

July 2024

The

Messenger



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Your Vote COUNTS!

by KELLI CASEY
Director of Community Development

The Cass County COA's Millage Proposition for Services to Older Citizens, which is up for renewal on the August 6 ballot, is a crucial part of our community. It's not just about the COA, it's about all of us. Your support is what will enable the COA to continue to Enhance Life for thousands in our community every year.

Continuity of Services: Renewing the existing millage ensures that there is no disruption in the essential services provided by the Council on Aging (COA). This continuity is crucial for seniors who rely on these services for their daily needs and overall well-being.

No Increase in Taxes: Since this is a renewal, it does not involve an increase in taxes. Voters are simply maintaining the current level of funding, which supports vital programs without any additional financial burden on taxpayers.

Support for Seniors: The COA provides essential services and programs that enhance the quality of life for seniors in the community. These services include fitness programs, social activities, meal services, transportation, and health and wellness programs. Supporting the millage ensures that these vital resources remain available to our aging population.

Promotes Independence: The programs offered by the COA help seniors maintain their independence and stay active in the community. By supporting the millage, voters are helping seniors live independently longer, reducing the need for costly assisted living or nursing home care.

Health & Wellness: The COA's fitness centers, health screenings, and wellness programs contribute to the overall health and well-being of seniors. These services help prevent chronic illnesses, reduce healthcare costs, and improve the mental and physical health of older adults.



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

Cindy Ledger, RN

Operations

Danielle Dilts

Social Connectivity: Many seniors face isolation and loneliness, which can lead to depression and other health issues. The COA provides social opportunities through events, classes, and group activities, fostering a sense of community and connection among older adults.

Community Engagement: The COA often serves as a community hub, not only for seniors but for other community members who volunteer or participate in intergenerational programs. Supporting the millage helps maintain a vibrant, engaged, and connected community.

Quality of Life: The services and programs provided by the COA contribute to the overall quality of life in the community. A community that takes care of its older residents is seen as caring and compassionate, making it a more attractive place to live for people of all ages.

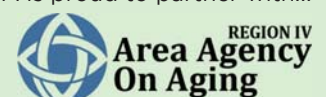
Cost-Effective Solution: Funding the COA through the millage is a cost-effective way to provide comprehensive services to seniors. The millage allows for consistent funding, which ensures that programs are sustainable and can be planned and executed effectively without financial uncertainty.

Addressing Demographic Changes: As the population ages, the demand for senior services is increasing. Supporting the millage ensures that the COA is adequately funded to meet the growing needs of the senior population now and in the future.

Cover Image

Carla Spaulding made her own metal heart with the help of Blacksmith Workshop instructor Dennis Kuemin. If you'd like to attend events like this one, be sure to check out pages 12-22.

The COA is proud to partner with...





Dueling for Dollar\$

Activities, Connections, & YOU

by KY'SHA JOHNSON
Front Street Crossing Coordinator

Do you know what all the laughter and fun is about at the COA? Not only are people coming in for lunch, fitness, and activities, but they are also coming to visit friends, enrich their lives, and have fun. If you are looking to socialize, stay or get active, meet new people, and be involved in your community, then you are definitely checking out the right place with the COA. However, if you are feeling unsure, nervous about trying something new, or need some motivation, let us share with you some inspiring, uplifting and motivating testimonies from COA members.

"In the winter of 2021, I was having some big mobility problems. I fell on the ice and was unable to get up by myself. I was also having trouble with the stairs and I was unable to lift anything with my left arm. At the COA, I was encouraged to try the balance class. I struggled at first, but the attitude of the other participants was very positive and the class was fun so I decided to continue.



It's been 2 years and I have made great progress. I can lift my arm, I'm no longer falling but can get up if I do fall, and stairs are a breeze. I have also made some really great friends." ~ Bernadette

It's been 2 years and I have made great progress. I can lift my arm, I'm no longer falling but can get up if I do fall, and stairs are a breeze. I have also made some really great friends." ~ Bernadette

"Last year might not seem like it, but was one of the



best years of my life! Last summer I started coming to the COA with my boyfriend to exercise; however, I had to stop due to a knee replacement. During that time, my boyfriend who was also a COA member, had passed away, then 4 months later I also lost my Dad. This was a very difficult time and I knew I needed to do something to get myself together, so I decided to come back to the COA. I started to exercise for stress and then I started to go into the café where I began to meet people and make friends. Now we all go to various activities together at the COA and in the community. Good friendships mean so much and can be such good therapy when you need it the most. It ended up being a great decision I made to come back to the COA." ~ Kelly

"I began attending the COA after the loss of my husband.



I started out with fitness and after several months I was amazed at all the activities the COA has to offer. I would like to express my gratitude regarding the existence of the COA. I have met many people from different walks of life and it's great to learn from each of them. The staff is knowledgeable, friendly, and professional. I recommend the COA because it's a great place to meet new people and do great things." ~ Sheryl

"I like to eat lunch every day and visit with friends, use the exercise room, and meet new people. I love all of the activities, the programs, and the parties. I want to thank the COA and staff for all you do to help make my day a better day by being friendly and greeting me with a smile. Thank you so much." ~ Jackie



"The Cardio Challenge class dares the senior population to be the best you can be! We have a delightful instructor who makes sure all the exercises are being performed properly and has our health in her best interest. Since attending classes, I have noticed improvement in my balance, flexibility, energy, and breathing. I also appreciate the support of my fellow class members and the positivity this class brings to my life." ~ Terrie



"I can't believe how much my balance has improved after only one month of Tai Chi. We are so lucky to have the COA right here in Dowagiac." ~ Deb



The COA is filled with great activities and an abundance of amazing people. Come and check all that you have been missing.

What Your YES Vote Means

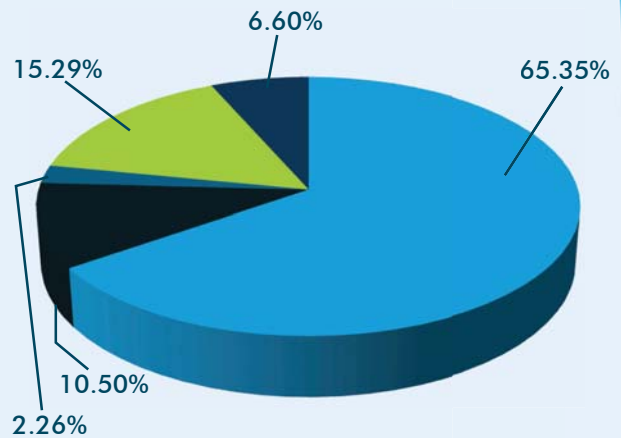
on the
"Millage Renewal Proposition for Service to Older Citizens"



This picture represents the 88.4 cents out of every dollar that the COA receives that goes directly to providing services and programs for area seniors.

Only 12.6% of the COA's revenue goes toward operating costs.

- **Sustained Programs:**
Ensuring fitness, social, and wellness programs continue.
- **Ongoing Support:**
Maintaining crucial transportation and meal services.
- **Aging with Dignity:**
Helping seniors live with dignity, independence, and joy.



- Millage
- Grants
- Contributions
- Program Fees + Other (Rental, Misc.)
- Interest / Investments

Remember:

Voting **YES** on the millage renewal means **NO** increase in taxes, just a continuation of the support our seniors deserve.

Vote YES on August 6

This advertisement is paid for by the COA Millage Renewal Committee

COA Accepts Grant

The Cass County Council on Aging thanks the Cass County Mental Health Foundation and Dr. Jerry Wilson for a \$5,000 grant for our Adult Day Service program.

The Cass County Mental Health Foundation recently recognized Dr. Jerry Wilson for his decades of service to their organization, and Dr. Wilson chose the Dementia Day Program at COA to receive his \$5,000 grant.



Photo Provided



BLACKSMITH WORKSHOP



Volunteers

Daisy Adams
Duane Adams
Ruthann Adams
Joanne Anderson
Cheryl Atwater
Candy Azevedo
Elizabeth Bale
Shirley Barks
Antoria Bass
Joanne Bata
Paul Bata
Susan Bingham
Diane Bonczynski
Joyce Borton
Richard Borton
Cynthia Boss
Jacqueline Bowe
Rebecca Bowers
Paul Bowman
Camille Briegel
Linda Brossman
Judy Brown
Marie Bruegmann
Thomas Buszek
Frank Butts
Marsha Butts
Linda Campbell
Robert Campbell
Lonnie Carlisle
Ginger Carlisle
Mary Carroll
Susan Case
Michael Casey
Chris Cetlinski
Carol Churchill
Berry Clark
Anne Colgan
Joe Colgan
Keryl Conkright
Sue Cook
Judy Coon
Jeff Corey
Dan Dahmen
Grace Darrow

Max Davis
Floyd Deahl
Julie Deahl
Sue Decker
Kay Diehl
Carol Dierickx
Jeff Downing
David Dunlap
Robin Emenaker
Anna Eubank
Jayne Fox
Marilu Franks
Mary Geminder
Ed Goodman
Leigh Goyings
Joyce Greenwood
John Gremaux
Cheryl Groner
Floyd Groner
Jim Grubbs
Melody Grubbs
Shirley Guilford
Ed Hall
Joyce Hamilton
Janet Hamilton-
Merckx
Brooke Hari
Marcus Hari
Debbie Hartman
Mable Hartman
Kim Hedges
Mary Hedges
Deborah Heeter
Sue Heinrich
Jim Hershberger
Marshall
Higginbotham
Jason Hill
Adele Hutnik
Ann Johnson
Sheryl Johnson
Mary Jones
James Karasek
Pam Karasek

Linda Keeler
Donna Kimbrell
George King
Penny Knepple
Stephanie Knepple
Sondra Knight
Virginia Kraft
David Kring
Luci Lafontant Lee
Marcia Lofts
Ronald Lofts
Bobbi Lowe
Richard Macleod
Frank Maley
Carol Manning
Kathie McFadden
Kathleen McMahon
Dolores McNearly
Charlene Mielke
Carol Modigell
Deb Moore
Pamela Moore
Carl Moraw
Lucinda Mosier
Kathleen Norton
Hans Obermueller
Sharon Ott
Nancy Pallas
Susan Parker
Teresa Perry
Michael Petersen
Phyllis Petersen
Ray Phillips
Terry Proctor
George Purlee
Ruth Quigley
Kylie Raab
Jannette Rafferty
Sandra Randle
Elsie Randles
Jennifer Ray
Terry Ray
Carol Reich
Joyce Rentfrow

Kerstin Rhoades
Thomas Rutherford
Kim Sak
Audrey Salesberry
John Seculoff
John Seidl
Marie Slough
Beverly Smith
Debbie Smith
Eileen Smith
Hopelynn Smith
John Smith
Irmgard Stange
Kawanna Stoker
Renay Suseland
Walter Swann
Diane Tiser
Elizabeth
Vanhphaumy
Ralph Vosburgh
Terrie Wade
Tawana Washington
Pam Welling
Debbie Wiggins
Susan Wilder
Susan Wilkins
Anne Wilkinson
Chuck Wilson
Kathleen Wishart
Linda Wolfe
Clarawayne Wolford
Roberta Woodruff
Jane Wright
Katherine Yoder
Carol Young

Volunteers listed are for the month of April, during which we had 165 active volunteers who contributed 2,689 hours of work. This would be equal to more than 16 full time staff positions.



Save the Date for the Fall Craft Show

Saturday, September 28 • 9 a.m. – 2 p.m. • Lowe Center

For more information or to reserve a booth, call (269) 445-8110.

Step Back in Time for a
NIGHT OF FUN

Friday, September 13

5 - 8 p.m. at the COA's Lowe Center

Cost: \$15 per person

Tickets are available at the COA front desk
at both COA locations

Put on your poodle skirts, leather jackets,
and saddle shoes, and join us for a rockin'
good time at our 50's Sock Hop Prom! It's a
night to relive the magic of the 1950s with
your friends and community.

Highlights of the Night:

Live Music
Classic Diner Food
Prom King & Queen

Relive the good old days or experience
the 50s era fun for the first time.

All proceeds support the
COA's programs and services.

For more information, call us at
(269) 445-8110.

Volunteer Spotlight

Bobbi Lowe recently joined our team of volunteers in order to give back to the community.

As one of the several faces working at the Lowe Center front desk, she happily

greet everyone who walks through the door with her wonderful and positive attitude. Not only does she dedicate

her Tuesdays, but Bobbi also pitches in to help out at some of our many special events.



Employee Spotlight

If you have ever met Ky'sha Johnson, you know she is full of energy. That's why she is an excellent fitness instructor. She will whip you into shape in no time while making it fun and exciting.

Ky'sha also manages the COA's Front Street Crossing location in Dowagiac. She wears many hats there and is always willing to help in every department.



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.



CASS COUNTY
Medical Care Facility

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

Celebrating MOM & DAD



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.

Donations & Support

*Includes donations received between
May 11 – June 10, 2024.*

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

Adult Day Care

Cass County Mental Health
Foundation

Annual Campaign

Kathy Atkins

Dueling for Dollars Fundraiser – Concert Grand Sponsor

Janel's Industries Inc.
McLoughlin Family Foundation

Dueling for Dollars Fundraiser – Ballroom Grand Sponsor

D. MottL Reatly
Harry & Bonnie Shaffer

Dueling for Dollars Fundraiser – Baby Grand Sponsor

Edward Jones
- John Seculoff
State Farm Insurance
- Greg Osborn Agency

Dueling for Dollars Fundraiser – Pianette Sponsor

Jim and Vicki Beebe
Larry and Jody Crandall
Eckman Chiropractic Clinic
Edward Lowe Foundation
Robin Emenaker
G.W. Jones Bank
Matthew V. Cripe DDS
Monuments by Design
Starks Family Funeral Homes
Roberta Woodruff

Dueling for Dollars Fundraiser – Silent Auction Donors

Bud Distributing
C. Wimberley
Clear H2O Tackle
COA Board Members
Larry Collins - Art Eneh
Larry and Jody Crandall
D'MottL Realty - Matt Money
Dowagiac Area History
Museum
First Source Bank
Flat Rock Grill
Four Lakes Golf
and Country Club
Four Winds Casino
Friends of Vivian Purkhiser
The Green Jacket Tap-n-Grill
Hale's True Value Hardware
Imperial Furniture
Sue Heinrich
The Hive & The Twisted Bee
Honor Credit Union
Ron Lofts
The Marshall Shoppe
Midwest Energy &
Communications
Sensational Scoops
Styling Studio
WHO kNEW Consignment

Greatest Need

Linda Frisbie
Judith Hollister
Leonard Hurle
Herman Lawson
PayPal Giving Fund
Linda Soper
United Presbyterian Church
of Cassopolis

Handy Helpers

Virginia Lutz
Dewanda Washburn

Meals on Wheels

Cheryl Albright
David Carte
Grady Chaney
COA Monday Night Bingo
Larry Fredricks Sr.
Betty Grames
Richard Huffman
Leonard Hurle
Arthur Middleton
Mary Redding
Morris Redding
Laura Rohacs
Thomas Rutherford
Katrina Wruble

In Memory of Lester "Herb" Wade

Betty Hand

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo	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)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 9:30 am AARP Smartphone Basics 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo	CLOSED for Independence Day	CLOSED in honor of Independence Day	CLOSED in honor of Independence Day
8	9	10	11	12	13
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 12:00 pm Color Your World (Watercolor) 1:00 pm Hand & Foot 1:00 pm Silver Screen Cinema (Movie) Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Life Care Planning 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Ballroom Dancing 1:30 pm Euchre Off Site Walking Club to Dr. T.K. Lawless Park (8:00 am) Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Pain Management: Opioids & Alternatives 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics	
15	16	17	18	19	20
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo	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)	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 12:45 pm Bingo	8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Ballroom Dancing 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics	
22	23	24	25	26	27
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo 1:30 pm Footloose Friends	9:00 am Parkinson's Power Punchers 10:00 am Parkinson's Support Group 10:00 am Strength Training & Core 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo	8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:30 pm Ballroom Dancing 1:30 pm Euchre 2:30 pm Table Talk Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Navigating Nutrition with Pre-Diabetes 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics	
29	30	31			Front Street Crossing
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo	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)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo			Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI
					All Programs / Events REQUIRE Registration

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:30 pm Fit 30</p> <p>Off Site Hiking Club (10:00 am)</p>	<p>2</p> <p>9:00 am Functional Foundations 9:30 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm Euchre 1:00 pm Read & Share Book Club 1:00 pm Stroke Support 1:00 pm Visual Arts Class 3:00 pm Line Dance</p>	<p>3</p> <p>1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session</p>	<p>4</p> <p>CLOSED for Independence Day</p>	<p>5</p> <p>CLOSED in honor of Independence Day</p>	<p>6</p> <p>CLOSED in honor of Independence Day</p>
<p>8</p> <p>9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie) 1:30 pm Fit 30</p> <p>Off Site Kayak Club (10:00 am)</p>	<p>9</p> <p>9:00 am Functional Foundations 9:00 am Hearing Clinic 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm Euchre 1:00 pm Parkinson's Support Group 1:00 pm Visual Arts Class 3:00 pm Line Dance</p>	<p>10</p> <p>10:00 am Crafty Creations 12:30 pm Veterans Affairs 1:00 pm Caregivers Support Group 1:00 pm Life Care Planning 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session</p>	<p>11</p> <p>9:00 am Functional Foundations 9:00 am Yoga 10:00 am Drug Drop 10:00 am Strong & Stable 11:00 am Step Aerobics 12:00 pm Ceramics 1:00 pm Grief Support Group</p> <p>Off Site Shopping</p>	<p>12</p> <p>9:00 am Knitting / Crochet 10:00 am MI Secretary of State Mobile Office 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30</p>	<p>13</p> <p>9:00 am Yoga</p>
<p>15</p> <p>9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:30 pm Fit 30</p> <p>Off Site Hiking Club (10:00 am)</p>	<p>16</p> <p>9:00 am Functional Foundations 9:30 am The Stormy Night 10:00 am Writer's Society 10:30 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm Euchre 1:00 pm MS Support Group 1:00 pm Visual Arts Class 3:00 pm Line Dance</p>	<p>17</p> <p>10:00 am Whimsical Gnomes 1:00 pm Pain Management: Opioids & Alternatives 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session</p>	<p>18</p> <p>9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Step Aerobics 12:00 pm Ceramics 2:30 pm Woodcarvers</p>	<p>19</p> <p>9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30 5:30 pm Food Trucks (Concert) 7:00 pm Summer Concert</p>	<p>20</p> <p>9:00 am Yoga</p>
<p>22</p> <p>9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg 1:30 pm Fit 30</p> <p>Off Site Kayak Club (10:00 am)</p>	<p>23</p> <p>9:00 am Functional Foundations 9:00 am Hearing Clinic 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm Euchre 1:00 pm Visual Arts Class 3:00 pm Line Dance</p> <p>Off Site South Bend Cubs (5:00 pm)</p>	<p>24</p> <p>8:30 am Bridge Tournament 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session</p>	<p>25</p> <p>9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Step Aerobics 12:00 pm Ceramics</p>	<p>26</p> <p>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</p>	<p>27</p> <p>9:00 am Yoga</p>
<p>29</p> <p>9:00 am Yoga 1:00 pm Mah Jongg 1:30 pm Fit 30</p>	<p>30</p> <p>9:00 am Functional Foundations 9:00 am Hearing Clinic 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm Euchre 1:00 pm Visual Arts Class 3:00 pm Line Dance</p>	<p>31</p> <p>1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session</p>	<p>Low Center Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7:30 am - 12 pm 60525 Decatur Rd. Cassopolis, MI</p> <p>All Programs / Events REQUIRE Registration</p>		

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)

Low 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 "Beach Day on the Fourth."

Instructor: Roy Hruska

Front Street Crossing

Tuesday, July 9
12 - 3 pm



LC CRAFTY CREATIONS

Cost: \$5 per garden
Registration is required by July 3.

Bring a little magic and imagination to your décor as you create your own cute little Fairy Garden.

Instructor: Judy Brown

Low Center

Wednesday, July 10
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.

Low Center

Thursday, July 18
2:30 - 4:30 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.

Low Center

Fridays
9 am - 12 pm

LC QUILTING

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

Low Center

Mondays, July 1 & 15
10 am - 4 pm



LC SILVER SCREEN CINEMA (Movie)

July's feature is
For Love & Life
No Ordinary Campaign

This emotionally gripping documentary illustrates the power of love and determination in the face of adversity. Follow this inspiring true story of Brian Wallach and his wife Sandra as they fight against a broken healthcare system, not only for themselves, but for countless others.

Free movie, individual bag of popcorn, and water.

Low Center

Monday, July 8
1 pm

Front Street Crossing

Tuesday, July 9
1 pm

LC
Low Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Online / Zoom

LC VISUAL ARTS CLASS

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

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

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

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

Instructor: Sharron Ott

Lowe Center

Tuesdays
1 - 3 pm

LC WHIMSICAL GNOMES

Cost: FREE
Registration is required
by July 10.

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, let your
gnome soak up a little sun
as you create a Beach Bum
gnome.

Instructor: Judy Brown

Lowe Center

Wednesday, July 17
10 am

COMPUTERS & TECHNOLOGY



FSC AARP SMARTPHONE BASICS

Registration is requested

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

Please bring your smartphone
for a more hands on experience.

Instructor: Jo Ann Flowers,
AARP Volunteer

Front Street Crossing

Wednesday, July 3
9:30 - 11:30 am

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

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

FSC 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.

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
9 - 9:45 am

FSC BALLROOM DANCING



Cost: FREE
Registration is requested

Work out your mind and body as you learn new dance steps and have fun at the same time. If new to the class, there is no need to worry about being behind because there is always a review of the basics.

For the month of July we will be practicing the waltz, swing and polka as well as starting to learn the foxtrot.

Instructor: Kathie McFadden,
Professional
Ballroom Instructor

Front Street Crossing

Thursdays
1:30 - 3 pm



FSC 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

LC FUNCTIONAL FOUNDATIONS



Cost: See page 15
Registration is required

Work on fundamental movement patterns, including bending, twisting, lifting, pushing, pulling, and squatting, to increase strength, coordination, mobility, and flexibility in this function fitness class.

Instructor: Taylor Lee

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

Low Center & Online / Zoom

Tuesdays & Thursdays
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

Low Center

Mondays, Wednesdays, Fridays
1:30 - 2 pm



N HIKING CLUB

Cost: FREE unless there is an entrance fee
Registration is required

Grab your outdoor walking shoes and get ready to explore nature and meet new people as you hike through local parks and surrounding areas with this NEW bimonthly club.

All participants will meet at the hike location and not the COA. Ask for hiking location when registering.

Leader: Taylor Lee

In Your Neighborhood

Call for location
Mondays,
July 1 & 15
10 am - 12 pm

LC
Low Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

FSC
Online / Zoom



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. Due to rental availability registration is required.

Leader: Taylor Lee

In Your Neighborhood

Park Shore Marina
22230 Maple St.
Cassopolis, MI
Mondays,
July 8 & 22
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-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

FSC PARKINSON'S POWER PUNCHERS

Cost: FREE

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

Instructor: Coach Walter Swann,
Former Professional Boxer

Front Street Crossing

Tuesdays & Thursdays
9 - 10 am

FSC 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 STEP AEROBICS



Cost: See page 15
Registration is required

Improve aerobic capacity, coordination, and strength with this lively class! Beginner-friendly, fun, and only 30 minutes! We use basic step aerobics routines and fun music to get in a quick and effective workout.



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
11 - 11:30 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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
10 - 10:45 am

What's Happening at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

FITNESS & EXERCISE



FSC 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 walking various routes around Dowagiac and on occasion around another city. It is followed by a 5-10 minute stretch session with the fitness leader.

The Walking Club is stepping their way through the Dowagiac Walking Challenge if you'd like to walk with a group.

On July 11, carpool to Dr. T.K. Lawless Park followed by breakfast at a local restaurant.

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

Leader: Ky'sha Johnson

**Front Street Crossing
(Downtown)**
Thursdays
8 am

FSC TAI CHI



Cost: See page 15
Registration is required

Add a little more flow and balance to your day with Tai Chi.

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

LC YOGA



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

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.)*

Low 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.

Low Center

Wednesday & Fridays
1:15 pm

Front Street Crossing

Mondays & Wednesdays
12:45 pm

LC BRIDGE TOURNAMENT

Cost: \$30
Registration is required
Space is limited

Fill your day with bridge, bridge, and more bridge.



Enjoy breakfast and lunch as well as get a chance to win cash prizes.

Low Center

Wednesday, July 24
8:30 am - 3 pm
9 am (Bridge Starts)

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



Low Center



Front Street Crossing



In Your Neighborhood



Online / Zoom

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 pm

Front Street Crossing

Thursdays
1:30 pm

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 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 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 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.

Bring your own guitar and get ready to make music with these free beginner guitar lessons.

Instructor: Max Davis

Front Street Crossing

Fridays
10 - 11 am

LC LIFE CARE PLANNING

FSC Registration is required by July 3

What is Life Care Planning? In essence, Life Care Planning legal services help people



find and pay for good long-term health care by bundling asset protection, Medicaid benefits qualification, long-term care services coordination, community and nursing home advocacy, and crisis intervention. Attend this presentation to learn more about Life Care Planning and how it can benefit you.

Presenter: William Westerbeke, Westerbeke Law Firm, PLLC

Lowe Center

Wednesday, July 10
1 pm

Front Street Crossing

Wednesday, July 10
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

LISTEN & LEARN



LC FSC PAIN MANAGEMENT: OPIOIDS & ALTERNATIVES

Do you experience chronic pain? Discover various alternatives to pain management beyond prescription medications.

Nowadays, with so many people taking one or more medications or supplements daily, it is important to learn how to safely manage and store medications. It is also essential to know how to safely dispose of medications. As a bonus for attending, you will leave with an at-home kit for safe disposal.

Presenter: Kerri Teachout, Certified Prevention Consultant with the Region IV Area Agency on Aging

Lowe Center
Wednesday, July 17
1 pm

Front Street Crossing
Friday, July 12
10 am



LC FSC NAVIGATING NUTRITION WITH PRE-DIABETES

Registration is required by July 19 (FSC) & August 2 (LC).

Do you have a diagnosis of pre-diabetes or diabetes? Did you know that what you eat and how you move can impact your risk for complications of diabetes? Learn about managing your blood sugars, tips for meal planning, healthy snacks, carbohydrate foods, and more.

Presenter: Melissa Powell, Area Agency on Aging Registered Dietitian

Lowe Center
Friday, Aug. 9
1 pm

Front Street Crossing
Friday, July 26
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.

NEW Leader: Rebekah Green, RN

Lowe Center
Wednesday, July 10
1 - 3 pm

LC DIABETES SUPPORT GROUP

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

NEW Leader: Rebekah Green, RN

Lowe Center
Friday, Aug. 2
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, July 11
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 8 & 22
Call for Times

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

LC **GRIEF SUPPORT GROUP**

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

NEW Leader: Rebekah Green, RN

Low Center

Thursday, July 11
1 - 3 pm



LC **HEARING CLINIC**

FSC **Appointment ONLY**

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

Low Center

Tuesdays, July 9 & 23
9 am - 4 pm

Front Street Crossing

Tuesday, July 2
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.

Low Center

Tuesday, July 16
1 - 3 pm



LC **MICHIGAN SECRETARY OF STATE MOBILE OFFICE**

Registration is required

The Michigan Secretary of State has gone on the road to better serve you. Now you can set up an appointment closer to home during this one day event.

Some of the transactions you can perform include:

- First-time Michigan ID
- Renew Driver's License or ID
- Apply for / Renew Disability Parking
- Vehicle / Trailer License / Title
- Transfer Title
- Voter Registration

Low Center

Friday, July 12
10 am - 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.

Low Center

Tuesday, July 9
1 - 3 pm

Front Street Crossing

Tuesday, July 23
10 - 11:30 am

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, July 11

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.

Low Center

Tuesday, July 2
1 - 3 pm

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, July 10
12:30 - 2:30 pm

What's Happening
at the COA

Low Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

SOCIAL SESSIONS

LC READ & SHARE BOOK CLUB

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

July's Discussion Book

Their Eyes Were Watching God
by Zora Neale Hurston



August's Discussion Book

Remarkably Bright Creatures
by Shelby Van Pelt



Low Center

Tuesday, July 2
1 - 3 pm

FSC FOOTLOOSE FRIENDS

Kick up your heels and stomp your way to a fun time filled with music, dance, talk, and laughter. This informal group's focus is on having a good time. So come on out and shake a leg.

Front Street Crossing

Monday, July 22
1:30 - 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.

Low Center

Tuesdays, July 2 & 16
9:30 am - 12 pm

FSC TABLE TALK

Every conversation has the potential to be great, to inspire, enrich relationships, be informative, and connect us with the people around us. Get a chance to do just that during this monthly chat as you sit around and discuss selected topics.

Front Street Crossing

Thursday, July 25
2:30 - 3:30 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

Brandy Mather, Reiki Master & Sound Healer from Crystal Connections & Creations, will bathe you in information about sound baths and how they are calming, and great for pain relief, sleep, and relaxation.

August's Bean Spiller

Deb Millin,
Brown Funeral Home

Front Street Crossing

Wednesday, July 17
10 am

SPECIAL EVENTS

LC SOUTH BEND CUBS

Cost: \$45
Registration is required



Join us for a night out at the ballpark 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.

Low Center & In Your Neighborhood

Tuesday, July 23
5 pm (Bus Departure)
10 pm (Approx. Bus Return)



LC SUMMER CONCERT

Cost: Free
Registration is requested

Join in on this adventure as you experience a mix of rock with a deeply embedded American folk tradition.

Summer concert series is sponsored by Sunset Coast.

Food will be available for purchase from King of the Kettle, Roundbelly's Pizza, and Scott's Pig Roast food trucks.

Please bring your own chair or blanket.

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

Low Center (Pavilion)

Friday, July 19
5:30 - 7:30 pm (Food)
7 - 9 pm (Concert)

LC
Low Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

JULY 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Main Entrée* Tangerine Orange Chicken Fried Rice Stir Fry Vegetables Fortune Cookie Café Entrée French Dip Café Fresh Salad Cobb Salad	2 Main Entrée* Sloppy Joe on a Bun Macaroni Salad Three Bean Salad Jello Café Entrée Chicken Parm Sandwich Café Fresh Salad Chery's Choice	3 Main Entrée* Smoked Sausage Fire Roasted Peppers & Onions Roasted Redskin Potatoes Fresh Fruit Café Entrée Veggie Wrap Café Fresh Salad Buffalo Chicken Salad	4 CLOSED for Independence Day	5 CLOSED in honor of Independence Day
8 Main Entrée* Cheesy Chicken & Broccoli Potato Casserole Green Beans Fruit Café Entrée Italian Sub Café Fresh Salad Strawberry Chicken Salad	9 Main Entrée* Cheeseburger w/ Bun Lettuce, Tomato, & Pickle Potato Salad Baked Beans Fruit Café Entrée Buffalo Chicken Sandwich Café Fresh Salad Fruit Salad	10 Main Entrée* Polish Sausage Sauerkraut Roasted Redskin Potatoes Choice of Bread Fruit Cocktail Café Entrée Grilled Ham & Cheese Café Fresh Salad Gyro Salad	11 Main Entrée* Baked Penne w/ Beef Capri Blend Vegetables Garlic Bread Fruit Café Entrée Pulled Pork Sliders Café Fresh Salad Cottage Cheese w/ Fruit	12 Main Entrée* Stadium Brat on a Bun Onion Rings Potato Salad Fruit Café Entrée Tuna Sandwich Café Fresh Salad Greek Salad
15 Main Entrée* Grilled Chicken Salad Cucumbers / Broccoli / Tomatoes Pasta Salad Choice of Bread Fruit Café Entrée Birria Tacos Café Fresh Salad COA Salad	16 Main Entrée* Beef Teriyaki Fried Rice Oriental Vegetables Fortune Cookie Café Entrée Grilled Chicken Sandwich Café Fresh Salad Tuna Salad	17 Main Entrée* Pork Chop w/ Apples Mashed Potatoes & Gravy Peas & Pearl Onions Choice of Bread Fruit Cocktail Café Entrée Bratwurst Café Fresh Salad Chef's Choice	18 Main Entrée* Cheese Ravioli Italian Green Beans Italian Breadstick Fruit Café Entrée Rubeen Café Fresh Salad Chicken Salad	19 Main Entrée* Beef Tacos Mexican Rice Refried Beans Fruit Café Entrée Cheeseburger Café Fresh Salad Strawberry Chicken Salad
22 Main Entrée* Cherry Blossom Chicken White Rice Stir Fry Vegetables Fortune Cookie Café Entrée B.L.T. Wrap Café Fresh Salad Cobb Salad	23 Main Entrée* Beef Taco Salad Refried Beans Mexican Rice Tortilla Chips Fruit Café Entrée Veggie Wrap Café Fresh Salad Salad Trio	24 Main Entrée* Hot Dog on a Bun Coleslaw Three Bean Salad Fruit Café Entrée Chicken Salad Croissant Café Fresh Salad Steak Salad	25 Main Entrée* Italian Sausage Bake Broccoli Cauliflower Choice of Bread Fruit Café Entrée Potato Skins Café Fresh Salad Fruit Salad	26 Main Entrée* Catch of the Day w/ Lemon Slice Roasted Potatoes Carrots & Peas Choice of Bread Pudding Café Entrée Chicken & Waffles Café Fresh Salad Caesar Salad
29 Main Entrée* Chicken Tenders Mashed Potatoes & Gravy Corn on the Cob Choice of Bread Fruit Café Entrée Smash Burger Café Fresh Salad Chery's Choice	30 Main Entrée* Swedish Meatballs Egg Noodles Peas & Carrots Choice of Bread Fruit Café Entrée Deli Sandwich Café Fresh Salad Taco Salad	31 Main Entrée* Pulled Pork Sandwich on a Bun Roasted Redskin Potatoes Corn Fruit Café Entrée Gyro Café Fresh Salad Triple Cheese Salad	LOCATIONS & HOURS Low Center Hours (LC) : Front Street Crossing (FSC) Lunch** : Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) : 11:30 a.m. - 1:30 p.m. (weekdays) Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information.	

Menu is subject to change without notice.

**Daily vegetarian lunch option available upon request.



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

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

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



Join us out at the
Cass County Fairgrounds

Thursday, August 1
9 a.m. – 12 p.m.

for a variegated repertoire of music with
Linda Lee & Tommy Vale

Linda Lee will astound you with
the sounds of her accordion as she
shares her love of polka.
She will have you moving in your seat
and up and dancing in no time.

Entrance that day to the fair is
FREE for those 60+

Coffee & Donuts sponsored by
John Seculoff of Edward Jones in Dowagiac

Be sure to stop by the COA booth located under the grandstand.

