

July 2023



Messenger



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Friends

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Messenger Staff

Director of Community Development
Kelli Casey

Communications Assistant
Terina Miller

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DUELING FOR DOLLARS SUCCESS



by KELLI CASEY
Director of Community Development

On Friday, May 19 the Cass County COA hosted its second annual Duelling for Dollars fundraiser benefiting Meals on Wheels. This one-of-a-kind Duelling Piano concert entertained over 240 community members, grossing over \$35,000.

Beautiful weather graced the event at Marion Magnolia Farms on Twin Lakes Road in Cassopolis. Attendees were able to enjoy fresh air throughout the whole evening in the shabby chic barn while clapping and singing along to the all-request comedy piano show, where the audience was just as much part of the show as the entertainers.

The COA could not provide quality programs and services to seniors without the support of our community members, local businesses, and organizations. Their support allows us to provide hot, nutritious meals delivered daily to homebound seniors in need. Many times, this meal delivery is the only personal contact the recipient has for the day. Equally important is the fact that access to meals gives many seniors the ability to age in place in their own homes with dignity and independence.

Thank you to everyone who attended the event, those who donated and purchased silent auction items, and especially our Event Sponsors. To see a full list of the evening's donors and sponsors, turn to pages 8-9.



Photos by Taylor Lee

Cover Image

Elaine Foster, Kathleen Bienick, and Larry Bienick had such a wonderful and fun evening at the Dueling for Dollars fundraiser. If you'd like to support the COA's Meals on Wheels program, check out page 9. *(Photo by Taylor Lee)*

Cass County COA Staff Contacts

CEO

Marty Heirty

Adult Day Service

Laura Jepkema

Care Services / Handy Helpers / Support Groups

Cindy Ledger, RN

Charitable Giving

Kelli Casey

Food Service

Michael Garcia

Front Street Crossing

Ky'sha Johnson

Human Resources / Volunteers

Danielle Dilts

Leisure Activities / Fitness /

Facilities Rental

Kelli Casey

Lifelong Learning

Patty Gremaux

Meals on Wheels / In-Home Care /

Medicare Medicaid Assistance

Adrienne Glover

Operations

Danielle Dilts

The COA is proud to partner with...



Dog Days of Summer

by SHELLY PURUCKER
Operations Assistant

What exactly are the Dog Days of Summer? Originally it was thought that this was an evil time when the sea would boil, wine would turn sour, and both men and dogs would go mad. This might seem pretty harsh, but the truth is the sun can be brutal, and having protection from the harmful UV rays is extremely important.

In ancient Greece, Egypt, and Rome, it was believed that the dawn rising of the super-bright Sirius, the Dog Star, combined with the Sun was the cause of summer's sweltering temperatures. The name "Sirius" even stems from the Ancient Greek seirios, meaning "scorching."

The Dog Days of Summer is considered to run from July 3 through August 11. This

occurs soon after the summer solstice in late June, which also tends to kick off the worst of summer's heat and humidity.

Even though it wasn't the intention, the dog is a good metaphor for these hot temperatures. Man's best friend does not come with a huge supply of sweat glands. The most effective sweat glands old Fido does have are found on the pads of his paws, but even those can do only so much good. Canine temperature control is the very visible panting we observe in our pets.

If you tie Fido up outside, make sure he or she has plenty of water and access to shade. If you take a car ride with your dog and stop to shop, please do not leave your best friend in the car simply because those temperatures can rise very rapidly.

The COA is a great place for you to stay cool during



these Dog Days of Summer, but unfortunately you must leave your fur friends at home. Don't worry, they will be there waiting to hear about all the fun you had when you get back.

Throughout the entire month of July, we want you to share with us a photo of your doggie on our Facebook page (facebook.com/CassCOA) in honor of the Dog Days of Summer. Don't worry non dog owners, we will give you a chance to highlight your friend in the near future.

Volunteer Spotlight

Jennifer and Terry Ray have been volunteering at the COA for well over a decade assisting with meal deliveries and medical transportation.

Jennifer also spent several years writing to students for our Pen Pal Program.

Jennifer can be found going around greeting people and sharing her warm smile. The Rays are a pleasure to work with and very reliable. We appreciate them and all of the many years they have committed to the COA!



Employee Spotlight

Over the years Kelli Casey has worn many different hats. Since starting in the fall of 2012, her collection of hats keep piling up. She has gone from Café Supervisor to Front Street Crossing Manager to Director of Community Development. Currently, this hat's brim has gotten wider as she oversees the departments that handle all the various activities, classes, fitness, communications, and Front Street Crossing.

Of course one of her favorite hats to wear is her golf hat as she tries to make it out on the course once or twice a week. She also loves to throw all hats aside and spend time with her husband and her daughters or just floating around in her pool.





Summer Concert with Memphis Underground

Sponsored by Sunset Coast

Volunteers

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

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

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

Marie Slough
Beverly Smith
Bonita Smith
Eileen Smith
John Smith
Irmgard Stanage
Kawanna Stoker
Walter Swann
Terrie Tabbert
Diane Tiser
Elizabeth
Vanhphoumy
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 May, during which we had 154 active volunteers who contributed 1680 hours of work. This would be equal to more than 10 full time staff positions.

Dowagiac Summer Festival

Visit us at Front Street Crossing on
Friday, July 14 from 12 – 4 p.m. &
Saturday, July 15 from 1 – 4 p.m.

Senior Fitness Days



Donations & Support

Dueling for Dollars Fundraiser – Corporate Sponsor

Ascension Borgess-Lee
McLoughlin Family
Foundation

Dueling for Dollars Fundraiser – Grand Sponsor

Harry and Bonnie Shaffer

Dueling for Dollars Fundraiser – Baby Grand Sponsor

Larry and Jody Crandall
Dr. Frederick K. Dean
Edward Jones –
John Seculoff
Janel's Industries

Dueling for Dollars Fundraiser – Baby Grand Sponsor (cont.)

NOBO
Porky's Party Place
Stark's Family Funeral
Homes & Cremation –
Clark Chapel

Dueling for Dollars Fundraiser – Pianette Sponsor

Jim and Vicki Beebe
Circle Federal Credit Union
Dowagiac Federal
Credit Union
Eckman Chiropractic
Edward Lowe Foundation
G.W. Jones Exchange Bank

Dueling for Dollars Fundraiser – Pianette Sponsor (cont.)

Imperial Furniture
David Louthan
North Star Landscape
Southwestern Michigan
College
State Farm – Greg Osborn
Agency
Who Knew Consignment

Dueling for Dollars Fundraiser – Silent Auction Donors

Amy's Fabulous Diner
Bakeman Barbers
The Baker's Rhapsody
The Boulevard Inn & Bistro

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.

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

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

***Dueling for Dollars Fundraiser –
Silent Auction Donors (cont.)***

City of Dowagiac
Clear H2O Tackle
COA Board
Cottage Gallery
Diamond Lake Golf Course
Diamond Lake Ice Cream
Dowagiac Area History
Museum
Dowagiac Fire Department
Dussel's Farm Market
Edward Jones –
Kim MacGregor
Edwardsburg Historical
Museum / Pat Bellaire
Flat Rock Grill
Four Lakes Country Club
The Green Jacket Tap-n-Grill
The Hairitage
Hale's Hardware
Hampshire Country Club
Harding's Market –
Cassopolis
Indian Lake Hills Golf Course
Jayson's Auto & Truck
Service
Jody Crandall
Kelsey Lake Market
Lindy's

***Dueling for Dollars Fundraiser –
Silent Auction Donors (cont.)***

Ron Lofts
Midwest Energy
& Communications
The Morris Estate
NOBO
Oak & Ash
On Base Productions
Papa's Pizzeria
Pink Sands Aesthetics
Porky's Party Place
The Rock at Big Fish Lake
Rosy Tomorrows
Sensational Scoops
Southwestern Michigan
College
Styling Studio
The Woods

Greatest Need

Martha Allen
Linda Frisbie
Christine Hughes
Sharon Miller

Handy Helpers

Janis Price

Meals on Wheels

David Carte
Bonnie Cuthbert
John Gould
Lydia Gould
Betty Grames
Greg Kaniuga
Michael Meltinos
Michael Sutherland
Ed Thornburgh
Susan Wiltse
JoAnne Wood

In Memory of John Bradke

James Beebe
Heather Burns

In Memory of Esther Carlisle

Barbara Darrigan
Douglas Stickney

In Memory of Judge Paul Deats

Fidelity Charitable Donor
Karlowski Law Office

In Memory of Ted Foote

Julie Lacy

Summer Concert Series

Sunset Coast

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

Dementia Help for Family & Friends

by KERYL CONKRIGHT
Savvy Caregiver Trainer/Instructor

Caregivers, have you wanted to know more about Dementia caregiving but have not been able to attend a day time class? Well now's your chance to attend this 6-week course at a time more convenient for you.

This Savvy Caregiver class will provide important information regarding many different aspects of dementia and caregiving. You will also learn how to care for your loved one as well as yourself because sometimes you don't realize how much you don't know or how much help that you need until you are in too deep.

Savvy Caregiver Class

Mondays, July 17 – August 28 (*Excludes July 31*)
5:30 – 7:30 p.m. at the COA Lowe Center
Respite care is available but **MUST** be mentioned when registering.

Register: (269) 982-7731 (*Tracy Manning*)

If you are not the caregiver but are a friend or family member to someone with dementia, then you can attend this free one-hour informational session that is designed to help you understand how to better communicate and support those with dementia.

Dementia Friends Michigan

Wednesday, August 30
11 a.m. – 12 p.m. at the COA Lowe Center
Register: (269) 445-8110

Both classes are sponsored by Region IV Area Agency on Aging.



269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

www.ccmcf.org

CASS COUNTY
Medical Care Facility

OUTPATIENT THERAPY SERVICES

**NOW ACCEPTING
NEW PATIENTS!**

Call Rie or Matt for information
or an appointment
269-445-3801



Senior Day at the Fair

It's almost time again for the Cass County Fair. Of course we think the **BEST** day to visit the fair is on Thursday, August 3 for Senior Day because admission to the fair is free for those 60 years of age and older.

The Cass County COA is sponsoring some great entertainment that day starting at 9 a.m. in the Gregarek Community Building with coffee and donuts sponsored by John Seculoff of Edward Jones in Dowagiac.

Enjoy your morning listening to The Fabulous Oldies But Goodies Band, an authentic 50s and 60s show band. Be prepared to be transported back to the early days of Rock and Roll!

While at the fair, be sure to visit the Cass County COA booth under the grandstand. Here you can learn about all the latest programs and events, as well as ask questions.



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.



Mother's Day



Father's Day

JULY 2023

Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 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	4 CLOSED <i>for Independence Day</i>	5 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	6 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	7 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	1 8
10 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo 2:00 pm Congestive Heart Failure Support Group	11 9:00 am Parkinson's Power Punchers 12:00 pm Color Your World (Watercolor) 1:00 pm Brain & Body 1:00 pm Hand & Foot 1:00 pm Silver Screen Cinema (Movie) Off Site Marcellus Moves (8:30 am)	12 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	13 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	14 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:00 pm Dowagiac Summer Festival 12:30 pm Ceramics	15 1:00 pm Dowagiac Summer Festival
17 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	18 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 10:00 am Diabetes Support Group 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	19 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	20 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	21 8:00 am Cardio Challenge 9:00 am Father's Day Brunch 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	22
24 8:00 am AARP Smart Driver Class 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	25 8:00 am AARP Smart Driver Class 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	26 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	27 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Parkinson's Support Group 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	28 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	29
31 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					Front Street Crossing Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI All Programs / Events REQUIRE Registration

JULY 2023

Lowe Center

Cassopolis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg	4 CLOSED <i>for Independence Day</i>	5 9:00 am Walking Club 1:00 pm Book Club 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	6 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, Ceramics 12:00 pm Story of Your Life 1:00 pm Memoir Class 2:30 pm Woodcarvers Off Site Off Site Shopping South Bend Cubs Bus Trip (5:00 pm)	7 7:30 am Breakfast Buffet 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Diabetes Support Group 1:00 pm Hand & Foot 1:00 pm Stroke Support 1:15 pm Bingo 1:30 pm Fit 30	1 9:00 am Yoga 8 9:00 am Yoga
10 9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie) Off Site Kayak Club (10:00 am)	11 9:00 am Hearing Clinic 9:00 am S.E.A.T. 9:30 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch 11:00 am Mindful Meditation 1:00 pm Parkinson's Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	12 9:00 am Walking Club 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	13 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 1:00 pm Story of Your Life Memoir Class	14 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	15 9:00 am Yoga
17 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 5:30 pm Savvy Caregiver Class	18 9:00 am S.E.A.T./Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 11:00 am Mindful Meditation 1:00 pm MS Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	19 9:00 am Walking Club 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	20 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 Story of Your Life Memoir Class 2:30 pm Woodcarvers	21 9:00 am Knitting / Crochet 9:00 am Father's Day Brunch 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30 5:30 pm Food Truck (Concert) 7:00 pm Summer Concert	22 9:00 am Yoga
24 9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg 5:30 pm Savvy Caregiver Class Off Site Kayak Club (10:00 am)	25 9:00 am Hearing Clinic 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 11:00 am Mindful Meditation 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	26 7:30 am Breakfast Buffet 9:00 am Walking Club 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	27 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 12:00 pm Volunteer Lunch & Training 1:00 pm Story of Your Life Memoir Class	28 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	29 9:00 am Yoga
31 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg			 <p>Breakfast Buffet July 7 & 26 7:30 - 9 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 All Programs / Events REQUIRE Registration</p>		

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



FSC 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.

July's watercolor is "Painted Bunting."

Instructor: Roy Hruska

Front Street Crossing

Tuesday, July 11
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, July 6 & 20
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, July 3, 17 & 31
10 am - 4 pm



LC SILVER SCREEN CINEMA (Movie)

July's feature is
***Jerry & Marge
Go Large***

Have you ever dreamt of winning the lottery? Well, join us for this film inspired by the remarkable true story of one Michigan couple as they go on a lotto winning spree when retiree Jerry discovers a mathematical loophole in the Massachusetts lottery. This couple starts to see visions of security for their retirement and their small town, that is, until a college student stumbles across the same loophole.

Starring Bryan Cranston & Annette Bening

Free movie, individual bag of popcorn, and water.

Lowe Center

Monday, July 10
1 pm

Front Street Crossing

Tuesday, July 11
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. No registration is required and you can attend when it is convenient.

All ages and skill levels are invited to explore drawing and painting with both water based and acrylic paints in this ongoing class.

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

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

Instructor: Sharron Ott

Lowe Center

Tuesdays
1 - 3 pm

COMPUTERS & TECHNOLOGY

LC COMPUTER USE

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

Lowe Center

Mondays - Fridays
8 am - 5 pm

Front Street Crossing

Mondays - Fridays
8 am - 4 pm

FITNESS & EXERCISE

LC FITNESS CENTER

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

Lowe Center

Mondays - Thursdays
7 am - 7 pm

Fridays
7 am - 4 pm

Saturdays
7:30 am - 12 pm

Front Street Crossing

Mondays - Fridays
7 am - 4 pm

Membership Prices

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 SUMMER FITNESS SPECIAL

FSC Cost: \$299 (1 Year)

Back by popular demand, get your summer started with this special offer which includes all access to personal trainers, customized fitness programming, 5 days a week of in-person and online fitness classes (excluding yoga), and use of our fitness centers.

This one year membership is available at two convenient locations for one great price. It's an incredible savings of 50% or more! Don't miss out on this special opportunity available during the entire month of July only.

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

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

LC FIT 30

Cost: FREE

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

Instructor: Taylor Lee

Lowe Center

Wednesdays & Fridays
1:30 - 2 pm

FSC CARDIO CHALLENGE



Cost: \$25 (Monthly)

Registration is required

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

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
8 - 8:45 am



N KAYAK CLUB

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

Registration is required

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

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

Leader: Taylor Lee

In Your Neighborhood

Park Shore Marina
22230 Maple St.
Cassopolis, MI
Mondays,
July 10 & 24
10 am - 12 pm

LC LINE DANCE

Cost: FREE

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

Instructor: Fran Yeager

Lowe Center

Tuesdays
3 pm

N MARCELLUS MOVES

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

Registration is required

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

Instructor: Rosemary Gillam

In Your Neighborhood

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

FSC PARKINSON'S POWER PUNCHERS

Cost: FREE

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

Instructor: Coach Walter Swann,
Former Professional Boxer

Front Street Crossing

Tuesdays & Thursdays
9 - 10 am

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

LC
Online / Zoom



FSC RANGE OF MOTION & MOBILITY CLASS

Cost: \$25 (Monthly)
Registration is required

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

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
10 - 10:45 am

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

Cost: \$20 (Monthly)
Registration is required

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

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
9 - 9:45 am

LC STRONG & STABLE

Cost: \$20 (Monthly)
Registration is required

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

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
10 - 10:45 am

FSC TAI CHI

Cost: \$25 (Monthly)
Registration is required

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

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

Instructor: Glenda Gibson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
11 am - 12 pm



LC WALKING CLUB

Cost: FREE
Registration is requested

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

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

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

Lowe Center (Walking Trail)

Wednesdays
9 am

Front Street Crossing (Downtown)

Thursdays
8 am

LC YOGA

Cost: \$8 (Per Class)
Registration is required

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

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

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

Lowe Center & Online / Zoom

Mondays
9 - 10:15 am

Thursdays
9 - 10:15 am

Saturdays
9 - 10:15 am

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 BINGO

FSC 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

FSC 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

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

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
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Zoom
Online / Zoom

LC SING-A-LONG

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

Lowe Center

Fridays
10:30 am - 12 pm

LISTEN & LEARN

FSC AARP SMART DRIVER COURSE

Cost: \$20 (AARP Member)

Cost: \$25 (Non-Member)

Registration is required

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



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

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

Instructor: Jo Ann Flowers,
AARP Volunteer

Front Street Crossing

Monday & Tuesday
July 24 & 25
8 am - 12 pm

FSC ACOUSTIC GUITAR LESSONS

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

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

Instructor: Max Davis

Front Street Crossing

Fridays
10 - 11 am



LC STORY OF YOUR LIFE - WRITING A MEMOIR

Registration is required

Everybody has a story to tell. What's your story?

Get a chance during this six-week series to let the world know, or at least your loved ones, the story of YOU.

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

Instructor: Carole A. Tate
Teaching and Learning
Center from Southwestern
Michigan College

Lowe Center

Wednesdays,
July 6 - Aug 10
1 pm



LC MINDFUL MEDITATION

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

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

Lowe Center

Tuesdays,
July 11 - Aug 15
11 am - 12 pm

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, July 12
1 - 3 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

SERVICES & SUPPORT



FSC CONGESTIVE HEART FAILURE SUPPORT GROUP

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

Front Street Crossing
Monday, July 10
2 - 3:30 pm

LC DIABETES SUPPORT GROUP **FSC**

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

Lowe Center
Friday, July 7
1 - 3 pm

Front Street Crossing
Tuesday, July 18
10 - 11:30 am

LC DRUG DROP

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

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

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

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

Lowe Center

Thursday, July 6
10 am - 12 pm

LC FOOT CLINIC

Cost: \$20
Appointment ONLY

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

Lowe Center

Mondays, July 10 & 24
Call for Times

LC GRIEF SUPPORT GROUP

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

Lowe Center

Thursday, July 13
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, July 11 & 25
9 am - 4 pm

Front Street Crossing

Tuesday, Aug. 1
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, July 18
1 - 3 pm

LC PARKINSON'S SUPPORT GROUP **FSC**

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, July 11
1 - 3 pm

Front Street Crossing

Thursday, July 27
10 - 11:30 am

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood


Online / Zoom

LC SAVVY CAREGIVER CLASS

Registration is required by calling (269) 982-7731

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

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

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

Lowe Center

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



LC STROKE SUPPORT GROUP

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

Lowe Center

Tuesday, July 7 *(Date Change)*
1 - 3 pm

N VETERANS AFFAIRS

Appointment required

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

Contact: Karee Krause, Veterans Service Officer

Phone: 269-445-4472

N SHOPPING

Cost: \$5

Reservations ONLY

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

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

Reservations are required at least three days before the trip and 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, July 6

SOCIAL SESSIONS

LC READ & SHARE BOOK CLUB

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

July's Discussion Book

Pachinko by
Min Jin Lee

August's Discussion Book

It Can't Happen Here by
Sinclair Lewis

Lowe Center

Tuesday, July 5 *(Date Change)*
1 - 3 pm



LC THE STORMY NIGHT WRITERS SOCIETY

We all have stories to tell.

Come join the group and share your tales. Everyone has a chance to give and receive constructive feedback on the efforts presented.

Discussions cover a wide variety of writing related topics including submissions, editing, genres, audiences, dialogue, settings, characters, conflicts and more.

Lowe Center

Tuesdays, July 11 & 25
9:30 am - 12 pm

FSC SPILL THE BEANS

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

July's Bean Spiller

Have you ever wondered what services fall under the hospice umbrella? Who pays? Who qualifies? Alyssa Vanderburg from Gentiva Hospice will be sharing information, dispelling misconceptions, and answering questions about hospice care.

August's Bean Spiller

Joe Odenwald,
SMC President

Front Street Crossing

Wednesday, July 19
10 am

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

SPECIAL EVENTS



LC SOUTH BEND CUBS

N Cost: \$70
Registration is required

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

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

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

Lowe Center & In Your Neighborhood

Thursday, July 6
5 pm (Bus Departure)
10 pm (Approx. Bus Return)



LC SUMMER CONCERT

Cost: Free
Registration is requested

Be sure not to miss this remarkable performance from Night Moves: The Ultimate Bob Seger Tribute as they take you back to the band's greatest hits from the 70s and 80s.

This is a must see show for Seger fans and if you aren't a fan, you will be by the end.

Summer concert series is sponsored by Sunset Coast.

Food will be available for purchase from Weenie Kings food truck.

Please bring your own chair or blanket.

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

Lowe Center (Pavilion)

Friday, July 21
5:30 - 7:30 pm (Food)
7 - 9 pm (Concert)

Volunteer Training

LC VOLUNTEER LUNCH & TRAINING

Registration is required by July 19

All current volunteers are welcome to attend this training during lunch. Simply stop in anytime between 12 - 1:30 pm for a bite to eat and the training materials.

If you are unable to attend, training materials will be provided per your request.

All drivers must complete the trainings.

Lowe Center

Thursday, July 27
12 - 1:30 pm



Upcoming Bus Trip

INDIANA DUNES STATE PARK HIKE & BOAT TOUR

Wednesday, August 30

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

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

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

Bus Leaves: 8 a.m. | Bus Returns: 6 p.m. (approx. time)
Cost: \$55 (Nonrefundable) | **Register A.S.A.P.**

JULY 2023

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Main Entrée* Sweet & Sour Chicken White Rice Stir Fry Vegetables Fortune Cookie Café Entrée Turkey Sandwich Café Fresh Salad Strawberry Chicken Salad	4 CLOSED <i>for</i> Independence Day	5 Main Entrée* Smoked Sausage Fire Roasted Peppers & Onions Roasted Redskins Fresh Fruit Café Entrée Italian Hoagie Café Fresh Salad Fruit Salad	6 Main Entrée* Chicken Lasagna Italian Vegetables Cheesy Breadstick Fresh Fruit Café Entrée Buffalo Chicken Tenders Café Fresh Salad Antipasto Salad	7 Hot Breakfast (LC) Main Entrée* Dilled Salmon Wild Rice Roasted Sweet Potatoes Wheat Bread Raspberry Chocolate Cake Café Entrée Beef Tacos Café Fresh Salad Very Veggie Salad
10 Main Entrée* Cheesy Chicken & Broccoli Potato Casserole Green Beans Cherry Cobbler Café Entrée Cheeseburger Café Fresh Salad Cottage Cheese w/ Fruit	11 Main Entrée* Cheeseburger w/ Bun Lettuce, Tomato, & Pickle Potato Salad Baked Beans Jello Cake Café Entrée Spicy Chicken Sandwich Café Fresh Salad Cobb Salad	12 Main Entrée* Polish Sausage Sauerkraut German Potatoes Wheat Roll Apple Café Entrée Maid-Rite Sandwich Café Fresh Salad Turkey Craisin Salad	13 Main Entrée* Baked Penne w/ Beef Capri Blend Vegetables Garlic Bread Jello Café Entrée Footlong Hot Dog Café Fresh Salad Shrimp Salad	14 Main Entrée* Beer Battered Fish Onion Rings Carrots Wheat Roll Ice Cream Treat Café Entrée Tuna Salad Croissant Café Fresh Salad COA Salad
17 Main Entrée* Grilled Chicken Salad Cucumbers / Broccoli / Tomatoes Pasta Salad Wheat Roll Ambrosia Café Entrée Chef's Special Café Fresh Salad Mini Chef Salad	18 Main Entrée* Beef Teriyaki Fried Rice Oriental Vegetables Plum Fortune Cookie Café Entrée Chicken Philly Café Fresh Salad Chicken Taco Salad	19 Main Entrée* Pork Chop w/ Apples Mashed Potatoes & Gravy Peas & Pearl Onions Wheat Bread Chocolate Cake Café Entrée Pretzel w/ Beer Cheese Café Fresh Salad Salad Trio	20 Main Entrée* Cheese Ravioli Italian Green Bean Italian Breadstick Apple Crisp Café Entrée Pulled Pork Nachos Café Fresh Salad Veggie Blend Salad	21 Main Entrée* Fish Tacos Colelaw Peas Hush Puppies Pears Café Entrée Roast Beef Sandwich Café Fresh Salad BLT Salad
24 Main Entrée* Chicken Fajitas Roasted Corn Mexican Rice Tortilla Rice Pudding Café Entrée Hot Dog on Pretzel Bun Café Fresh Salad Michigan Chicken Salad	25 Main Entrée* Beef Taco Salad Refried Beans Mexican Rice Tortilla Chips Cookie Café Entrée Grilled Chicken Sandwich Café Fresh Salad Oriental Salad	Hot Breakfast (LC) 26 Main Entrée* Pork Stir Fry Brown Rice Stir Fry Vegetables Peaches Fortune Cookie Café Entrée Ham & Cheese Sandwich Café Fresh Salad Mediterranean Salad	27 Main Entrée* Italian Sausage Bake Broccoli Cauliflower Wheat Roll Apple Café Entrée Tuna Melt Café Fresh Salad Fruit Salad	28 Main Entrée* Catch of the Day w/ Lemon Slice Roasted Potatoes Carrots & Peas Wheat Bread Cookie Café Entrée Corned Beef on Rye Café Fresh Salad Cobb Salad
31 Main Entrée* Fried Chicken Mashed Potatoes & Gravy Corn on the Cob Wheat Bread Blueberry Crisp Café Entrée Deli Sandwich Café Fresh Salad Cottage Cheese w/ Fruit			LOCATIONS & HOURS Low Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (July 7 & 26) 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)

Concert Sponsored by



sunset coast

SUMMER CONCERT

FEATURING

NIGHT MOVES THE ULTIMATE Bob Seger TRIBUTE

FRIDAY

July 21

7 - 9 PM

5:30 - 7:30 PM (Food Truck)

Lowe Center Pavillion

Fall in love all over again or for the first time
with the music of Bob Seger.

Come early and purchase food from
the Weenie Kings food truck.

Please bring your own chair or blanket.
In case of inclement weather, the concert will be rescheduled.

The Messenger
Cass County COA
P.O. Box 5
Cassopolis, Michigan 49031

Non Profit Organization
U.S. Postage Paid
Cassopolis, MI 49031
Permit #43

