpha Upsilon
Master Chapter
Patrick Carey
Ida Corbit
Edward Lowe
Foundation
John Gould
Lydia Gould
Richard Huffman
Susan Klemm
Mary Redding
Kandy Schumacher
Anita Sparks
Ed Thornburgh
Martha Turney
Anne Wilkinson

In Memory of Donna Mae Adams

Karen Seymour

In Memory of Dick Casey

Jim and Vicki Beebe

In Memory of Bill & Elsie Loux

Gary Shanafelt

In Memory of Robert C. Short, Sr.

Cass County MARSP

Seniors in Cass County Need Your Support

Your donation is helping to make our community's seniors happier and healthier.

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 2024 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| LOCATIONS & HOURS Lowe Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Front Street Crossing (FSC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information. | | | 1 Main Entrée* Goulash Italian Blend Vegetables Breadstick Pears Café Entrée Grilled Ham & Cheese Café Fresh Salad Buffalo Chicken Salad | 2 Main Entrée* Beer Battered Tilapia Roasted Redskins Peas & Pearl Onions Wheat Bread Fruit Yogurt Café Entrée Chicken Stir Fry Café Fresh Salad Beef Taco Salad |
| 5 Main Entrée* Chicken Tenders Mashed Potatoes w/ Gravy Mixed Vegetables Wheat Roll Brownie Café Entrée Corned Beef on Rye Café Fresh Salad Cheryl's Choice | 6 Main Entrée* Pork Chop Rice Carrots & Peas Fruit Cookie Café Entrée Pizza Café Fresh Salad Custom Salad | 7 Main Entrée* Vegetarian Chili Cornbread Tortilla Chips Cake Café Entrée Pulled Pork Nachos Café Fresh Salad Chicken Bacon Ranch | 8 Main Entrée* Beef Stew w/ Vegetables Rosemary Redskins Whole Wheat Roll Fruit Café Entrée Italian Beef Café Fresh Salad COA Salad | 9 Main Entrée* Tuna Noodle Casserole Peas Wheat Bread Pie Café Entrée Chef's Special Café Fresh Salad Italian Chicken |
| 12 Main Entrée* Chicken Fajitas Roasted Peppers & Onions Corn & Black Beans Tortilla Peaches Café Entrée Italian Melt Café Fresh Salad Very Veggie Salad | Mardi Gras 13 Main Entrée* Jambalaya Red Beans & Rice Whipped Sweet Potatoes King Cake Café Entrée Chicago Dog Café Fresh Salad Oriental Salad | Valentine's Day 14 Main Entrée* Chicken Kiev Rosemary Redskins Green Beans Amandine Assorted Cheesecake Café Entrée Pizza Café Fresh Salad Tuna Salad | 15 Main Entrée* Mostaccioli Zucchini Garlic Toast Tropical Fruit Café Entrée Roast Beef Sandwich Café Fresh Salad Chef's Choice | 16 Main Entrée* Catch of the Day Wild Rice Blend Carrots Fruit Cocktail Café Entrée Chicken Tenders Café Fresh Salad COA Salad |
| 19 CLOSED in honor of Presidents Day | 20 Main Entrée* Chicken à la King Mixed Vegetables Biscuit Jello Café Entrée Loaded Baked Potato Café Fresh Salad Custom Salad | 21 Main Entrée* Lasagna Italian Breadstick Scandinavian Blend Vegetables Pumpkin Pie Café Entrée Pulled Chicken Sandwich Café Fresh Salad Pita Salad | 22 Main Entrée* Enchiladas Mexican Rice Black Beans Tapioca Pudding Café Entrée Tuna Melt Café Fresh Salad Mediterranean Salad | 23 Main Entrée* Southern Style Flounder Hush Puppies Broccoli Chocolate Cake or Fruit Café Entrée Wet Burrito Café Fresh Salad Mini Chef Salad |
| 26 Main Entrée* Sweet & Sour Chicken White Rice Sugar Snap Peas Fortune Cookie Applesauce Café Entrée Chili Café Fresh Salad Italian Salad | 27 Main Entrée* Pork Chop Stuffing Brussels Sprouts Wheat Roll Pears Café Entrée Gyro Café Fresh Salad Mini Garden Salad | 28 Main Entrée* Beef Tacos Mexican Rice Refried Beans Tortilla Blueberry Crisp Café Entrée Grilled Cheese Café Fresh Salad Crispy Chicken Salad | Leap Day 29 Main Entrée* Baked Spaghetti Broccoli Breadstick Banana Café Entrée The Marty Mac Burger Café Fresh Salad COA Salad | |

Menu is subject to change without notice.

**Daily vegetarian lunch option available upon request.



Meals are funded in part by
Region IV Area Agency on Aging and are
served in partnership with Cass County COA.
(Suggested Donation per Meal: \$4.00)

Valentine's

Lowe Center &
Front Street Crossing

Wednesday,
February 14
11:30 am - 1:30 pm

Registration is Requested

The Messenger

Cass County COA

P.O. Box 5

Cassopolis, Michigan 49031

Non Profit Organization

U.S. Postage Paid

Cassopolis, MI 49031

Permit #43



Mardi Gras

Lowe Center & Front Street Crossing

Tuesday, February 13
11:30 a.m. - 1:30 p.m.

*Registration is Requested
by calling (269) 445-8110*