



March 2023

The Messenger



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for Dollars
is Back

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SHARE YOUR

by DANIELLE DILTS

Human Resources Manager

When someone needs help, do you walk on by and tell yourself someone else will help them? Or do you jump right in because that is what you would want someone to do for you?

Nowadays, people are busy with their own lives and it is hard to take the time to care for others. A simple act of kindness may not make that much difference to us, but can turn around someone else's life. One way to start showing kindness to others is with National Good Samaritan Day on March 13.

The term Samaritan encompasses all kinds of actions that are unselfish and generous. Being a Good Samaritan is not a tough job; all it requires is a good heart and willingness to do goodwill for others. It helps remind us to lend a hand to those in need by showing kindness and compassion. It can be a small act that seems inconsequential all the way to something big that means life or death. These selfless acts of compassion help make the world a better place and strengthen human bonds.

There are endless ways to celebrate National Good Samaritan Day such as...

- Volunteer at the COA, area school, local homeless shelter, or other
- Help someone who is hurting physically or mentally
- Give books, clothes, or other essentials to those in need
- Donate blood
- Pay someone a complement such as your cashier or the person stocking the shelves at your local store
- Make little notes and randomly leave them places for people to find that spread kindness and love
- Leave your mail and or delivery person a thank you or some snacks
- Open the door for someone
- Pay for the order for the person behind you in the drive-thru

HEART

This list can go on and on, but if you are looking for a simple way to be a Good Samaritan that can be done from the convenience of your own home, then you are in luck. Since not all of us have someone we can count on, the COA provides the C.A.R.E. Program or Call And Reassure Elders. Everyone should have someone in their life that checks on them, even if it is just a phone call. This program allows people that are homebound or living alone to have the comfort of knowing someone will be checking in on them. If you are looking for someone to build a relationship with without leaving the comforts of your home, give us a call at (269) 445-8110.

National Good Samaritan Day reminds us to keep an eye out for one another and to help others not just on one day, but on a daily basis. See how you can make a difference in someone's life today by putting forth the effort to help someone in need and performing an act of kindness.

Cover Image

Max Davis and Jean Pletcher are just two of the several players who enjoy the fun and music during the Lawless Jam Session each week. If you are interested in listening, joining in on the merriment, or want to know more musical opportunities offered at the COA, be sure to check out pages 12 - 21.

Cass County COA Staff Contacts

CEO

Marty Heirty

Adult Day Service

Laura Jepkema

Care Services / 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 / Handy Helpers

Kelli Casey

Meals on Wheels / In-Home Care /

Medicare Medicaid Assistance

Adrienne Glover

Operations

Danielle Dilts

The COA is proud to partner with...



Get Your March On

by KY'SHA JOHNSON
Certified COA Fitness Trainer

Do you need or want to get moving? Well there is a free and easy way to accomplish this that can be done anywhere. What is it you ask? It's marching.

Are there benefits to marching in place? Absolutely, marching in place is a great way to raise your heart rate. Doing so, helps signal your body to start pumping more blood and oxygen to your muscles for better movement and burning calories. Other benefits include a stronger and healthier cardiovascular system, respiratory system, and immune system.

Marching in place for exercise is just as effective as

walking on a track. Wait it gets better, walking in place is a low-impact weight-bearing movement that is a great way to increase bone density and strengthen the joints around your hips. The targeted muscle groups are your quadriceps, hamstrings, hip flexors, calves, glutes, core, and tibialis anterior.

To get the most out of marching in place, be sure to wear comfortable shoes, move your arms, get your heart rate up, lift your legs (beginners) or quicken your step (advanced), and set a goal.

Are you not able to stand? Well, seated marching is an option. Sitting fully back in a chair with a straight back, alternately lift your legs from

the hip as if you were marching up and down stairs.

It's hard to believe that there are so many benefits from just marching in place. So what are you waiting for, let's get those legs moving and march right on through March and beyond.



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.

Valentine's



Photos by Lisa Stephens & Terina Miller

Dueling for Dollars is Back

Friday May 19

at Marion Magnolia Farms

Whether you were at last year's dueling piano FUNdraiser or not, you won't want to miss your chance to be entertained by this high energy, all request, sing and clap along, rock 'n' roll, comedy piano show where the audience is just as much part of the show as the entertainers. This experience will have you laughing, singing, and dancing in your seat; all for a great cause!

Your support in this event helps ensure Cass County's homebound seniors receive nutritionally balanced meals delivered to their home.

Event tickets are \$50 per person and include heavy appetizers, silent auction, concert, and cash bar. Tickets go on sale beginning March 1 and we anticipate another sellout crowd, so be sure to reserve your tickets early by calling (269) 445-811 or emailing Kelli Casey at KelliC@casscoa.org.

Entertainment by Dueling Pianos International

CONCERT GRAND SPONSOR - \$2,000

- 2 premium reserved sponsor tables with 8 tickets each
- Recognition from the stage and on the event signage
- Sponsorship name or logo included in all promotional media

BALLROOM GRAND SPONSOR - \$1,000

- 1 premium reserved sponsor tables with 8 tickets
- Recognition from the stage and on the event signage
- Sponsorship name or logo included in all promotional media

BABY GRAND SPONSOR - \$500

- 4 tickets
- Recognition from the stage and on the event signage

PIANETTE SPONSOR - \$100

- Acknowledgement in the event signage



Chore Service Program

When tasks like cleaning out an attic or basement start to become overwhelming, the Cass County COA may be able to help eligible 60+ Cass County residents through the seasonal Respite Chore Service Program. This program will be available until September or until the funds have been exhausted.

Common chores include:

- Carpet cleaning
- Window washing
- Deep cleaning bathrooms and kitchens
- Minor plumbing repairs
- Cleaning gutters
- Cleaning basements and attics

Eligibility requirements:

- Must live in Cass County
- Must be at least 60 years of age
- Must have a Caregiver (someone who assists and/or oversees the senior)
- Must have less than \$30,000 in savings, checking, retirement, etc.
- Current Area Agency on Aging (AAA) clients are NOT eligible for this program.

If you know of someone who may want to participate in this program, please have them call (269) 445-8110 for more information.

This program is funded through a grant from AAA.

Looking to earn some extra money this summer? We hire individuals and businesses to help us complete chores through our Chore Service program. Please contact Danielle Dilts at (269) 445-8110 or danielled@casscoa.org to learn more about this program.



Luau

Upcoming Bus Trips

MUSEUM OF SCIENCE AND INDUSTRY

Thursday, April 11

Travel back in time to the city forever preserved in the temporary exhibit of Pompeii: The Exhibition. Then finish the day exploring one of the largest science museums in the world.

Trip includes non-wheelchair accessible transportation, admission into the Pompeii exhibit, entrance into museum, and all taxes and gratuity. *(Lunch is NOT included but available for purchase.)*

Bus Leaves: 8 a.m.

Bus Returns: 8 p.m. *(approx. time)*

Cost: \$90 *(Nonrefundable)*

Register by March 28

FREIDRICK MEIJER GARDENS & SCULPTURE PARK

Tuesday, May 23

Get a chance to explore one of the nation's most significant sculpture and botanic experiences as you wander over 150 acres of striking gardens with fine art. Also wind throughout the property on a guided tram tour.

Trip includes non-wheelchair accessible transportation, admission into the gardens, guided tram tour, and all taxes and gratuity. *(Lunch is NOT included but available for purchase.)*

Bus Leaves: 8 a.m.

Bus Returns: 6 p.m. *(approx. time)*

Cost: \$85 *(Nonrefundable)*

Register by May 9

SOUTH BEND CUBS

Thursday, July 6

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

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.

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

Bus Leaves: 5 p.m.

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

Cost: \$70

Register by June 22

Volunteer Spotlight

Jim Hershberger is one of our dedicated Meals on Wheels drivers. He fills in for other volunteers during absences as well as being very committed to his route.

Jim goes above and beyond for his community by lending a helping hand to those in need. If Jim sees something needing done while delivering meals, he completes his route and goes back to assist whenever he can.

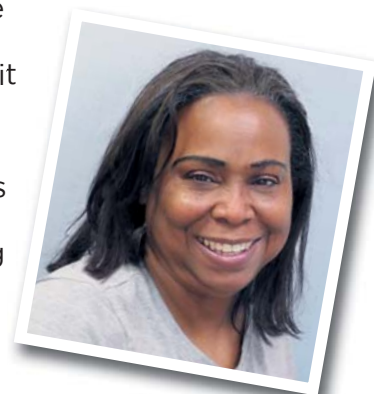
Jim's compassion for others and has been a wonderful addition to our volunteer team.



Employee Spotlight

Cheryl Kovalak is our Meals on Wheels Coordinator and has been with the COA for 18 years. Cheryl has a true passion for Meals on Wheels and enjoys creating fundraisers to help fund this essential service and is always looking to recruit new drivers.

While not at work, she enjoys spending time outdoors fishing and at home watching BBC movies.





DRUG DROP

Proper drug disposal of expired or unwanted pills, capsules, and tablet medications is important to help protect human health and our environment. Unwanted drugs should not be flushed down the drain. Medications should be kept secure in the home to prevent unlawful use and regularly disposed of at secure locations.

The COA offers a secure location to dispose of your unwanted medication on the first Thursday of each month from 9 a.m. – 12 p.m.

All medication must be removed from the packaging and placed into a sealed bag. Any medication still in bottles or boxes will no longer be accepted. Also please note that the COA does NOT accept any liquids, inhalers, or needles.



NO
CONTAINERS



NO
LIQUIDS



NO
INHALERS



NO
NEEDLES



Diabetes Personal Action Toward Health

Learn practical skills for a healthy life if you are living with diabetes by attending this free six-week Diabetes PATH workshop. Classes will be held at the Lowe Center on Thursdays, April 6 through May 11 from 1 to 3:30 p.m. and are designed to help people take an active role in managing their diabetes.

PATH is a chronic disease self-management program that educates you with what's needed to take care of your diabetes and your health. You will learn how to deal with the challenges of not feeling well, share personal experiences with other group members, overcome stress and relax, make healthy eating plans and prevent low-blood sugar, prevent or delay complications, and stay independent.

Family members, friends or caregivers are also encouraged to attend these sessions. Class sizes are limited so advance registration is required. Please call the COA at (269) 445-8110 for more information and to register for the class.



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



Dowagiac Ice Festival

Chili Competition



Photos by Ky'sha Johnson

Valentine Heart Wreath



Photos by Shirley Barks, Leslie Vargo, & Terina Miller



Our Volunteers Help Keep the COA Afloat

The COA is blessed to have so many wonderful volunteer that we are inviting those who have donated 10 or more hours of their time between October 1, 2021 – September 30, 2022 to come on board for an evening celebrating YOU.

So save the date for April 26 at 4 p.m. for the Annual Meeting & Volunteer Dinner and look for your special invitation in the mail.

Volunteers

Duane Adams
Ruthann Adams
Joanne Anderson
Betty Ash
Candy Azevedo
Carol Bailey
Rita Baker
Shirley Barks
Joanne Bata
Paul Bata
Faith Beaupre
Jim Beebe
Vicky Beebe
Diane Bonczynski
Joyce Borton
Richard Borton
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
Bob Cochrane
Anne Colgan
Joe Colgan
Keryl Conkright
Judy Coon
Jeff Corey
Dan Dahmen
Max Davis
Floyd Deahl
Kay Diehl

Sue Decker
Carol Dierickx
Jeff Downing
Laura Drake
David Dunlap
Sue Dunlap
Robin Emenaker
Larry Emrick
Anna Eubank
Marilu Franks
Elizabeth French
Mary Geminder
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
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
Barb Monroe
Pamela Moore
Carl Moraw
Nancy Pallas
Diane Palmer
Susan Parker
Karen Pellow
Phyllis Peterson
Michael Peterson
Ray Phillips
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
Tom Yarger
Fran Yeager
Katherine Yoder
Carol Young
Beverly Youngberg
Richard Zander
Steve Zebell

Volunteers listed are for the month of January, during which we had 145 active volunteers who contributed 937 hours of work. This would be equal to more than 5 full time staff positions.

MARCH 2023 Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		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	1:00 pm Brain & Body 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 Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	
6	7	8	9	10	11
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	9:00 am Hearing Clinic 1:00 pm Brain & Body 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 Range of Motion & Mobility 10:00 am Scrabble 10:00 am Spill the Beans 11:00 am Tai Chi 12:45 pm Bingo 1:00 pm Carrot Button Craft	9:00 am Parkinson's Power Punchers Brain & Body 1:00 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 Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	
13	14	15	16	17	18
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	9:00 am Parkinson's Power Punchers 12:00 pm Color Your World (Watercolor) 1:00 pm Brain & Body 1:00 pm Hand & Foot 1:00 pm Hollywood Treasures (Movie) Off Site Marcellus Moves (8:30 am)	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	9:00 am Parkinson's Power Punchers Brain & Body 1:00 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 Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 11:30 am St. Patrick's Day Party 12:30 pm Ceramics	
20	21	22	23	24	25
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	9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 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 Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers Brain & Body 1:00 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 Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	
27	28	29	30	31	Front Street Crossing
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	9:00 am Parkinson's Power Punchers 11:00 am LSVT BIG Program for Parkinson's 1:00 pm Brain & Body 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 Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 10:00 am AARP Smart DriveTEK Workshop Brain & Body 1:00 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 Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI All Programs / Events REQUIRE Registration

MARCH 2023

Lowe Center Cassopolis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Breakfast Buffet March 10 & 29 7:30 - 9 am Cost: \$5</p>		1	2	3	4
		1:00 pm Pinochle 1:30 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	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 12:30 pm Ceramics 2:30 pm Woodcarvers	9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Diabetes Support Group 1:00 pm Hand & Foot 1:30 pm Bingo 1:30 pm Fit 30	9:00 am Yoga
6	7	8	9	10	11
10:00 am Quilting 1:00 pm Mah Jongg 5:45 pm Yoga	9:00 am S.E.A.T./Stretch 9:30 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:00 pm Book Club 1:00 pm Stroke Support 1:00 pm Visual Arts Class 1:30 pm Euchre 3:00 pm Line Dance	10:00 am Carrot Button Craft 1:00 pm Caregivers Support Group 1:00 pm Pinochle 1:30 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:30 pm Ceramics 1:00 pm Grief Support Group Off Site Shopping	7:30 am Breakfast Buffet 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:30 pm Bingo 1:30 pm Fit 30	9:00 am Yoga
13	14	15	16	17	18
9:00 am Foot Clinic 1:00 pm Hollywood Treasures (Movie) 1:00 pm Mah Jongg 5:45 pm Yoga	9:00 am Hearing Clinic 9:00 am S.E.A.T./Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:00 pm Parkinson's Support Group 1:00 pm Visual Arts Class 1:30 pm Euchre 3:00 pm Line Dance	1:00 pm Alaska Cruise Q&A 1:00 pm Pinochle 1:30 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:30 pm Ceramics 2:30 pm Woodcarvers	9:00 am Knitting / Crochet 10:30 am Sing-A-Long 11:30 am St. Patrick's Day Party 1:00 pm Hand & Foot 1:30 pm Bingo 1:30 pm Fit 30	9:00 am Yoga
20	21	22	23	24	25
10:00 am Quilting 1:00 pm Mah Jongg 1:00 pm Savvy Caregiver Class 5:45 pm Yoga	9:00 am S.E.A.T./Stretch 9:30 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:00 pm MS Support Group 1:00 pm Visual Arts Class 1:30 pm Euchre 3:00 pm Line Dance	1:00 pm Pinochle 1:00 pm Tech Fair with Best Buy & the Geek Squad 1:30 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:30 pm Ceramics 1:00 pm Death Followed the Lewis & Clark Expedition	9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:30 pm Bingo 1:30 pm Fit 30	9:00 am Yoga
27	28	29	30	31	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
9:00 am Foot Clinic 1:00 pm Mah Jongg 1:00 pm Savvy Caregiver Class 5:45 pm Yoga	9:00 am Hearing Clinic 9:00 am S.E.A.T./Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:00 pm Visual Arts Class 1:30 pm Euchre 3:00 pm Line Dance	7:30 am Breakfast Buffet 1:00 pm Pinochle 1:00 pm Fit 30 1:30 pm Bingo 5:00 pm Lawless Jam Session	9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:30 pm Ceramics 1:00 pm AARP Smart DriveTEK Workshop	9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:30 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.

Ceramics is now every Friday in Dowagiac. Be sure to check it out.

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

Lowe Center

Thursdays
12:30 - 2:30 pm

Front Street Crossing

Fridays
12:30 - 2:30 pm



FSC COLOR YOUR WORLD (Watercolor Class)

Cost: \$18

**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.

March's watercolor is "One of Spring's Firsts."

Instructor: Roy Hruska

Front Street Crossing

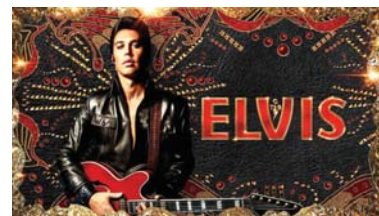
Tuesday, Mar. 14
12 - 3 pm

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, Mar. 2 & 16
2:30 - 5 pm



LC HOLLYWOOD TREASURES (Movie)

March's feature is
Elvis

Follow the infamous rise to fame of rock 'n' roll and movie star Elvis Presley and his 20 year complex relationship with manager Colonel Tom Parker.

Starring Austin Butler & Tom Hanks

Free movie, individual bag of popcorn, and water.

Lowe Center

Monday, Mar. 13
1 pm

Front Street Crossing

Tuesday, Mar. 14
1 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
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Online / Zoom

LC QUILTING

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



Lowe Center

Mondays, Mar. 6 & 20
10 am - 4 pm

LC VISUAL ARTS CLASS

Cost: \$15 (Per Class)

Please bring a pencil and paper. A supply list will be provided. No registration is required and you can attend when it is convenient.

All ages and skill levels are invited to explore drawing and



painting with both water based and acrylic paints in this ongoing class.

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

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

Instructor: Sharron Ott

Lowe Center

Tuesdays
1 - 3 pm

COMPUTERS & TECHNOLOGY

LC COMPUTER USE

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

Lowe Center

Mondays - Fridays
8 am - 5 pm

Front Street Crossing

Mondays - Fridays
8 am - 4 pm



LC TECH FAIR FEATURING BEST BUY & THE GEEK SQUAD

Come and get hands on learning about technology from experts.

This FREE tech Fair is created to address the needs of older adults who want to stay connected to the world.

This is your opportunity to see some new gadgets as well as ask questions about the items you already use. So bring your current phones, tablets, and laptops and get ready to be "GEEKED."

No appointments are necessary.

Instructors: Best Buy's Geek Squad

Lowe Center

Wednesday, Mar. 22
1 pm

FITNESS & EXERCISE

LC FITNESS CENTER

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

Lowe Center

Mondays - Thursdays
7 am - 7 pm

Fridays
7 am - 4 pm

Saturdays
7:30 am - 12 pm

Front Street Crossing

Mondays - Fridays
7 am - 4 pm

Membership Prices

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



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

Class Prices

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

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

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

FITNESS & EXERCISE

LC **BALANCE, STRETCH, AND STABILITY**

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

Registration is required

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

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

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
11 - 11:45 am

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
9 - 9:45 am

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**



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

LC **LINE DANCE**

Cost: FREE

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

Instructor: Fran Yeager

Lowe Center

Tuesdays
3 pm

N **MARCELLUS MOVES**

Cost: \$20 (Monthly)

\$5 (Per Class)

Registration is required

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

Instructor: Rosemary Gillam

In Your Neighborhood

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



FSC **PARKINSON'S POWER PUNCHERS**

Cost: FREE

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

Instructor: Coach Walter Swann,
Former Professional Boxer

Front Street Crossing

Tuesdays & Thursdays
9 - 10 am
Starts Mar. 9

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

FSC **RANGE OF MOTION & MOBILITY CLASS**

Cost: \$25 (Monthly)
Registration is required

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

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
10 - 10:45 am

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

Cost: \$20 (Monthly)
Registration is required

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

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
9 - 9:45 am

LC **STRONG & STABLE**

Cost: \$20 (Monthly)
Registration is required

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

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
10 - 10:45 am

FSC **TAI CHI**

Cost: \$25 (Monthly)
Registration is required

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

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

Instructor: Glenda Gibson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
11 am - 12 pm



LC **YOGA**

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

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

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

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

Lowe Center & Online / Zoom

Mondays
5:45 - 7 pm

Thursdays
9 - 10:15 am

Saturdays
9 - 10:15 am

JUST FOR FUN

LC **BINGO**

FSC Cost: \$1.25 (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
1:30 pm

Front Street Crossing

Mondays & Wednesdays
12:45 pm

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

JUST FOR FUN

LC 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
1:30 pm

Front Street Crossing

Thursdays
1:30 pm

FSC FSC MUSICIANS

Do you enjoy playing a musical instrument? Why not join other music enthusiasts and jam with the FSC Musicians.

Front Street Crossing

Fridays
11 am

LC HAND & FOOT

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

Lowe Center

Fridays
1 - 4 pm

Front Street Crossing

Tuesdays
1 - 4 pm

LC LAWLESS JAM SESSION

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

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

Lowe Center

Wednesdays
5 - 6:30 pm

LC MAH JONGG

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

Lowe Center

Mondays
1 - 4 pm

LC PINOCHLE

FSC Enjoy this trick-taking card game while making friends.

Lowe Center

Wednesdays
1 - 3 pm

FSC SCRABBLE

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

Front Street Crossing

Wednesdays
10 am

LC 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

LC ALASKA CRUISE QUESTIONS & ANSWERS

Find out what to expect on your cruise, as we will be answering questions about shore excursions, the Medallion, and some general information.



Learn about the Medallion app and how it can make your Princess Cruise even better. Ask us about scheduling an appointment to set up your Medallion app.

Reminder: Final Cruise Payment is in June

Lowe Center

Wednesday, Mar. 15
1 pm

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

FSC ACOUSTIC GUITAR LESSONS

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

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

Instructor: Max Davis

Front Street Crossing

Fridays
10 - 11 am



LC DEATH FOLLOWED THE LEWIS & CLARK EXPEDITION

Registration is requested

The Lewis and Clark Expedition explored the wester lands of the Louisiana Purchase for 2 1/2 years. They had so many close calls with death it was amazing that anyone survived. Discover how they managed to avoid death time and again.

Presenter: Bill Mitchell,
Retired History Teacher

Lowe Center

Thursday, Mar. 23
1 pm



LC AARP SMART DRIVER TEK WORKSHOP

This 2-hour workshop covers the latest high-tech safety features in one's current car and what technology to look for when shopping for a new car, as well as the safety benefits of blind spot warning systems, forward collision warnings, and more.

Instructor: Jo Ann Flowers,
AARP Driver Safety Volunteer

Lowe Center

Thursday, Mar. 30
1 pm

Front Street Crossing

Thursday, Mar. 30
10 am

SERVICES & SUPPORT

LC CAREGIVER'S SUPPORT GROUP

Family members and friends are welcome as we provide education and support for caregivers of any kind.

Lowe Center

Wednesday, Mar. 8
1 - 3 pm

LC DIABETES SUPPORT GROUP

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

Lowe Center

Friday, Mar. 3
1 - 3 pm



LC DRUG DROP

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

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

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

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

Lowe Center

Thursday, Mar. 2
10 am - 12 pm

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

SERVICES & SUPPORT

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, Mar. 13 & 27
Call for Times

LC GRIEF SUPPORT GROUP

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

Lowe Center

Thursday, Mar. 9
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, Mar. 14 & 28
9 am - 4 pm

Front Street Crossing

Tuesday, Mar. 7
9 am - 4 pm

FSC LSVT BIG PROGRAM FOR PARKINSON'S

Do you or a loved one struggle with Parkinson's disease or other neural conditions?

Join us to learn more about the LSVT BIG researched-based physical/occupational therapy program that teaches you how to avoid inactivity, keep your movements alive during everyday activities, and empower you to keep moving and stay active.

Presenter: Ascension Borgess-Lee
Hospital Physical
Therapists

Front Street Crossing

Tuesday, Mar. 28
11 am



LC SAVVY CAREGIVER CLASS

Registration is required
by calling (269) 982-7731

This 6-week class, supported by Region IV Area Agency on Aging, is for caregivers of people with memory loss. Learn valuable information on how to care for your loved one as well as for yourself as the caregiver.

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

Lowe Center

Mondays, Mar. 20 - Apr. 24
1 - 3 pm

LC MS SUPPORT GROUP

People with Multiple Sclerosis and their loved ones share support and learning opportunities in this free group.

Lowe Center

Tuesday, Mar. 21
1 - 3 pm

LC PARKINSON'S SUPPORT GROUP

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

Lowe Center

Tuesday, Mar. 14
1 - 3 pm

LC STROKE SUPPORT GROUP

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

Lowe Center

Tuesday, Mar. 7
1 - 3 pm

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Online / Zoom

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, Mar. 9

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

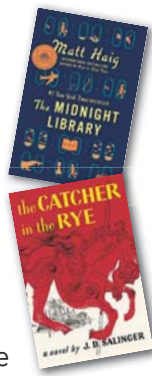
SOCIAL SESSIONS

LC READ & SHARE BOOK CLUB

Registration is required

The COA has partnered with the Dowagiac District Library to host a monthly Book Club.

Books will be provided by the library. Please preregister so that enough books will be available on club day.



March's Discussion Book

The Midnight Library by Matt Haig

April's Discussion Book

The Catcher in the Rye by J. D. Salinger

Leader: Gina Simoni,
Dowagiac District Library

Lowe Center

Tuesday, Mar. 7
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, Mar. 7 & 21
9:30 am - 12 pm

FSC SPILL THE BEANS

Want to be the first to know about what's going on in your community?

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.

March's Bean Spiller

Matt Weston, Director at Dowagiac District Library will open the book on the exciting and resourceful world of the library.

April's Bean Spiller

Steve Arseneau,
Director at Dowagiac Area History Museum
(Topic: Orphan Train)

Front Street Crossing

Wednesday, Mar. 8
10 am

SPECIAL EVENTS

LC ST. PATRICK'S DAY PARTY

Cost: \$3 - \$7 (Meal)
FREE (Party)

Registration is required by March 9

Be Irish for the day as you come and enjoy a wee bit o' corned beef and cabbage. Don't forget to wear your green!



Lowe Center

Friday, Mar. 17
11:30 am - 1:30 pm

Front Street Crossing

Friday, Mar. 17
11:30 am - 1:30 pm

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

Donations & Support

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

Adult Day Care

Bill Lock

Adult Day Care

in Memory of Virginia Bazner

American Legion

Auxiliary #365

Annual Campaign

Craig Alton

Ottis Bowe

Marlene Deming

Dowagiac Credit Union

George Gearhart

Donald Krause

Elaine McKeough

Janet Parrish

Harold Yeomans

Food Service

Vicki Beebe

Phillip Schumacher

Greatest Need

Lois Amalavage

Faith Bible Church of Jones

Linda Frisbie

Pat Lockhart

Hayley Smallwood

William Ward

Yvonne White

Handy Helpers

in Memory of John Barnhart

Ronald Jones

Larry and Sheila Zebell

Meals on Wheels

Joseph Underwood

In Memory of Donna Adams

Robert Checkley

Carmi Essex

George and Bonnie Purlee

In Memory of Thelma Antus

Cathy and John Bair

Bernadine Deidrick,

Rich Antus and

Debbie Antus-Carlson

Renee Rusco

In Memory of Virginia Banzer

Wendy Lafond

Ranie Perkins

In Memory of John Barnhart

Barbara Groner

Sharon Kurdelmeyer

In Memory of Cathy Hart

Beverly White

Seniors in Cass County Need Your Support

Your gift is extremely important, particularly in today's climate, because it offers immediate resources that are directed to the current needs of local seniors like Meals on Wheels, In Home Care, Adult Day Service and the Handy Helpers program that builds wheelchair accessible ramps for Cass County seniors at no cost. Your donation

is helping to make our community's seniors happier and healthier. Right here. Right now.

Please consider making a gift today.

- Online: www.CassCOA.org
- Phone: (269) 445-8110
- Mail: Cass County COA, P.O. Box 5, Cassopolis, MI 49031

Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS & HOURS Lowe Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (Mar. 10 & 29) Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information.		1 Main Entrée* Pork Chop Mashed Potatoes & Gravy Green Beans Wheat Bread Apple Crisp Café Entrée Grilled Chicken Sandwich Café Fresh Salad Cottage Cheese w/ Fruit	2 Main Entrée* Roast Beef Baked Potato Sour Cream Peas & Pearl Onions Banana Café Entrée Walking Tacos Café Fresh Salad Cranberry Chicken Salad	3 Main Entrée* Salmon Patty Wild Rice Broccoli Whole Wheat Roll Poke Cake Café Entrée Reuben Café Fresh Salad Fruit Salad
6 Main Entrée* Chicken Alfredo Fettucine Noodles Italian Blend Vegetables Garlic Bread Cheesecake Café Entrée Patty Melt Café Fresh Salad Veggie Blend Salad	7 Main Entrée* Beef Shepherd's Pie Mashed Potatoes Mixed Vegetables Wheat Roll Cupcake Café Entrée Big Poppa Burger Café Fresh Salad COA Salad	8 Main Entrée* Baked Ham Scalloped Potatoes Green Beans Wheat Bread Fruit / Brownie Café Entrée Loaded Mac & Cheese Café Fresh Salad Cobb Salad	9 Main Entrée* Lasagna Tossed Salad Italian Breadstick Frosted Cake Café Entrée Spicy Chicken Sandwich Café Fresh Salad Turkey Craisin Salad	10 Main Entrée* Baked Fish Rice Pilaf Corn Apple Pie Café Entrée Pulled Pork Sandwich Café Fresh Salad Antipasto Salad
13 Main Entrée* BBQ Chicken Thighs Baked Beans Broccoli Wheat Roll Pumpkin Mousse Café Entrée Grilled Cheese Café Fresh Salad COA Salad	14 Main Entrée* Salisbury Steak Mashed Potatoes Beef Gravy Carrots Pecan Pie Café Entrée Coconut Curry Chicken Café Fresh Salad Mini Chef Salad	15 Main Entrée* Apple Pork Loin Stuffing California Blend Vegetables Wheat Bread Peaches Café Entrée Hot Turkey Sandwich Café Fresh Salad Beef Taco Salad	16 Main Entrée* Chicken Enchiladas Spanish Rice Refried Beans Fruit Samoa Cake Café Entrée Italian Sliders (2) Café Fresh Salad Garlic Shrimp Salad	St. Patrick's Day Meal 17 Main Entrée* Corned Beef Cabbage & Carrots Redskin Potatoes Wheat Roll Leprechaun Pudding Café Entrée Tuna Melt Café Fresh Salad Buffalo Chicken Salad
20 Main Entrée* Sweet & Sour Chicken White Rice Sugar Snap Peas Wheat Bread Fortune Cookie Café Entrée Tamales w/ Refried Beans Café Fresh Salad Tuna Salad	21 Main Entrée* Beef Stroganoff Egg Noodles Capri Vegetable Blend Wheat Roll Chocolate Cherry Cake Café Entrée Popcorn Chicken Café Fresh Salad House Salad	22 Main Entrée* Roast Turkey Maple Squash Green Beans Wheat Bread Fruit / Apple Pie Café Entrée Cheeseburger Café Fresh Salad Antipasto Salad	23 Main Entrée* Baked Spaghetti Tossed Salad Bread Stick Fruit Chocolate Fudge Cake Café Entrée Breakfast Pizza Café Fresh Salad Mediterranean Salad	24 Main Entrée* Beer Battered Fish Sandwich Coleslaw Peas Tartar Sauce Orange Cake Café Entrée Italian Melt Café Fresh Salad Fruit Salad
27 Main Entrée* Fried Chicken Mashed Potatoes Squash Wheat Roll Fruit / Brownie Café Entrée Hot Beef Sandwich Café Fresh Salad Cobb Salad	28 Main Entrée* Beef Stew Stew Vegetables Green Beans Wheat Bread Pears Café Entrée Chicken & Waffles Café Fresh Salad Cottage Cheese w/ Fruit	29 Main Entrée* Honey Dijon Chicken Rice Pilaf Capri Blend Vegetables Wheat Roll Fruit / Cookie Café Entrée Grilled Ham & Cheese Café Fresh Salad Veggie Blend Salad	30 Main Entrée* Vegetable Lasagna California Blend Vegetables Breadstick Mandarin Oranges Café Entrée Salisbury Steak & Redskins Café Fresh Salad BLT Salad	31 Main Entrée* Cheese Ravioli w/ Sauce Green Beans Wheat Bread Diced Pears Café Entrée Tilapia & Coleslaw Café Fresh Salad Chicken Taco 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)

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

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



Lowe Center & Front Street Crossing

11:30 a.m. – 1:30 p.m.

Don your **GREEN** and enjoy some corned beef & cabbage

Registration is REQUIRED by March 9 by calling (269) 445-8110