

June 2023

The Messenger



2 It's Time to Get Upsy Daisy

3 The Story of Your Life

7 Yak on a Kayak with the Paddle Club

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It's Time to Get

by SHELLY PURUCKER
Operations Assistant

Each year on June 8, National Upsy Daisy Day is celebrated to motivate and encourage people to add a little more positivity in their life, along with a little humor. This can be difficult for some especially if you're not a fan of certain things such as mornings, Mondays, or maybe even rainy days.

Try shining a light on your gloom and doom to see it in a different way. For example, Mondays bring about a start of new goals and opportunities that we may have missed during the prior week. Rainy days bring lush lawns, bountiful gardens, and all those delicious Michigan fruits and vegetables. By looking on the brighter side, these things you may dread might not look so bad after all.

National Upsy Daisy Day reminds us to be thankful for what we have and to help others by sharing a good outlook and brighter attitude with life's many obstacles.

It is often said that "every day is a blessing in disguise." Sometimes our misfortune and that of others can be quickly turned around by small gestures and acts of kindness.

At the COA, our volunteers celebrate Upsy Daisy Day every day by sharing their positive vibes in everything they do throughout the community.



Upsy Daisy

Handy Helper volunteers quickly turn a frown upside down with the building of wheelchair accessible ramps. A person who was sad and depressed that they were confined to their home is now happy and free to explore.

There are other seniors in our community who are homebound and live alone. Some of them have found their bright part of their day when a C.A.R.E. (Call and Reassure Elders) volunteer reaches out to them to have a genuine and upbeat conversation. They smile when they hear a friendly voice on the other end of the line.

It is these tiny acts of kindness and positive attitudes that have the biggest impacts within our community. Our volunteers are optimistic, dedicated and always willing to share a smile and a friendly hello.

If you would like to be one of our positive sharing volunteers or even a recipient of our many wonderful services, please reach out to the COA at (269) 445-8110.

Let's all try to start the day with a positive attitude, regardless of the time of day, day of the week, or even the weather. Good things can happen but it all depends on our viewpoint.



Cover Image

Kathy Wishart and her pen pal Cameron embrace upon the first time meeting in person after months of writing letters back and forth. If you are interested in volunteer opportunities like this one, call (269) 445-8110.

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...



The Story of Your Life –

Writing a Memoir

Chapter 1

Every one of us has experiences and insights that result from a life well lived. It is time to share YOUR story in a way that only YOU can tell.

Where do you get started? The COA has partnered with experts at the Carole A. Tate Teaching and Learning Center from Southwestern Michigan College to present a six-week memoir writing series on Thursdays, July 6 through August 10 at 1 p.m. These classes are designed to provide you with the fundamental skills of memoir composition as well as an opportunity to create your own memoir.

Taking from the person you know best, you get to recall your past, record it, and

share your story with others in order to inform, entertain, and deepen connections with those around you.

Registration is required as there are limited spots in this class available. Please call (269) 445-8110 to sign up and for more information.

There is only one person in this world who can tell your story – YOU! Find your voice, share your truth, and rediscover what's most important to you. We can't wait to meet you and hear all of your stories.

Everyone Has a
Story to Tell...

What's **YOUR** Story?

Volunteer Spotlight

Sue Wilder contributed 930 hours last year alone by knitting items for the needy. She goes above and beyond not only to craft, but to package and deliver much needed items such as lap blankets, hats and mittens throughout the area.

Since the COA started presenting the Presidential Service Volunteer Awards, Sue has won 3 gold medals by volunteering more than the 500 hour minimum each year.

Thank you very much Sue for all of your hard work and dedication to the community.



Employee Spotlight

Shirley Rank makes everyone feel loved and welcomed and that shows after spending over 17 years with the Adult Day Service team. She makes it her mission to ensure that all the ADS participants have their very best day whenever she is around.

Not only does Shirley share her love at work but she also adores her time with her two miniature schnauzers and her husband.





VOLUNTEERS STEER OUR SHIP (VOLUNTEER RECOGNITION DINNER)



Volunteers

Duane Adams
Ruthann Adams
Joanne Anderson
Candy Azevedo
Carol Bailey
Rita 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
John Bradke
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 Conkright
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
Marilu Franks
Elizabeth French
Mary Geminder
Ed Goodman
Barb Green
Joyce Greenwood
Cheryl Groner
Floyd Groner
Jim Grubbs
Melody Grubbs
Shirley Guilford
Joyce Hamilton
Janet Hamilton-Merckx
Brooke Hari
Marcus Hari
Debbie Hartman
Kimberly Hartman
Mable Hartman
Kim Hedges
Mary Hedges
Sue Heinrich
Jim Hershberger
Marshall Higginbotham
Jason Hill
Deborah Howes
Richard Howes
Mary Jones
Linda Keeler
April Kerber
Mike Klute
Gwendolyn Klyce

Penny Knepple
Stephanie Knepple
Virginia Kraft
David Kring
Luci Lafontant-Lee
Marcia Lofts
Ronald Lofts
Sharon Macdonald
Richard Macleod
Frank Maley
Carol Manning
Elaine McKeough
Kathleen McMahon
Dolores McNeary
Cindra Mikel
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
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 April, during which we had 154 active volunteers who contributed 1250 hours of work. This would be equal to more than 7 full time staff positions.

Volunteer Lunch & Training

All current volunteers are welcome to attend the Volunteer Luncheon & Training on Thursday, July 27 from 12 – 1 p.m. Drivers will need to attend or complete the training at a later date.

Call (269) 445-8110 to R.S.V.P. by July 19.

Savvy Caregiver®

Mondays, July 17 - 28 | 5:30 - 7:30 p.m.

This family caregiver class is for family members caring for an individual in the home setting who lives with any type of memory loss, such as dementia. This class will not only offer information regarding memory loss, as well as dementia and its effects on the brain, but will also include other aspects such as managing behaviors, improving caregiving skills, how to handle everyday activities more easily, and ways for the caregiver to care for themselves.

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

Sponsored by Region IV Area Agency on Aging.

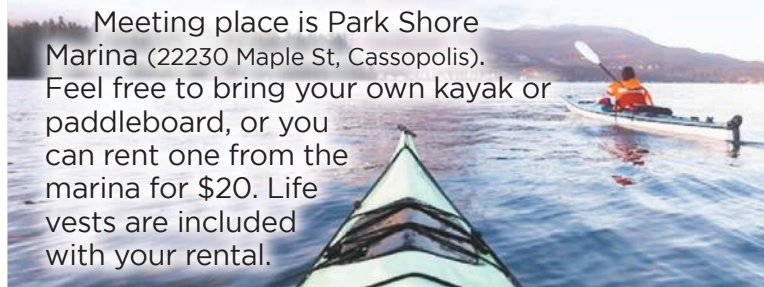
Yak on a Kayak with the Paddle Club

by TAYLOR LEE
Certified COA Fitness Trainer

Summer is finally here; time to spend some time out relaxing in the sun. One great way to do that would be to enjoy a morning paddling around beautiful Diamond Lake. Plus, it's a great way to stay active and have fun with others.

The COA's Paddle Club will meet twice a month on the 2nd and 4th Monday of each month at 10 a.m., starting in June, for a leisurely 2 hour paddle on Diamond Lake. Registration is required for everyone by calling (269) 445-8110.

Meeting place is Park Shore Marina (22230 Maple St, Cassopolis). Feel free to bring your own kayak or paddleboard, or you can rent one from the marina for \$20. Life vests are included with your rental.



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.

Pen Pals



Donations & Support

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

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

Assistance Program

Julia Bell
Dennis Kramb
Rolland Linn
Larry Richter
Kim Stockman

In Honor of Marsha Francis

Marilyn Stone

Lifelong Learning

Joanne Bata
David Tanis

Meals on Wheels (cont.)

Lorna Suits
Annetta Thornburgh
James Wilson
Susan Wiltse
Mary Working

Greatest Need

Anonymous
Gloria Brown
Robert Clark
Marilyn Eich
Linda Frisbie
Cass County Horse
Judging Team

Meals on Wheels

Anonymous
Norman Barney
Shirley Behm
Connie Ellerbrook
John Gould
Betty Grames
Amberson Huff
Eva Jenkins
Georgina Karnes
Arthur Middleton
Joyce Redding
Joyce Smuda

In Memory of Scott Bellis

Bob and Skip Kasprzak

In Memory of Judge Paul Deats

Michael and Kathy Connell
Karen Current
Jennifer Wiley Conniff
Lisa Wiley Parker

Handy Helpers

Balos Danny

Home Care

Laura Maddox

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



Project Fresh Update

The COA is hosting Senior Project Fresh again this summer. Project Fresh gives Cass County seniors coupons that are used like cash to buy unprocessed Michigan grown fruits and vegetables at registered Farmers markets and roadside stands throughout the state of Michigan.

To qualify for Senior Project Fresh through the COA you must:

1. Live in Cass County
2. Be at least 60 years of age
3. Meet income qualifications (single: monthly income must be under \$2095; household of 2: must be under \$2822 per month)
4. Only one set of coupons per household.

If you meet these qualifications, please call (269) 445-8110 starting Monday, June 12 **after** 9 a.m. to make an appointment to pick up your Project Fresh coupons. You may only make an appointment for yourself. You cannot make appointments for multiple people.

Coupons will not be available on June 12.

Distribution will begin shortly thereafter.

If you are unable to come yourself and are sending someone to pick them up on your behalf, please give your name and address when you call so we can send out an application and proxy sheet before your pick-up date. By not doing so, you may risk your spot in line.

Coupons are distributed by appointment only and on a first-come, first-served basis. Any missed appointments may not be rescheduled.

Upcoming Bus Trip

SOUTH BEND CUBS

Thursday, July 6



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

Bus Leaves: 5 p.m.

Bus Returns: 10 p.m. (approx. time)

Cost: \$70

Register by June 22



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.





269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

www.ccmcf.org



OUTPATIENT THERAPY SERVICES

**NOW ACCEPTING
NEW PATIENTS!**

Call Rie or Matt for information
or an appointment

269-445-3801






Cinco de Mayo

JUNE 2023

Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Front Street Crossing Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI All Programs / Events REQUIRE Registration	 <p>Breakfast Buffet June 13 7:30 - 9 am Cost: \$5</p>		1 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)	2 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	3
5 8:00 am Cardio Challenge 9:00 am AARP 6 Pillars of Brain Health 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	6 9:00 am Hearing Clinic 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	7 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	8 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)	9 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	10
12 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	13 7:30 am Breakfast Buffet 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot 1:00 pm Silver Screen Cinema (Movie) Off Site Marcellus Moves (8:30 am)	14 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	15 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)	16 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	17
19 CLOSED in honor of Juneteenth	20 9:00 am Parkinson's Power Punchers 10:00 am Diabetes Support Group 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	21 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	22 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)	23 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	24
26 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	27 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	28 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	29 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)	30 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	

JUNE 2023

Lowe Center

Cassopolis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lowe Center Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7:30 am - 12 pm 60525 Decatur Rd. Cassopolis, MI All Programs / Events REQUIRE Registration	 Breakfast Buffet June 9 & 28 7:30 - 9 am Cost: \$5		1 9:00 am S.E.A.T./ Stretch 9:00 am Yoga 10:00 am Drug Drop 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics 2:30 pm Woodcarvers	2 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Diabetes Support Group 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	3 9:00 am Yoga
5 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg	6 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 1:00 pm Book Club 1:00 pm Stroke Support 1:15 pm Euchre 3:00 pm Line Dance Off Site Pickleball 101 (9:30 am) Off Site Visual Arts Class (1:00 pm)	7 9:00 am Walking Club 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm CBD Pharmacology Presentation 1:30 pm Fit 30 5:00 pm Lawless Jam Session	8 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics 1:00 pm Grief Support Group Off Site Shopping	9 7:30 am Breakfast Buffet 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	10 9:00 am Yoga
12 9:00 am Foot Clinic 9:00 am Yoga 12:00 pm Color Your World (Watercolor) 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie) Off Site Kayak Club (10:00 am)	13 9:00 am Hearing Clinic 9:00 am S.E.A.T. 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch 1:00 pm Parkinson's Support Group 1:15 pm Euchre 3:00 pm Line Dance Off Site Visual Arts Class (1:00 pm)	14 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	15 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics 2:30 pm Woodcarvers	16 9:00 am Knitting / Crochet 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	17 9:00 am Yoga
19 CLOSED in honor of Juneteenth	20 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 1:00 pm MS Support Group 1:15 pm Euchre 3:00 pm Line Dance Off Site Visual Arts Class (1:00 pm)	21 9:00 am Walking Club 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	22 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics 1:00 pm Ice Cream Social	23 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	24 9:00 am Yoga
26 9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg Off Site Kayak Club (10:00 am)	27 9:00 am Hearing Clinic 9:00 am S.E.A.T./ Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:15 pm Euchre 3:00 pm Line Dance Off Site Visual Arts Class (1:00 pm)	28 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	29 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	30 9:00 am Knitting / Crochet 9:00 am Tech Support 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	

PROGRAM INFORMATION

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

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

Online: CassCOA.org

ARTS & ENTERTAINMENT

LC CERAMICS MADE EASY

FSC Cost: FREE

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

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

Lowe Center

Thursdays
12 - 2 pm

Front Street Crossing

Fridays
12:30 - 2:30 pm



LC COLOR YOUR WORLD (Watercolor Class)

Cost: \$20

**Registration is required
one week in advance.**

Get your chance to create your very own watercolor masterpiece as you follow simple step-by-step instructions and demonstrations.

June's watercolor is
"I Can See Chicago."

Instructor: Roy Hruska

Lowe Center

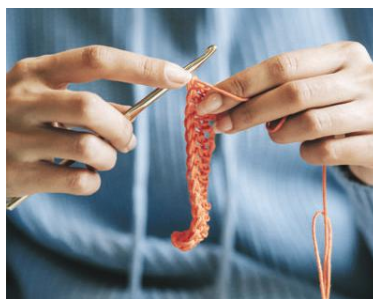
Monday, June 12
12 - 3 pm

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, June 1 & 15
2:30 - 5 pm



LC KNITTING & CROCHETING

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

Lowe Center

Fridays
9 am - 12 pm

LC QUILTING

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

Lowe Center

Monday, June 5
10 am - 4 pm



LC SILVER SCREEN CINEMA (Movie)

FSC June's feature is
Senior Moment

After drag racing his vintage convertible around Palm Springs, California, a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again.

Starring William Shatner, Jean Smart, & Christopher Lloyd

Free movie, individual bag of popcorn, and water.

Lowe Center

Monday, June 12
1 pm

Front Street Crossing

Tuesday, June 13
1 pm

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Online / Zoom



LC VISUAL ARTS CLASS

N 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.

Please Note: Class will be held at the Lowe Center on cold & rainy days and offsite on warm & dry days.

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

Instructor: Sharron Ott

Lowe Center

Tuesdays
1 - 3 pm

In Your Neighborhood

Fred Russ Forest
20379 Marcellus Hwy.
Decatur, MI
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



LC TECH SUPPORT

Appointment ONLY

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

Each time slot will be limited to 15 minutes.

Instructor: Deb Robinson

Lowe Center

Friday, June 30
9 - 11 am

FITNESS & EXERCISE

LC FITNESS CENTER

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

Lowe Center

Mondays - Thursdays
7 am - 7 pm

Fridays
7 am - 4 pm

Saturdays
7:30 am - 12 pm

Front Street Crossing

Mondays - Fridays
7 am - 4 pm

Membership Prices

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



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

Class Prices

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

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

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

FITNESS & EXERCISE



LC FITNESS SPECIAL

FSC Cost: \$10 off the
3 Month Price

Enjoy a savings of \$10 off
of the 3 month price during
the entire month of June.
Don't delay because this
deal will quickly slip away.

LC BALANCE, STRETCH, AND STABILITY

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

Registration is required

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

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

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
11 - 11:45 am

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
9 - 9:45 am

FSC BRAIN & BODY

Cost: FREE

Don't miss your chance to
revitalize your mind and
body with this 30 minute
fitness experience that
will help keep your mind
and body connected to
maximize your everyday
living experience.

Instructor: Ky'sha Johnson

Front Street Crossing

Tuesdays & Thursdays
1 - 1:30 pm

FSC CARDIO CHALLENGE

FSC Cost: \$25 (Monthly)
Registration is required

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

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
8 - 8:45 am

LC FIT 30

Cost: FREE

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

Instructor: Taylor Lee

Lowe Center

Wednesdays & Fridays
1:30 - 2 pm



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,
June 12 & 26
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

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

LC
Online / Zoom

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

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

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 WALKING CLUB

FSC 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

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

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

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

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

Lowe Center & Online / Zoom

Mondays
9 - 10:15 am

Thursdays
9 - 10:15 am

Saturdays
9 - 10:15 am

JUST FOR FUN

LC BINGO

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
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

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 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 6 PILLARS OF BRAIN HEALTH

Registration is requested

There are 6 pillars in brain health – Be Social, Engage Your Brain, Manage Stress, Ongoing Exercise, Restorative Sleep, and Eat Right. Learn more about these and how to combine them with a healthy lifestyle so you can take control of your brain health.

Instructor: Jo Ann Flowers,
AARP Volunteer

Front Street Crossing

Monday, June 5
9 - 11 am

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

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 CBD PHARMACOLOGY PRESENTATION

Did you know there are cannabinoid receptors inside your body called the 'Endocannabinoid System' (ECS)? It's the reason why CBD works for symptoms such as pain, anxiety, sleeplessness, and depression.

Join us to hear the science and traditions behind how cannabis and CBD work in the body. Also learn about topicals and edibles and their appropriate serving sizes.

Presenter: Crystal Rae,
Herbalist & Certified
Dosing Consultant

Lowe Center

Wednesday, June 7
1:30 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, June 14
1 - 3 pm

FSC CONGESTIVE HEART FAILURE

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, June 12
2 - 3:30 pm

LC DIABETES SUPPORT GROUP

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

Lowe Center

Friday, June 2
1 - 3 pm

Front Street Crossing

Tuesday, June 20
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, June 1
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, June 12 & 26
Call for Times

LC GRIEF SUPPORT GROUP

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

Lowe Center

Thursday, June 8
1 - 3 pm

LC HEARING CLINIC

FSC Appointment ONLY

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

Lowe Center

Tuesdays, June 13 & 27
9 am - 4 pm

Front Street Crossing

Tuesday, June 6
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, June 20
1 - 3 pm

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom



LC PARKINSON'S SUPPORT GROUP

Parkinson's disease is a complex condition that affects every aspect of life for those diagnosed with it. This group provides support from others who are affected by the disease.

Lowe Center

Tuesday, June 13
1 - 3 pm

Front Street Crossing

Thursday, June 22
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 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, June 8

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, June 6
1 - 3 pm

N VETERANS AFFAIRS

Appointment required

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

Contact: Karee Krause, Veterans Service Officer

Phone: 269-445-4472

SOCIAL SESSIONS

LC READ & SHARE BOOK CLUB

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

June's Discussion Book

Beaverland by Leila Philip

July's Discussion Book

Pachinko by Min Jin Lee

Lowe Center

Tuesday, June 6
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, June 6 & 20
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.

June's Bean Spiller

Brandy Mather from Spa-toe-pia will bathe you in information about sound baths and how they are calming, and great for pain relief, sleep, and relaxation.

July's Bean Spiller

Alyssa Vanderburg, Gentiva Hospice

Front Street Crossing

Wednesday, June 7
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 ICE CREAM SOCIAL

Cost: Free

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

Lowe Center

Thursday, June 22
1 - 2 pm



LC FATHER'S DAY BRUNCH

FSC Cost: Free (Men)

Registration is required

Fathers and special men are invited to attend our brunch to celebrate dads.

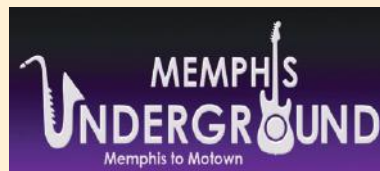
You MUST call to pre-reserve your meal and specify which location you will be attending when calling.

Lowe Center

Friday, June 16
9 - 10 am

Front Street Crossing

Friday, June 16
9 - 10 am



LC SUMMER CONCERT

Cost: Free

Registration is requested

Take a journey from Memphis to Motown outside by our pavilion with this highly entertaining and fun band "Memphis Underground."

Summer concert series is sponsored by Sunset Coast.

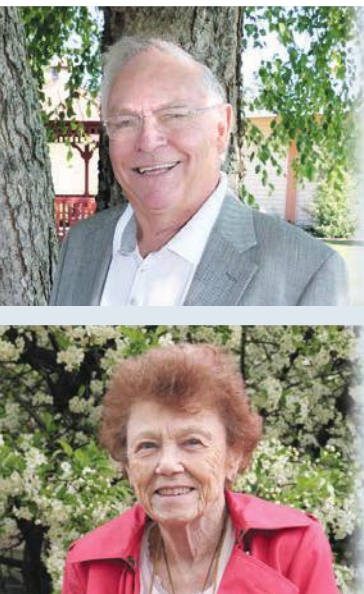
Food will be available for purchase from Keenan's with a Kick food truck.

Please bring your own chair or blanket.

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

Lowe Center (Pavilion)

Friday, June 16
5:30 - 7:30 pm (Food)
7 - 9 pm (Concert)



Thank You Jim Beebe & Marilu Franks

As the time on the COA's Board of Directors has drawn to a close for Jim Beebe and Marilu Franks, we express our sincere gratitude for their service.

Jim served nine years on the board with his final year as President. He performed his role as Board President with active and dedicated leadership as a judicious steward of our organization.

Marilu also served three full terms on the board as a dedicated Director supporting and attending many COA events. She also volunteers annually for our Pen Pal program.

Jim and Marilu's contributions to the COA and the seniors of Cass County have been significant, and we thank them for their nine years of service.

Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS & HOURS Lowe Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (May 10 & 31) Front Street Crossing (FSC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (May 16) Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information.			1 Main Entrée* Chicken Alfredo Fettucine Noodles Italian Green Beans Garlic Bread Jello Cake Café Entrée Bratwurst Café Fresh Salad Fruit Salad	2 Main Entrée* Fish Sticks Coleslaw Peas Hush Puppies Fruit Cocktail Café Entrée Sub Sandwich Café Fresh Salad Buffalo Chicken Salad
5 Main Entrée* Chicken Fajitas Refried Beans Mexican Rice Tortilla Pudding Café Entrée Big Poppa Burger Café Fresh Salad Antipasto Salad	6 Main Entrée* Salisbury Steak Mashed Potatoes Mixed Vegetable Wheat Roll Ambrosia Café Entrée Tuna Salad Sandwich Café Fresh Salad Greek Salad	7 Main Entrée* Bratwurst Pasta Salad Baked Beans Bun Orange Café Entrée Italian Hoagie Café Fresh Salad Cottage Cheese w/ Fruit	8 Main Entrée* Baked Penne w/ Sausage Zucchini Tossed Salad Italian Breadstick Homemade Cookie Café Entrée Spicy Chicken Sandwich Café Fresh Salad Cobb Salad	9 Hot Breakfast (LC) Main Entrée* Salmon Rice Pilaf Peas Wheat Bread Pear Café Entrée Chili Dog Café Fresh Salad Turkey Craisin Salad
12 Main Entrée* Orange Chicken White Rice Oriental Vegetables Fortune Cookie Café Entrée Cheeseburger Café Fresh Salad Shrimp Salad	13 Hot Breakfast (FSC) Main Entrée* Hamburger w/ Bun Lettuce, Tomato, & Pickle Coleslaw Rosemary Redskins Apple Pie Café Entrée Chicken Salad Sandwich Café Fresh Salad COA Salad	14 Main Entrée* Pork Chop Mashed Redskins w/ Gravy Carrots Wheat Roll Banana Café Entrée Chef's Special Café Fresh Salad Mini Chef Salad	15 Main Entrée* Lasagna Peas & Pearl Onions Garlic Toast Raspberry Chocolate Cake Café Entrée Patty Melt Café Fresh Salad Chicken Taco Salad	16 Main Entrée* Fish & Chips French Fries Coleslaw Wheat Bread Cupcake Café Entrée Pulled Pork Nachos Café Fresh Salad Salad Trio
19 CLOSED <i>in honor of Juneteenth</i>	20 Main Entrée* Beef Tacos Cheese, Lettuce, & Tomato Refried Beans Mexican Rice Pudding Cake Café Entrée Chicken Tenders Café Fresh Salad Veggie Blend Salad	21 Main Entrée* Pulled Pork Sandwich Corn Maple Roasted Potatoes Bun Apple Café Entrée Roast Beef Sandwich Café Fresh Salad BLT Salad	22 Main Entrée* Ravioli Tossed Salad Broccoli Wheat Roll Cookie Café Entrée Fish Tacos Café Fresh Salad Michigan Chicken Salad	23 Main Entrée* Tilapia Wild Rice Carrots Wheat Bread Peaches Café Entrée Gyro Café Fresh Salad Oriental Salad
26 Main Entrée* Fried Chicken Mashed Potatoes w/ Gravy Green Beans Wheat Roll Apple Crisp Café Entrée Loaded Mac & Cheese Café Fresh Salad Mediterranean Salad	27 Main Entrée* Beef Stroganoff Peas & Carrots Wheat Bread Plum Café Entrée Tuna Melt Café Fresh Salad Fruit Salad	28 Hot Breakfast (LC) Main Entrée* Hot Dog on a Bun Baked Beans Corn Pudding Café Entrée California Rueben Café Fresh Salad Cobb Salad	29 Main Entrée* Baked Spaghetti Capri Blend Vegetables Breadstick Blueberry Cobbler Café Entrée Deli Sandwich Café Fresh Salad Cottage Cheese w/ Fruit	30 Main Entrée* Fish Sandwich Coleslaw Cauliflower Bun Jello Café Entrée Chicago Dog Café Fresh Salad Grilled Chicken Salad

Menu is subject to change without notice.

**Daily vegetarian lunch option available upon request.



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

Concerts Sponsored by



sunset coast

7-9 PM

FOOD 5:30-7:30 PM

Cassopolis COA Pavilion

June 16

Memphis Underground

FOOD: Keenan's with a Kick (*Cajun*)

July 21

Night Moves (*Bob Seger Tribute Band*)

FOOD: Weenie Kings (*Hot Dogs*)

August 25

The Whistle Pigs

FOOD: Drive Thru Q (*BBQ*)

SUMMER CONCERT SERIES

Grab your chair or blanket and get ready to let the music move you.

The **Messenger**

Cass County COA

P.O. Box 5

Cassopolis, Michigan 49031

Return Service Requested

Non Profit Organization

U.S. Postage Paid

Cassopolis, MI 49031

Permit #43