

June 2024

The

Messenger



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CHECK OUT THE NEW

by TAYLOR LEE
Certified COA Fitness Trainer

Physical fitness is important at every age, but even more so as our age progresses. Recognizing the importance of making fitness equipment as user friendly and accessible as possible, both COA locations have outfitted our fitness centers with new fitness equipment.

Some of our previous equipment limited access to individuals due to its design and features. Some machines were too hard to set up or adjust without assistance. At times, it was impossible for a few to even maneuver into the necessary position to use the machine, with or without assistance. Once these problems became evident, steps were taken to make our fitness centers more accessible and welcoming to all.

A lot of thought was put into selecting fitness equipment that would best serve our patrons.

Notable features of our newly outfitted fitness center:

- More user friendly
- Improved ergonomics and intuitive design
- Access for all ability and mobility levels

Going to a fitness center can be daunting, but it doesn't have to be. Both COA locations have updated equipment, creating an atmosphere that makes starting a fitness routine and living an active lifestyle more enjoyable. So please stop by either of our fitness centers and help us break in our new equipment. Your first visit is free of charge and after that, we offer competitively priced membership packages along with various specials throughout the year. In addition, we also accept both Silver Sneakers and Renew Active programs.

Living and active life is important and easier than ever. Stop by and try out all of our new equipment. We hope to work out with you soon!



FITNESS EQUIPMENT

What our regulars have to say:

"I like the stepper. It is easy to adjust and provides a good leg workout. The functional trainer is very easy to use has been effective for the rehab of my shoulder." ~Carol Harvey

"I love using the new equipment. It is smoother, easier to adjust, and customizable to my ability level." ~Kurt Brauer

"The new equipment is much more intuitive than the old equipment. There are more exercise options, and they operate much more smoothly." ~John Pinto

June Fitness Challenge

The June fitness Challenge will be Around the Gym in 30 Days. The objective of this fitness challenge is to help our fitness center patrons familiarize themselves with the new fitness equipment. Between informational/instructional exercise graphics and our helpful fitness staff, participants will learn how to use each piece of equipment.

Each participant will have 30 days to discover the wide array of exercises the new fitness equipment can offer. With an extensive variety of equipment available, there's something for everyone. If you complete the challenge, you'll win a free t-shirt. To sweeten the deal, enjoy \$5 off a 1 Month Fitness Membership when purchased during the month of June. What are you waiting for? The new equipment is calling for you to come try it out.

Cover Image

Jane Moraw was ecstatic to receive a scarf from Elvis (Tim Dudley) at the Annual Meeting & Volunteer Dinner. If you'd like to volunteer at the COA, please contact Danielle or Shelly at (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

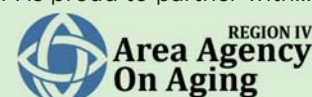
Assistance

Cindy Ledger, RN

Operations

Danielle Dilts

The COA is proud to partner with...





Get to know the

Potawatomi Culture of Southwestern Michigan

Get a chance to learn about the Pokagon Band of the Potawatomi Nation from tribal experts during this FREE six-session series. You'll discover the significance they have in southwestern Michigan and northern Indiana.

Each session will begin at 1 p.m. at the COA Lowe Center unless noted in the description. Register for this program by calling (269) 445-8110.

June 26 - History

Learn the history of the Tribe with the French as trading and military partners, key treaties, Trail of Tears, Chief Pokagon, and the significance/symbolism of key festivals. Also discover the NAGPRA outline for restoration of Potawatomi artifacts.

Presenter: Cecil Wilson

August 28 - Regalia & Its Meaning

Discover the symbolism of the Seal of the Potawatomi Nation and the meaning of fire, the eagle, and sacred medicines. Watch a Regalia dancing and drumming demonstration. Also get educated on "Ribbon Town."

Presenters: Madalene BigBear and Pretty Rock

September 25 - Foraging

Take a bus trip to the woods of Pokagon Band. Gain knowledge of the Potawatomi foods, food preservation, and sacred medicines.

Presenter: Cusi Ballew

October 23 - Language

Get the opportunity to learn and practice pronouncing some basic phrases in Potawatomi. Find out about the written history and symbolism significance of the Tribe.

Presenter: Dejonay Morseau

November 20 - Crafts

Discuss the craftsmanship of the Pokagon Band of Potawatomi and the relevance to southwestern Michigan and northern Indiana. Watch how a corn husk doll is made and see the showcase of other prized examples of Potawatomi crafts, such as quillwork, beadwork, basketmaking, birch bark work, and the making of moccasins and maple sugar.

Presenter: Amy Jo Morseau

December 11 - Oral Culture History & Meaning of Sovereignty to the Pokagon Band

Discover the meaning behind the naming of children, roles of males/females in the Potawatomi community, housing styles, social hierarchy within and outside of the Tribe, and the significance of drumming.

Presenter: Madelene BigBear



Annual Meeting & Volunteer Dinner

Pen Pals





Project Fresh Update

Cass County seniors can get coupons to buy unprocessed fruits and vegetables at registered Michigan farmer's markets/stands.

To qualify, 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 \$2,248; household of 2 must be under \$3,040 per month*)
4. Only one set of coupons per household.

If you meet these qualifications, please call (269) 445-8110 starting **Tuesday, June 11 after 9 a.m.** to make an appointment to pick up your Project Fresh coupons.

You may only make an appointment for yourself. If you cannot come yourself, ask for more information when calling.

Coupons will NOT be available on June 11. Distribution will begin shortly thereafter. Any missed appointments may not be rescheduled.

Volunteer Spotlight

Kathie McFadden is a wonderful volunteer always going above and beyond by donating her time several days a week at Front Street Crossing. She can be found floating between the dining room, dance class, fitness center, and anywhere needed.



Kathie does more than just move around the building, she can teach you a step or two every Thursday in her Ballroom Dancing class.

Employee Spotlight

Lisa Stephens' journey with the COA began back in March of 2015. Starting out as an aide in Adult Day Services, she has since transitioned her way to Medical Transportation Coordinator and currently splits her time between that and as the front desk receptionist at Front Street Crossing.



With her empathy for others and overflowing bubbly personality, it's nearly impossible to finish a conversation with Lisa without getting a huge smile on your face.



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




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
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

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 McNeary
Charlene Mielke
Carol Modigell
Deb Moore
Pamela Moore
Carl Moraw
Lucinda Mosier
Hans Obermueller
Sharon Ott
Nancy Pallas
Susan Parker
Teresa Perry
Phyllis Petersen
Michael 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
Kim Sak
Audrey Salesberry
John Seculoff
John Seidl
Jessica Slough
Marie Slough
Beverly Smith
Debbie Smith
Eileen Smith
Hopelynn Smith
John Smith
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 161 active volunteers who contributed 2889 hours of work. This would be equal to more than 18 full time staff positions.



Thank You Dr. Frank Butts

The COA recognizes Frank Butts, who recently retired from the COA Board of Directors after serving the maximum of three terms on the board for a total of nine.

Frank's dedication to the COA and numerous organizations throughout the community has been invaluable to Cass County. Thank you, Frank, for your time and support.



Cinco de Mayo

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.





COA is Caring for Cass County

by KELLI CASEY
*Director of
Community Development*

As the population of individuals 60+ increases, the COA continues to work tirelessly to provide essential services and support to seniors, ensuring their well-being and dignity. From meal delivery programs to transportation services, social activities, and health resources, we have continued to be a lifeline for seniors in need.

Cass County voters approved the first Senior Millage in 1976, providing stable funding for the array of programs and services offered by the COA. Residents have renewed this same millage every four years since. Revenue from the millage provides immediate resources directed to the current needs of local seniors, such as Meals on Wheels, In-Home Care, Adult Day Service, three Congregate Meal locations, Medical Transportation, Medical Loan Closet, and the Handy Helpers program.

The COA has expanded access to critical services and programs, reaching underserved populations and addressing disparities in senior care. Through revenue provided by the millage, partnering agencies, fundraising efforts, and the dedication and hard work from our team of staff and volunteers, we have been able to amplify our impact and make a difference in the lives of more seniors than ever before.

COA Programs and Services Highlights from 2023:

- 67,556 Free and low-cost meals were served to Cass County seniors 60+
- 39 Wheelchair Accessible Ramps built at no cost
- 56,444 Visits to our two locations
- 16,681 Fitness Center/Fitness Class visits
- 28,662 Meals on Wheels delivered to homebound seniors
- 935 Medical Transport trips to out of county medical appointments
- 10,572 Hours of In-Home Care provided by COA Home Care Aides
- 2,671 Days of Care provided by the COA's Adult Day Service that provides an unparalleled health care service as the only one of its kind in our county

None of this would be possible without the unwavering support of our community members, donors, volunteers, and dedicated staff. The COA's commitment to serving seniors in our community remains unwavering. We will continue to make a positive impact in the lives of seniors and ensure that they can age with grace and dignity in the community we all call home.

Donations & Support

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

Food Service

Anonymous

Front Street Crossing

Cheryl Bugy

Greatest Need

Linda Alexander
Betty Grames
Elaine Wolkins

Meals on Wheels

Cheryl Albright
Anonymous
David Carte
COA Monday Night Bingo
Bonnie Cuthbert
Larry Fredricks Sr.
Richard Huffman
Greg Kaniuga

Meals on Wheels (cont.)

Denton Kime
Marlene Kime
Mary Redding
Morris Redding
Laura Rohacs
Anita Sparks
Deborah Sutherland
Ed Thornburgh

In Memory of Kenny Bishop

Local 12273 United
Steel Workers

In Memory of Richard Kroepel

Diana Bower

In Memory of Betty McWilliams

Cass County MARSP

In Memory of Lorna Mourning

Jim and Vicki Beebe
Karen Current

In Memory of Patty Lou Sharkey

Jennifer Hawkins
Michael McCrory
Nancy and Pete
Owsianowski
Ryan Poterack
Barbara Roberts

Pen Pal Program

Michael Petersen

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

Look Who Turned 100!

Barbara Monroe, a familiar face at the Cass County COA, embodies the spirit of active living. With a routine that includes daily visits to the COA, participation in fitness activities, being a social butterfly during lunch and gatherings, and an enthusiasm for exploring new horizons on bus trips, Barbara exemplifies the vitality and zest for life that defines the COA community.

Barb's commitment to maintaining a healthy lifestyle is evident in her regular visits to the COA's fitness center. Whether cardio exercises or strength training, Barbara embraces physical activity as a cornerstone of her routine. Her dedication not only inspires others but also fosters a sense of camaraderie among fellow members. She embodies the vitality and engagement that defines the COA community.



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					1
3	4	5	6	7	8
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 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	
10	11	12	13	14	15
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 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 Scrabble 10:00 am Tai Chi 12:30 pm Veterans Affairs 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 Tabor Hills Trails (8:00 am) Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 9:00 am Father's Day Brunch 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics	
17	18	19	20	21	22
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)	CLOSED <i>in honor of Juneteenth</i>	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	
24	25	26	27	28	29
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 Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Low Center Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7:30 am - 12 pm 60525 Decatur Rd. Cassopolis, MI					1
All Programs / Events REQUIRE Registration					
3	4	5	6	7	8
9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:30 pm Fit 30 Off Site Hiking Club (10:00 am)	9:00 am Functional Foundations 9:30 am The Stormy Night Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm Stroke Support 1:00 pm Book Club 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	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 2:30 pm Woodcarvers Off Site Shopping	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	9:00 am Library Color Run 9:00 am Yoga
10	11	12	13	14	15
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) 1:30 pm Fit 30 Off Site Kayak Club (10:00 am)	9:00 am Functional Foundations 9:00 am Hearing 10:00 am Strong & Stable 10:30 am Chess 1:00 pm Parkinson's Support Group 11:00 am Step Aerobics 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	10:00 am Crafty Creations 1:00 pm Caregivers Support Group 1:00 pm Cass County Historical Library Resources 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Step Aerobics 12:00 pm Ceramics 1:00 pm Grief Support Group	9:00 am Father's Day Brunch 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	9:00 am Yoga
17	18	19	20	21	22
9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:30 pm Fit 30 Off Site Hiking Club (10:00 am)	9:00 am Functional Foundations 9:30 am The Stormy Night Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm MS Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	CLOSED in honor of Juneteenth		9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Step Aerobics 12:00 pm Ceramics 1:00 pm Panama Canal Cruise Q&A 2:30 pm Woodcarvers	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 Truck (Concert) 7:00 pm Summer Concert
24	25	26	27	28	29
9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg 1:30 pm Fit 30 Off Site Kayak Club (10:00 am)	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 Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	10:00 am Whimsical Gnomes 1:00 pm Pinochle 1:00 pm Potawatomi Culture of Southwestern Michigan 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	9:00 am Functional Foundations 9:00 am Yoga 10:00 am Strong & Stable 10:00 am Tea Party Hat Craft 11:00 am Step Aerobics 12:00 pm Ceramics 2:00 pm Afternoon Garden Tea Party	9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:00 pm Ice Cream Social 1:15 pm Bingo 1:30 pm Fit 30	9:00 am Yoga

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



LC CRAFTY CREATIONS

Cost: \$5 per garden
**Registration is required
by June 5.**

Be reminded of the sea as you make your very own unique Seashell Garden.

Instructor: Judy Brown

Low Center

Wednesday, June 12
10 am

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 "Stormy Lighthouse."

Instructor: Roy Hruska

Low Center

Monday, June 10
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.

Low Center

Thursdays, June 6 & 20
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, June 3 & 17
10 am - 4 pm



LC SILVER SCREEN CINEMA (Movie)

June's feature is
Ordinary Angels

Based on a true story, a determined hairdresser from Kentucky takes it upon herself to rally the entire community to help a widowed father as he tries to save his young daughter. Watch the unfolding of this inspiring tale filled with faith, miracles, and ordinary angels.

Starring Hilary Swank, Alan Ritchson, & Nancy Travis

Free movie, individual bag of popcorn, and water.

Low Center

Monday, June 10
1 pm

Front Street Crossing

Tuesday, June 11
1 pm

LC
Low Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Zoom
Online / Zoom

LC TEA PARTY HAT CRAFT

Cost: \$5 per adult hat
Registration is required by June 20.

Take teatime to the next level by creating your own tea party hat. We will provide the adult hat, ribbons, and flowers for embellishment. You are welcome to bring your grandchild to create their own hat; however you must provide their hat to decorate.



Once decorated, wear your own creation at the COA Tea Garden Party later in the afternoon! (See page 22 for more info.)

Instructor: Judy Brown

Low Center

Thursday, June 27
10 am

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

Low Center

Tuesdays
1 - 3 pm

LC WHIMSICAL GNOMES

Cost: FREE
Registration is required by June 18.

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, create a Fourth of July gnome that is sure to add some patriotic flair to your decor.

Instructor: Judy Brown

Low Center

Wednesday, June 26
10 am



COMPUTERS & TECHNOLOGY

LC COMPUTER USE

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

Low 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.

Low 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

Low Center

60525 Decatur Rd. Cassopolis, MI

Mon. - Thurs. 7 am - 7 pm

Fri. 7 am - 4 pm

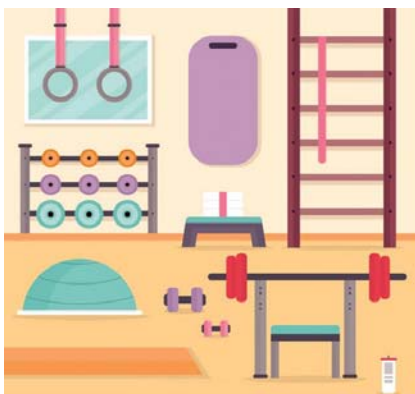
Sat. 7:30 am - 12 pm

Front Street Crossing

227 S. Front St. Dowagiac, MI

Mon. - Fri. 7 am - 4 pm

FITNESS & EXERCISE



LC FITNESS SPECIAL

FSC Cost: \$5 off the 1 Month Price

With new equipment comes new savings. Enjoy \$5 off of the 1 month price during the entire month of June. Come try it out!

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 June we will be practicing the waltz, swing and polka as well as starting to learn the hustle.

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 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

Mondays, Wednesdays, Fridays
1:30 - 2 pm



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.)*

Lowe Center & Online / Zoom

Tuesdays & Thursdays
9 - 9:45 am

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

LC
Online / Zoom

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,
June 3 & 17
10 am - 12 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 10 & 24
10 am - 12 pm

LC LINE DANCE

Cost: FREE

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

Instructor: Fran Yeager

Low 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 STRONG & STABLE



Cost: See page 15
Registration is required

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

Instructor: Taylor Lee

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

Low Center & Online / Zoom

Tuesdays & Thursdays
10 - 10:45 am

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

FITNESS & EXERCISE

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.)*

Low Center & Online / Zoom

Tuesdays & Thursdays
11 - 11:30 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

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.



On June 13, carpool to walk the Tabor Hill Trails 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

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 CHESS



Whether you are a rookie or a grandmaster, make your move and join in on the fun that challenges your mind.



Low Center

Tuesdays
10:30 am - 1 pm

Front Street Crossing

Mondays
10 am - 12 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
Low Center

FSC
Front Street Crossing

N
In Your Neighborhood

LC
Online / Zoom

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

LC HAND & FOOT

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

Lowe Center

Fridays
1 - 4 pm

Front Street Crossing

Tuesdays
1 - 4 pm

LC LAWLESS JAM SESSION

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

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

Lowe Center

Wednesdays
5 - 6:30 pm



LC MAH JONGG

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

Lowe Center

Mondays
1 - 4 pm

LC PINOCHLE

Enjoy this trick-taking card game while making friends.

Lowe Center

Wednesdays
1 - 3 pm

FSC SCRABBLE

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

Front Street Crossing

Wednesdays
10 am

LC SING-A-LONG

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

Lowe Center

Fridays
10:30 am - 12 pm

LISTEN & LEARN

FSC ACOUSTIC GUITAR LESSONS

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

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 CASS COUNTY HISTORICAL LIBRARY RESOURCES

Did you know that Andrew Carnegie funded a library right here in Cass County?

Discover the history of the Cass District Library's Local History Branch as well as the many resources that this gem has to offer.

Presenter: Jonathan Wuepper,
Manager - Cass District Library Local History Branch

Lowe Center

Wednesday, June 12
1 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

LISTEN & LEARN

LC PANAMA CANAL CRUISE QUESTIONS & ANSWERS

Get a chance to check off another place on your bucket list with this latest adventure.



Coming up in January 2025 the COA is offering the opportunity to take a 12-day cruise to the Panama Canal on Princess Cruise Lines with your family, friends, and soon to be friends from around the area.

Join us as we answer all your questions about what there is to see, do, costs, and more.

Low Center

Thursday, June 20
1 pm

LC POTAWATOMI CULTURE OF SOUTHWESTERN MICHIGAN

Cost: FREE

Registration is required

Join us for the first of this six-session series.

History - Learn the history of the Tribe with the French as trading and military partners, key treaties, Trail of Tears, Chief Pokagon, and the significance/symbolism of key festivals. Also discover the NAGPRA outline for restoration of Potawatomi artifacts.



Presenter: Cecil Wilson

Low Center

Wednesday, June 26
1 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.

NEW Leader: Rebekah Green, RN

Low Center

Wednesday, June 12
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

Low Center

Friday, June 7
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.

Low Center

Thursday, June 6
10 am - 12 pm

LC FOOT CLINIC

Cost: \$20

Appointment ONLY

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

Low Center

Mondays, June 10 & 24
Call for Times

LC GRIEF SUPPORT GROUP

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

NEW Leader: Rebekah Green, RN

Low Center

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

Front Street Crossing

Tuesday, June 4
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, June 18
1 - 3 pm

LC
Low 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.

Low Center

Tuesday, June 11
1 - 3 pm

Front Street Crossing

Tuesday, June 25
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, June 6

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, June 4
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, June 12
12:30 - 2:30 pm

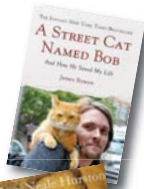
SOCIAL SESSIONS

LC READ & SHARE BOOK CLUB

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

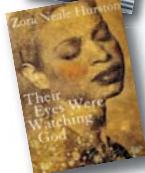
June's Discussion Book

A Street Cat Named Bob
by James Bowen



July's Discussion Book

Their Eyes Were Watching God
by Zora Neale Hurston



Low Center

Tuesday, June 4
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, June 24
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.

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

Low Center

Tuesdays, June 4 & 18
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, June 27
2:30 - 3:30 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

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

Assistant City Manager from Dowagiac, Amanda Sleigh, will be here to discuss the latest grants and projects the city has in the works.

July's Bean Spiller

Brandy Mather, Reiki Master & Sound Healer from Crystal Connections & Creations

Front Street Crossing

Wednesday, June 5
10 am

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

Friday, June 28
1 - 2 pm



LC AFTERNOON GARDEN TEA PARTY

Cost: \$10 per Adult
18 & Under - FREE
(Limit 2 FREE per Adult)

Registration is required by June 21.

Don your favorite tea party hat and plan to attend the Garden Tea Party.

You'll sip your tea away against the gentle backdrop of live cello music. Grandchildren, both boys and girls, are encouraged to join you as you learn the etiquette of proper tea drinking and social conversation.

Tea will be served in a wide variety of patterns of fine china teapots, teacups, and saucers, along with finger sandwiches, scones with cream and jam, and tea cookies.

2 p.m. - Education on Tea Etiquette

Napkin Placement, Steeping, Stirring, and Pouring Tea, Holding a Teacup, Order of Consuming Accompaniments

3 p.m. - Tea is Served

Please note how many grandchildren will be attending at time of registration.

Lowe Center

Thursday, June 27
2 - 4 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 14
9 - 10 am

Front Street Crossing

Friday, June 14
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 King of the Kettle, Red Wagon, 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.

Lowe Center (Pavilion)

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

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

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Online / Zoom

JUNE 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS & HOURS				
Low Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays)		Front Street Crossing (FSC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays)		
..... Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information.				
Main Entrée* Cherry Blossom Chicken Fried Rice Stir Fry Vegetables Fortune Cookie 3	Main Entrée* Salisbury Steak Mashed Potatoes Mixed Vegetable Choice of Bread Fruit 4	Main Entrée* Scrambled Eggs Breakfast Potatoes Sausage Links Doughnut Fruit 5	Main Entrée* Pesto Chicken Zucchini Tossed Salad Italian Breadstick Fruit 6	Main Entrée* Breaded Fish Baked Potato Carrots Choice of Bread Fruit 7
Café Entrée Wet Burrito	Café Entrée Fish Tacos	Café Entrée California Rueben	Café Entrée Club Wrap	Café Entrée Pulled Pork Nachos
Café Fresh Salad Strawberry Chicken Salad	Café Fresh Salad Salad Trio	Café Fresh Salad Cheryl's Choice	Café Fresh Salad Beef Taco Salad	Café Fresh Salad Custom Salad
Main Entrée* Chicken Salad Plate American Blend Lettuce Choice of Dressing Choice of Bread Fruit 10	Main Entrée* Cheeseburger w/ Bun Lettuce, Tomato, & Pickle Potato Salad Corn Fruit 11	Main Entrée* Smoked Sausage Peppers & Onions Potato Medley Choice of Roll Melon Mix 12	Main Entrée* Lasagna Peas Garlic Toast Cookie 13	Main Entrée* Fish & Chips Coleslaw Choice of Bread Fruit 14
Café Entrée Pastalaya	Café Entrée Pulled Chicken	Café Entrée Grilled Cheese	Café Entrée Chicago Dog	Café Entrée Sub Sandwich
Café Fresh Salad Gyro Salad	Café Fresh Salad Waldorf Salad	Café Fresh Salad Crispy Chicken Salad	Café Fresh Salad Fruit Salad	Café Fresh Salad Tuna Salad
Main Entrée* Pulled Chicken Sandwich Corn Maple Roasted Potatoes Bun Fruit 17	Main Entrée* Beef Tacos Cheese, Lettuce, & Tomato Refried Beans Mexican Rice Fruit 18	19 CLOSED <i>in honor of Juneteenth</i>		Main Entrée* Tilapia Wild Rice Carrots Choice of Bread Fruit 21
Café Entrée Beef Quesadilla	Café Entrée Chicken Stir-Fry			Café Entrée Cowboy Burger
Café Fresh Salad Chef's Choice	Café Fresh Salad COA Salad			Café Fresh Salad Fiesta Chicken Salad
Main Entrée* Chicken Tenders Mashed Potatoes w/ Gravy Green Beans Choice of Bread Apple Crisp 24	Main Entrée* Beef Stroganoff Peas & Carrots Choice of Bread Fruit 25	Main Entrée* Hot Dog on a Bun Baked Beans Coleslaw Fruit 26	Main Entrée* Baked Spaghetti Capri Blend Vegetables Breadstick Fruit 27	Main Entrée* Fish Sandwich Coleslaw Cauliflower Bun Fruit 28
Café Entrée Veggie Wrap	Café Entrée Sloppy Jose	Café Entrée Loaded Baked Potato	Café Entrée Sasquatch Stinger Sandwich	Café Entrée The Tracey Dog
Café Fresh Salad Salad Trio	Café Fresh Salad Buffalo Chicken Salad	Café Fresh Salad Cottage Cheese w/ Fruit	Café Fresh Salad Strawberry Chicken Salad	Café Fresh Salad Caesar 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)

SUMMER CONCERT SERIES

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

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

*This summer, get ready to let the music move you on Fridays
at the COA Pavilion in Cassopolis.*

Concert: 7 p.m.
Food Trucks: 5:30 - 7:30 p.m.

June 21
**Memphis
Underground**

Food

King of the Kettle
Red Wagon
Scott's Pig Roast

July 19
Marty Miles
Folk/Rock Adventures

Food

Bartok's Oversized Tamales
King of the Kettle
Scott's Pig Roast

August 23
**The
Whistle Pigs**

Food

Bartok's Oversized Tamales
King of the Kettle
Red Wagon

Please bring your own lawn chair or blanket.

Concerts sponsored by Sunset Coast