

May 2023

The

Messenger



2 Celebrating
Seniors in May

4 A National Day
That Actually
Makes Cents

22 Project
Fresh

Cass
County  **COA**
Enhancing Life

(269) 445-8110 | CassCOA.org | facebook.com/CassCOA

Cass County COA Board of Directors

President

Jim Beebe

Vice President

Sue Heinrich

Treasurer

Ronald Lofts

Secretary

Tom Buszek

Board Members

Duane Adams

Frank Butts

Michael Casey

Dan Dahmen

Marilu Franks

Mary Geminder

Dolores McNeary

Carl Moraw

Nancy Pallas

John Seculoff

Walter Swann

The Messenger,

Volume 32 Issue 5,
published monthly by the

Cass COA,
P.O. Box 5,
Cassopolis MI 49031

Messenger Staff

Director of Community Development
Kelli Casey

Communications Assistant
Terina Miller

© 2023 Cass County COA. Reprinting
in whole or in part of any article or
photo appearing in The Messenger is
not allowed without express written
permission.

Some of the images used are from freepik.com

Anyone attending programs and
events associated with the Cass
County COA may be photographed
and/or video recorded. These items
may be used in The Messenger or for
other promotional purposes. Those
wishing not to consent must kindly
notify a COA staff member.

Celebrating

provided by KY'SHA MITCHELL
Certified COA Fitness Trainer

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living, OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- **Embrace the opportunity to change:** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older:** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community:** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at the COA or elsewhere in the community.
- **Form relationships:** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.
- **Exercise:** Keep your body moving by joining in on fitness classes, working out in the fitness centers, or strolling the walking trail in Cassopolis. Finish off the month of seniors by participating in our Senior Fitness Days at Front Street Crossing on Tuesday, May 30 or at the Lowe Center on Wednesday, May 31 for a full day of fitness fun!

Seniors in May

COA SENIOR FITNESS DAYS

Tuesday, May 30 – Front Street Crossing
Wednesday, May 31 – Lowe Center

Grab your gym shoes and join us for Senior Fitness Days at the COA. These two days will be dedicated to increasing health awareness capitalizing on the importance of nutrition and exercise to keep a healthy lifestyle as you age.

Start the day with a guided brisk walk (weather permitting), then come inside for an array of fitness clinics and a nutrition class. Some of the day's events will include:

- **Morning Walk – 10:30 a.m.**
- **Nutrition Class – 11:00 a.m.**

Clinics will run from 1 – 4 p.m. Each session will last approximately 20 – 30 minutes. Try one class or try them all!

- **Stretch and Balance Clinic**
- **Cardio Clinic**
- **Strength Training Clinic**
- **Yoga**
- **Tai Chi**
- **Boxing**
- **Brain and Body Clinic**

We will also have a drawing at both locations for a “Fit Gift Basket” during the last session for those who participated throughout the day.

Mark your calendars so you don't miss out on these two days of health, fitness, and fun!



AGING UNBOUND : MAY 2023

Cover Image

It was a beautiful day for a bus trip to the Museum of Science & Industry. Be sure to be checking The Messenger each month for great activities like this one. If something catches your eye, don't delay on signing up or else the fun will drive off without you.

Cass County COA Staff Contacts

CEO

Marty Heirty

Adult Day Service

Laura Jepkema

Care Services /

Handy Helpers /

Support Groups

Cindy Ledger, RN

Charitable Giving

Kelli Casey

Food Service

Michael Garcia

Front Street Crossing

Ky'sha Johnson

Human Resources /

Volunteers

Danielle Dilts

Leisure Activities /

Fitness /

Facilities Rental

Kelli Casey

Lifelong Learning

Patty Gremaux

Meals on Wheels /

In-Home Care /

Medicare Medicaid

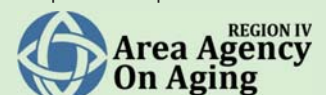
Assistance

Adrienne Glover

Operations

Danielle Dilts

The COA is proud to partner with...



A National Day That Actually Makes Cents

by SHELLY PURUCKER
Operations Assistant

How many times have you heard the phrase “penny for your thoughts?” What about “I bet that cost a pretty penny” or “a penny saved is a penny earned?” My absolute favorite is “find a penny, pick it up, all day long you’ll have good luck!”

Why all this talk about pennies? Well, May 23 is National Lucky Penny Day. No one really knows how this came to be, but what I do know is, it is enjoyable to find a penny and experience that happy-go-lucky feeling.

The use of a penny, whether lucky or not, has an endless list. There is a plethora of uses for these coppery colored coins such as games, checking a tire, using them as a makeshift screwdriver, crafts, and more. Have you ever thought about covering a small glass top patio table with pennies, embellishing a flower pot, or even a photo frame?

Did you know?

- 16 pennies stacked = 1 inch
- 16 pennies in a line = 1 foot
- In 1987, an 18 year old freshman raised \$28,000 simply by collecting just 1 penny from 2.8 million people.

The COA might not be passing out actual pennies but what we do have is pennies from heaven in the form of volunteers. Our wonderful volunteers spread good fortune in many different ways throughout the community and you could too. There are many Cass County seniors who would love to receive the small gift of your time. The COA offers many volunteer opportunities at both locations. You could pay forward your wealth in ADS, as a Medical Transportation Driver, or even with our Meals on Wheels program. Volunteering allows you to shine just like



that new penny, gleaming your friendly face and positive vibes to those around you. Your contribution is beyond valuable and when driving, your mileage is reimbursed.

Just as the penny’s monetary value might not amount to much, it’s the small things that add up over time. If you would like to share a little or a lot of your “luck” call the COA at (269) 445-8110 or stop in and find out how you can share your blessings with others.

Maybe luck isn’t really about finding a penny for your pocket, but perhaps luck is finding new relationships and being rich when doing good deeds for others. Ralph Waldo Emerson once said, “The secret of fortune is joy in our hands.”

Dueling for Dollars Fundraiser

Friday, May 19

The COA helps hundreds of local seniors who do not have access to healthy meals. At an average of over \$7.00 per meal, we need your help.

This fundraiser helps support this vital nutrition program. Tickets and sponsorship opportunities are still available for you to help make a difference in your community! Please contact Kelli Casey at (269) 445-8110 for more information.



269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

www.ccmcf.org



Easter Dinner



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
Susan Bingham
Diane Bonczynski
Joyce Borton
Richard Borton
Jacqueline Bowe
Rebecca Bowers
John Bradke
Linda Brossman
Judy Brown
Marie Bruegmann
Frank Butts
Marsha Butts
Becky Caldwell
Linda Campbell
Robert Campbell
Lonnie Carlisle
Ginger Carlisle
Mary Ann Carroll
Michael Casey
Anne Colgan
Joe Colgan
Keryl Conkright
Judy Coon
Jeff Corey
Dan Dahmen
Grace Darrow
Max Davis
Floyd Deahl
Kay Diehl

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

April Kerber
George King
Mike Klute
Gwendolyn Klyce
Penny Knepple
Stephanie Knepple
Virginia Kraft
David Kring
Luci Lafontant-Lee
Marcia Lofts
Ronald Lofts
Sharon Macdonald
Richard Macleod
Frank Maley
Carol Manning
Elaine McKeough
Kathleen McMahon
Dolores McNeary
Cindra Mikel
Delores Minisee
Carol Modigell
Barb Monroe
Pamela Moore
Carl Moraw
Nancy Pallas
Diane Palmer
Susan Parker
Karen Pellow
Phyllis Peterson
Michael Peterson
Ray Phillips
George Purlee
Ruth Quigley
Jannette Rafferty
Sandra Randle
Carol Rauch
Jennifer Ray
Terry Ray
Carol Reich
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 March, during which we had 158 active volunteers who contributed 1746 hours of work. This would be equal to more than 10 full time staff positions.

SHREDDING EVENT

Monday, May 15
9 – 10 a.m.
COA Lowe Center Parking Lot
Cost: \$5 per car



99th Birthday Celebration



Friends and neighbors celebrated Barb Monroe's 99th birthday in April with lunch, cake, lots of laughs, and smiles!



St. Patrick's Day

St. Patrick's Photos by Bailey Joens-Lee



Upcoming Bus Trip

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

The AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone free of charge, with a special focus on taxpayers who are over 50. Tax-Aide volunteers are located nationwide and are trained and IRS-certified every year.



Seated: Mary Ann Carroll & Ruth Quigley

Middle: Bonnie Green, Carol Reich, Rosemary Gillam, & Nancy Pallas

Back: Frank Maley, Bob Cochran, & George King

The COA is proud to partner with the AARP Foundation to provide this free service. Our local Tax Team of Volunteers served over 1,200 hours preparing 218 individual tax returns for our community.

The COA thanks this group of amazing volunteers for their time, expertise, and dedication to Cass County Seniors.

Employee Spotlight

Connie is one of our Home Care Aides in the Marcellus area. She loves helping others and is an animal lover. In Connie's spare time she enjoys doing crafts and making things, spending time with her family and friends, or just relaxing at the lake. She took some for time for herself in January and to go on a 14-day Hawaiian Cruise.



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.



Donations & Support

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

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

Assistance Program

Anonymous
Charmille Archer
Scarlet Bachmann
George Bolt
Judy Bundy
Dwayne Curry
Martin Daly
Kay Diehl
Sharon Hansell
Raymond Hemstra
Cheryl Herman
Don Holtz
Stephen Horvath
Steve Kujawa
Floyd Manley
Pat Marchant
Patsy Meachum
Sylvia Merasco
Lois Mockbee
Patrick Parenti
Jefri Pieta
Connie Plucienik
Jannette Rafferty
Judith Smith
Robert Sumption
Marilyn Swilley
Susan Szymczak
Arden Withers

Food Service

Herman Lawson
Arthur Middleton

Greatest Need

McCormick & Company Inc.
Linda Frisbie
Walter Gongwer
Betty Hand
Gaylon Jackson
Richard Lawson

Meals on Wheels

David Carte
Linda Crifffield
Bonnie Cuthbert
Richard Dotson
Connie Ellerbrook
Mary Emerson
Margo Foreman
Larry Fredricks
John Gould
Georgina Karnes
Roger Ketchum
Herman Lawson
Arnold Novotny
Joyce Redding
Morris Redding
JoAnn Rivers

Meals on Wheels (cont.)

Kandy and Phil Schumacher
Kimberle Sisk
Howard Smuda
Michael Sutherland
Annetta Thornburgh
James Wilson
Susan Wiltse
JoAnne Wood

In Memory of Scott Bellis

Phyllis Schott

In Memory of Judge Paul Deats

Dolores McNeary

In Memory of Marsha Francis

Marilyn Stone

In Memory of Darlene Toney

Dolores McNeary

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

Museum of Science & Industry





AARP Classes on the Horizon

Several AARP Classes are coming to Front Street Crossing over the next three months. Be sure to mark your calendars for these upcoming classes.

AARP Smart Phone Basics

May 16 | 10 am – 12 pm

AARP 6 Pillars of Brain Health

June 5 | 9 am – 11 am

AARP Smart Drive Class *(2 Day Class)*

July 24 & 25 | 8 am – 12 pm

Cost: \$20 *(AARP Member)* / \$25 *(Non Member)*

Call (269) 445-8110 for more information and to register.



Alaska Cruise Final Payment

As a reminder, final payment is due on June 11 for the Alaska cruise. Do NOT wait until then to make payment in case of an issue. All final payments must be made by 2 p.m. Eastern Time on June 11 or your cruise will be canceled. At that time, we will also be asking which credit card you wish the COA to use for your \$50 per person donation. You can call Chris at (313) 300-2003, or Melvin at (330) 708-0592 to make a payment.

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.

MAY 2023

Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	2 9:00 am Hearing Clinic 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	3 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	4 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	5 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 11:30 am Cinco de Mayo 11:00 am Tai Chi 12:30 pm Ceramics	6
8 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 9:00 am Parkinson's Power Punchers 12:00 pm Color Your World (Watercolor) 1:00 pm Brain & Body 1:00 pm Hand & Foot 1:00 pm Silver Screen Cinema (Movie) Off Site Marcellus Moves (8:30 am)	10 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	11 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	12 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
15 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	16 7:30 am Breakfast Buffet 9:00 am Parkinson's Power Punchers 10:00 am AARP Smartphone Basics 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	17 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	18 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	19 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	20
22 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	23 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	24 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	25 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	26 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 CLOSED in honor of Memorial Day
29 CLOSED for Memorial Day	30 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	31 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 Dementia Friends Michigan 11:00 am Tai Chi 12:45 pm Bingo	 <p>Breakfast Buffet May 16 7:30 - 9 am Cost: \$5</p>		Front Street Crossing Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI All Programs / Events REQUIRE Registration

MAY 2023

Lowe Center

Cassopolis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg	2 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	3 1:00 pm Nutrition Class 1:00 pm Pinochle 1:30 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	4 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 1:00 pm Diabetes PATH 1:00 pm This Lit Is Your Lit 2:30 pm Woodcarvers Off Site Shopping	5 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 11:30 am Cinco de Mayo 1:00 pm Diabetes Support Group 1:00 pm Hand & Foot 1:30 pm Bingo 1:30 pm Fit 30	6 9:00 am Yoga
8 9:00 am Foot Clinic 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie)	9 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	10 7:30 am Breakfast Buffet 1:00 pm Caregivers Support Group 1:00 pm Nutrition Class 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	11 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 Diabetes PATH 1:00 pm This Lit Is Your Lit	12 9:00 am Knitting / Crochet 9:00 am Mother's Day Brunch 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:30 pm Bingo 1:00 pm Grief Support Group 1:30 pm Fit 30	13 9:00 am Yoga
15 9:00 am Shredding Event 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg	16 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 1:00 pm MS Support Group 1:30 pm Euchre 3:00 pm Line Dance Off Site Pickleball 101 (9:30 am) Off Site Visual Arts Class (1:00 pm)	17 1:00 pm Nutrition Class 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	18 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 This Lit Is Your Lit 2:30 pm Woodcarvers	19 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 Off Site Dueling for Dollars (6:00 pm)	20 9:00 am Yoga
22 9:00 am Yoga 9:00 am Foot Clinic 1:00 pm Mah Jongg	23 9:00 am Hearing 9:00 am S.E.A.T. 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch 1:30 pm Euchre 3:00 pm Line Dance Off Site Frederick Meijer Garden (8:00 am) Off Site Pickleball 101 (9:30 am) Off Site Visual Arts Class (1:00 pm)	24 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	25 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 This Lit Is Your Lit	26 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	27 CLOSED in honor of Memorial Day
29 CLOSED for Memorial Day	30 9:00 am S.E.A.T./ Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:30 pm Euchre 3:00 pm Line Dance Off Site Pickleball 101 (9:30 am) Off Site Visual Arts Class (1:00 pm)	31 7:30 am Breakfast Buffet 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	 <p>Breakfast Buffet May 10 & 31 7:30 - 9 am Cost: \$5</p>		Lowe Center Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7:30 am - 12 pm 60525 Decatur Rd. Cassopolis, MI All Programs / Events REQUIRE Registration

PROGRAM INFORMATION

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

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

Online: CassCOA.org

ARTS & ENTERTAINMENT

LC CERAMICS MADE EASY

FSC Cost: FREE

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

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

Lowe Center

Thursdays
12:30 - 2:30 pm

Front Street Crossing

Fridays
12:30 - 2:30 pm

FSC COLOR YOUR WORLD (Watercolor Class)

Cost: \$20

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

Get
your
chance
to
create
your
very



own watercolor
masterpiece as you
follow simple step-by-
step instructions and
demonstrations.

May's watercolor is
"Magnolias."

Instructor: Roy Hruska

Front Street Crossing

Tuesday, May 9
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, May 4 & 18
2:30 - 5 pm

LC KNITTING & CROCHETING

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

Lowe Center

Fridays
9 am - 12 pm

LC QUILTING

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

Lowe Center

Mondays, May 1 & 15
10 am - 4 pm



LC SILVER SCREEN CINEMA (Movie)

May's feature is
80 for Brady

The movie is inspired by
the true story of four best
friends and New England
Patriots fans who take a
life-changing trip to Super
Bowl LI to see their hero
Tom Brady play, and the
chaos that ensues as they
navigate the wilds of the
biggest sporting event in
the country.

Starring Jane Fonda, Lily
Tomlin, Rita Moreno, Sally Field,
& Tom Brady

Free movie, individual bag
of popcorn, and water.

Lowe Center

Monday, May 8
1 pm

Front Street Crossing

Tuesday, May 9
1 pm

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Zoom
Online / Zoom



LC VISUAL ARTS CLASS

N Cost: \$15 (Per Class)
Please bring a pencil and paper. A supply list will be provided. No registration is required and you can attend when it is convenient.

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

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

Please Note: Class will be held at the Lowe Center on cold & rainy days and offsite on warm & dry days starting May 16.

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

Instructor: Sharron Ott

Lowe Center

Tuesdays
1 - 3 pm

In Your Neighborhood

Fred Russ Forest
20379 Marcellus Hwy.
Decatur, MI
Tuesdays
1 - 3 pm

COMPUTERS & TECHNOLOGY

LC COMPUTER USE

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

Lowe Center

Mondays - Fridays
8 am - 5 pm

Front Street Crossing

Mondays - Fridays
8 am - 4 pm



FSC AARP SMARTPHONE BASICS

Registration is requested

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

Please bring your smartphone for a more hands on experience.

Instructor: Jo Ann Flowers,
AARP Volunteer

Front Street Crossing

Tuesday, May 16
10 am - 12 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)
and 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



N **PICKLEBALL 101**

Registration is requested

Whether you are a beginner and have only played pickleball a few times or perhaps you've never even picked up a paddle, this Pickleball 101 class will help you navigate the basics of the game.

Instructor: Lisa Fitzsimons

No equipment needed.

Please Note: When playing pickleball, it's best to use a pickleball shoe, tennis shoe, or court shoe. Shoes should have a flat bottom with no tread.

In Your Neighborhood

Penn Township Hall
60717 S Main St.
Vandalia, MI
Tuesdays,
May 16 - June 6
9:30 - 11:30 am

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom



FSC PARKINSON'S POWER PUNCHERS

Cost: FREE

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

Instructor: Coach Walter Swann,
Former Professional Boxer

Front Street Crossing

Tuesdays & Thursdays
9 - 10 am

FSC RANGE OF MOTION & MOBILITY CLASS

Cost: \$25 (Monthly)

Registration is required

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

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
10 - 10:45 am

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

Cost: \$20 (Monthly)

Registration is required

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

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
9 - 9:45 am

LC STRONG & STABLE

Cost: \$20 (Monthly)

Registration is required

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

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
10 - 10:45 am



FSC TAI CHI

Cost: \$25 (Monthly)

Registration is required

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

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

Instructor: Glenda Gibson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
11 am - 12 pm

LC YOGA

Cost: \$8 (Per Class)

Registration is required

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

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

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

Lowe Center & Online / Zoom

Mondays
9 - 10:15 am
No Yoga May 8

Thursdays
9 - 10:15 am

Saturdays
9 - 10:15 am

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

JUST FOR FUN

LC BINGO

FSC Cost: \$2.75 (LC)
\$2.25 (FSC)

Follow the lunch hour with this fun and engaging game that provides some healthy competition with a dash of luck. This all-inclusive game is enjoyed by people of all ages and is a great way to spend an afternoon.

If a program is scheduled, Bingo will follow afterward.

Lowe Center

Wednesday & Fridays
1:15 pm

Front Street Crossing

Mondays & Wednesdays
12:45 pm



LC CHESS

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

Lowe Center

Tuesdays
10:30 am - 1 pm

Front Street Crossing

Mondays
10 am - 12 pm

LC EUCHRE

FSC Try your hand at trumping your opponents with the cards you were dealt in this fun 4 player card game.

If a program is scheduled, Euchre will follow afterward.

Lowe Center

Tuesdays
1:30 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
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Zoom
Online / Zoom

LC SING-A-LONG

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

Lowe Center

Fridays
10:30 am - 12 pm

LISTEN & LEARN

FSC 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 NUTRITION CLASS

Registration is required

Learn how to eat better in this 6-week SNAP Ed Nutrition Program.



Instructor: Nora Lee,
Cass County
MSU Extension's
Community
Nutrition Associate

Lowe Center

Wednesdays,
Apr. 12 - May 17
1 - 2:30 pm

LC THIS LIT IS YOUR LIT: *American Literature in History*

Join us in getting to know the Gay Nineties (1890s, that is!) through the books, stories, songs, and more of the last decades of the 19th century. We'll not only discuss the American culture and history that got writers going, but we'll also see how those writers influenced our country's history.



Instructor: Elaine McKeough

Lowe Center

Thursdays,
Apr. 20 - May 25
1 - 3 pm

SERVICES & SUPPORT

LC CAREGIVER'S SUPPORT GROUP

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

Lowe Center

Wednesday, May 10
1 - 3 pm



FSC DEMENTIA FRIENDS MICHIGAN

Registration is requested

This free one-hour informational session is designed to help you understand how to better communicate and support those with dementia.

During this time you will learn more about dementia, ways to implement dementia friendly practices in homes and throughout your community, what it is like to live with the disease, and more.

Instructor: Area Agency on Aging Region IV

Front Street Crossing

Wednesday, May 31
11 am

LC DIABETES PATH

Registration is required

Diabetes PATH (Personal Action Toward Health) is a free 6 week workshop that teaches practical skills for living a healthy life with Diabetes. It is designed to complement your current medical treatments. Family members and caregivers may also attend.



Lowe Center

Thursdays,
Apr. 6 - May 11
1 - 3:30 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

SERVICES & SUPPORT

LC DIABETES SUPPORT GROUP

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

Lowe Center

Friday, May 5
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, May 4
10 am - 12 pm

LC FOOT CLINIC

Cost: \$20

Appointment ONLY

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

Lowe Center

Mondays, May 8 & 22
Call for Times



LC GRIEF SUPPORT GROUP

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

Lowe Center

Friday, May 12 *(Date Change)*
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, May 9 & 23
9 am - 4 pm

Front Street Crossing

Tuesday, May 2
9 am - 4 pm

LC MS SUPPORT GROUP

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

Lowe Center

Tuesday, May 16
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, May 9
1 - 3 pm

LC SHREDDING EVENT

Cost: \$5

What better way to organize and keep your important information from falling into the wrong hands. Simply gather up all your old, unneeded documents and drive them to the COA's outside location to get shredded



Provided by : Mountain High Shredding

Lowe Center

Monday, May 15
9 - 10 am

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, May 2
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, May 4



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.



May's Discussion Book

From Scratch by Tembi Locke

June's Discussion Book

Beaverland by Leila Philip

Leader: Gina Simoni,
Dowagiac District Library

Lowe Center

Tuesday, May 2
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, May 2 & 16
9:30 am - 12 pm

FSC SPILL THE BEANS

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

May's Bean Spiller

Alice Swann will share about her life in Dowagiac as a professional Hand Crafted Doll Maker and the many custom dolls that get shipped all over the world.

June's Bean Spiller

Brandy Mather,
Sound Bath at
Spa-toe-pia

Front Street Crossing

Wednesday, May 10
10 am

SPECIAL EVENTS



LC CINCO DE MAYO

FSC Cost: \$3 - \$7 (Meal)

It's fiesta time at the COA! Come and celebrate with some Mexican food and a margarita mocktail.

Lowe Center

Friday, May 5
11:30 am - 1:30 pm

Front Street Crossing

Friday, May 5
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

SPECIAL EVENTS



N DUELING FOR DOLLARS

Cost: \$50

Registration is required

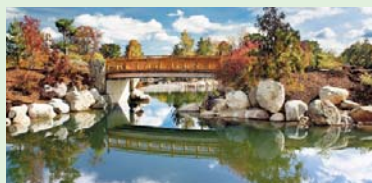
Get ready for an experience that will have you laughing, singing, and dancing in your seat all to support Cass County's Meals on Wheels.

Enjoy the high energy, all request, sing and clap along, rock 'n' roll, comedy dueling piano performance where the audience is just as much part of the show as the entertainers.

So come prepared to put the FUN in fundraiser!

In Your Neighborhood

Marion Magnolia Farm
57376 Twin Lakes Road
Cassopolis, MI
Friday, May 19
6 pm



LC FREDRICK MEIJER N GARDENS & SCULPTURE PARK

Cost: \$85

**Registration is required
by May 9**

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

Lowe Center & In Your Neighborhood

Tuesday, May 23
8 am (Bus Departure)
6 pm (Approx. Bus Return)

LC MOTHER'S DAY FSC BRUNCH

Cost: Free (Women)

Registration is required

Mothers and special women are invited to attend our brunch and enjoy the fun and friendship.

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



Lowe Center

Friday, May 12
9 - 10 am

Front Street Crossing

Friday, May 12
9 - 10 am

Project Fresh

Nothing beats the taste of fresh and local fruits and vegetables. As a way to make them more available to seniors, in steps Project Fresh. This program allows seniors access to buy unprocessed Michigan-grown fruits and vegetables at registered Farmer's markets and roadside stands throughout the state of Michigan with the use of coupons that are used like cash.

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

1. Live in Cass County

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

If you meet these qualifications, please watch for upcoming registration information in June's Messenger.

Coupon distribution will not begin until June.



Monday	Tuesday	Wednesday	Thursday	Friday
1 Main Entrée* Oven Fried Chicken Mashed Potatoes w/ Gravy Corn Wheat Roll Tropical Fruit Café Entrée Sub Sandwich Café Fresh Salad COA Salad	2 Main Entrée* Beef Stir Fry White Rice Sugar Snap Peas Fortune Cookie Café Entrée Grilled Ham & Cheese Café Fresh Salad Fruit Salad	3 Main Entrée* Apple Pork Loin Stuffing Brussels Sprouts Wheat Bread Peaches Café Entrée Flatbread Pizza Café Fresh Salad Antipasto Salad	4 Main Entrée* Baked Penne Green Beans Tossed Salad Italian Breadstick Pudding Café Entrée Tattoolne Tuna Melt Café Fresh Salad Bantha (Buffalo Chicken) Salad	Cinco de Mayo 5 Main Entrée* Beef Tacos Mexican Rice Refried Beans Tres Leches Cake or Apple Café Entrée Italian Hoagie Café Fresh Salad Cottage Cheese w/ Fruit
8 Main Entrée* Teriyaki Chicken Brown Rice Stir Fry Vegetables Almond Cookie Café Entrée Pulled Pork Sandwich Café Fresh Salad Cobb Salad	9 Main Entrée* Beef Stroganoff Egg Noodles Carrots Wheat Roll Apple Pie Café Entrée Spicy Chicken Sandwich Café Fresh Salad Turkey Craisin Salad	Hot Breakfast (LC) 10 Main Entrée* Pork Chop Baked Potato Peas Wheat Bread Banana Café Entrée Bratwurst Café Fresh Salad Shrimp Salad	11 Main Entrée* Vegetable Lasagna Garlic Toast Broccoli Cookie Café Entrée Chicken Salad Sandwich Café Fresh Salad COA Salad	12 Main Entrée* Baked Salmon Wild Rice Green Beans Wheat Roll Pineapple Café Entrée Chili Dog Café Fresh Salad Mini Chef Salad
15 Main Entrée* Grilled Chicken Three Bean Salad Spinach Wheat Bread Jello Café Entrée Patty Melt Café Fresh Salad Beef Taco Salad	Hot Breakfast (FSC) 16 Main Entrée* Cheeseburger on a Bun Lettuce, Tomato, & Pickle Potato Salad Onion Rings Pears Café Entrée Tuna Salad Sandwich Café Fresh Salad Salad Trio	17 Main Entrée* Baked Ham Roasted Redskins Capri Blend Vegetables Wheat Roll Banana Cake or Fruit Cup Café Entrée Loaded Baked Potato Café Fresh Salad Veggie Blend Salad	18 Main Entrée* Ravioli Peas & Carrots Spring Mix Salad Cheese Breadstick Plum Café Entrée Loaded Mac & Cheese Café Fresh Salad BLT Salad	19 Main Entrée* Tortilla Crusted Tilapia Coleslaw Mixed Vegetables Wheat Bread Banana Pudding or Fruit Café Entrée Popcorn Chicken Café Fresh Salad Tuna Salad
22 Main Entrée* Chicken Tenders Mashed Potatoes w/ Gravy Corn on the Cob Wheat Roll Ice Cream Treat or Fruit Café Entrée Grilled Cheese Café Fresh Salad Cranberry Chicken Salad	23 Main Entrée* Beef Stew Roasted Redskins Stew Vegetables Wheat Bread Orange Café Entrée Chicken & Waffles Café Fresh Salad Mediterranean Salad	24 Main Entrée* Hot Dog on a Bun Baked Beans Tater Tots Pudding Cup or Fruit Café Entrée Gyro Café Fresh Salad Fruit Salad	25 Main Entrée* Beef Lasagna Garlic Bread Spinach Peaches Café Entrée Fish Tacos Café Fresh Salad Cobb Salad	26 Main Entrée* Fish Sandwich on a Bun Tossed Salad Corn Cake w/ Raspberry Sauce Fruit Café Entrée Deli Sandwich Café Fresh Salad Cottage Cheese w/ Fruit
29 CLOSED for Memorial Day	30 Main Entrée* Beef Teriyaki Rice Stir Fry Vegetable Applesauce Fortune Cookie Café Entrée Tamales Café Fresh Salad Grilled Chicken Salad	Hot Breakfast (LC) 31 Main Entrée* Pork Loin Mashed Potatoes w/ Gravy Carrots Wheat Roll Mandarin Oranges Café Entrée Chicago Dog Café Fresh Salad Chicken Taco Salad	LOCATIONS & HOURS Low Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (May 10 & 31) Front Street Crossing (FSC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (May 16) Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information.	

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

CINCO de MAYO

Lowe Center & Front Street Crossing

Friday, May 5
11:30 a.m. - 1:30 p.m.

Regular rates apply

