

May 2026



# Messenger



**2** May is Senior Health & Fitness Month

**4** Dueling for Dollars is Almost Sold Out

**8** Shredding Day

## Cass County COA Board of Directors

### President

Sue Heinrich

### Vice President

Mary Geminder

### Treasurer

Ronald Lofts

### Secretary

Michael Casey

### Board Members

Duane Adams

Cynthia Boss

Tom Buszek

Jeff Corey

Dan Dahmen

Robert Ferguson

Skip Kasprzak

Dolores McNeary

Nancy Pallas

Audrey Salesberry

John Seculoff

### The Messenger,

Volume 35 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

© 2026 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.

# MAY IS SENIOR HEALTH & FITNESS MONTH

by TAYLOR LEE  
*Certified COA Fitness Trainer*

Staying physically active is incredibly important for everyone. Doing so helps us keep our bodies healthy and empowers us to continue doing the things we love like gardening, keeping up with the grandkids, or hitting the ski slopes this winter. The older we get, the more important this becomes.

National Senior Health & Fitness Day is always the last Wednesday of May, but staying healthy and fit is more important than a single day. That is why we've decided to dedicate the entire month of May to not only helping our community live healthy and active lifestyles, but also to have fun while doing so!

In addition to all of our normal fitness classes and clubs (see pages 16-18), we will also be featuring a variety of bonus health and fitness-based options. The following is a list of special activities and incentives that will be offered during the month of May.

- Walking Challenge - Walk as many miles as you can during the month of May for a chance to win a Fitness Center Membership for up to 1 year. To sign up, stop by the COA front desk at either location.
- Daily instructor-led walking groups at each COA location (1.5 Miles):
  - \* Front Street Crossing  
Mondays, Wednesdays, & Fridays  
2:30 - 3:30 p.m.
  - \* Lowe Center  
Tuesdays & Thursdays  
2:30 - 3:30 p.m.



- Chance to win 1 year of Fitness Classes – For every senior fitness month activity attended, your name is put into a drawing for a 1-Year Fitness Class Membership. To sign up, stop by the COA front desk at either location.
- May 8th: Nutrition As We Age w/ Kathy Bozymowski, RD
  - \* Front Street Crossing  
11 a.m.
  - \* Lowe Center  
1 p.m.
- May 15th: Osteoporosis: Prevention & Interventions w/ Ann Traynor, MD
  - \* Front Street Crossing  
11 a.m.
  - \* Lowe Center  
1 p.m.
- FREE Fitness Classes & Fitness Center Membership for the month of May to newcomers and individuals without an active fitness membership

Staying active and healthy keeps us doing what we love. No matter your interests, there's something for everyone, so come learn something new, get moving, and have fun along the way. You might even win a prize!

### Cover Image

Cindra Mikel (left) and Shirley Guilford couldn't stop laughing all night long at the Shortcake & Shenanigans Improv Night. For more great events like this one, be sure to check out pages 12-23.

## Cass County COA Staff Contacts

### CEO

Marty Heirty

### Adult Day Service

Laura Jepkema, LPN

### Care Services / Handy Helpers / Support Groups

Cindy Ledger, RN

### Charitable Giving

Kelli Casey

### Fitness

Kelli Casey

### Food Service

Michael Garcia

### Front Street Crossing

Ky'sha Johnson

### Human Resources / Volunteers

Danielle Dilts

### Leisure Activities

Paige Nelson

### Lifelong Learning

Patty Gremaux

### Meals on Wheels / In-Home Care / Medicare Medicaid

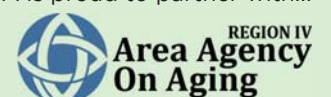
### Assistance

Cindy Ledger, RN

### Operations

Danielle Dilts

The COA is proud to partner with...





**DON'T MISS IT...**

# Dueling for Dollars is Almost Sold Out!

**Friday, May 8  
6:00 p.m.**

**Marion Magnolia Farms**  
57376 Twin Lakes Road, Cassopolis

It's almost here—and seats are going FAST! Join us for the best night of the year filled with music, laughter, and nonstop fun, all while supporting our Meals on Wheels program.

**Only a few seats remain  
... don't wait!**

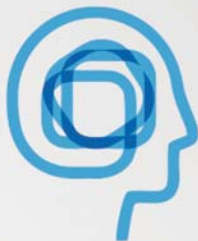
**Your ticket includes:**

- Delicious dinner
- Cash bar
- Silent auction
- High-energy dueling pianos show (you help pick the songs!)

Grab your tickets today at [CassCOA.org](http://CassCOA.org) or contact Kelli Casey at (269) 445-8110 or [KelliC@casscoa.org](mailto:KelliC@casscoa.org).

This event WILL sell out—get your spot before it's gone!

## Call us today for the best prices and service for your hearing aids!!



### The Best Hearing Store

5468 Holiday Terrace, Kalamazoo, MI 49009  
2900 S. State St., St. Joseph, MI 49085

**269-815-6116**  
[besthearingstore.com](http://besthearingstore.com)



**To schedule your appointment at the Cassopolis or Dowagiac COA, call 269-445-8110.**

*We look forward to seeing you soon!*

# Shortcake & Shenanigans: IMPROV NIGHT



## Leprechaun's Gold Scavenger Hunt Winners

Well now, it seems the luck of the Irish was shining bright this March! After a month of searching high and low for hidden gold, two lucky treasure seekers have claimed their prize. Congratulations to our Lowe Center winner, Anu Seitenstich—pictured with her mom, Nicole—and our Front Street Crossing winner, Bill Behnke! May your days be filled with a wee bit of magic and a whole lot of luck!



# Chore Services

Large household tasks like cleaning out a basement or deep cleaning a kitchen can become overwhelming over time. The Cass County COA offers support through the seasonal Respite Chore Service Program for eligible Cass County residents age 60 and older.



## Services may include:

- Carpet cleaning
- Window washing
- Deep cleaning of kitchens & bathrooms
- Minor plumbing repairs
- Gutter cleaning
- Basement and attic cleanouts

## Eligibility requirements:

- Must live in Cass County
- Must be at least 60 years of age
- Must have a caregiver who assists or oversees care
- 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 and is available through September or until all grant funds have been used.



## Set Sail for the British Isles: Cruise Q&A Event

Come get all your questions answered about the upcoming Fundraising Cruise to the British Isles at an informative Q&A session on Tuesday, May 26 at 1 p.m. at the Cassopolis COA.

Melvin Reynolds and Chris Cetlinski will walk you through the ports of call, what's included, required documentation, and share photos of the ship to give you a preview of the experience.

This popular cruise is filling up fast, so reserve your spot before it sails away by taking advantage of booking your trip that day.

If you have questions or would like to secure your spot ahead of time, you can contact Melvin at (330) 708-0592 or Chris at (313) 300-2003.



# 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](http://www.ccmcf.org)



## OUTPATIENT THERAPY SERVICES

**NOW ACCEPTING  
NEW PATIENTS!**

Call Rie or Matt for information  
or an appointment

**269-445-3801**



# Volunteers

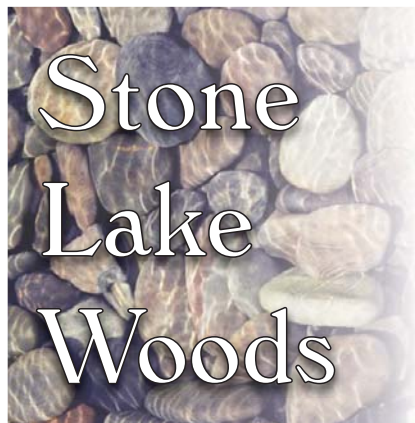
Daisy Adams  
Duane Adams  
Ruthann Adams  
Joanne Anderson  
Shirley Andrews  
Cheryl Atwater  
Merrilyn Bannow  
Shirley Barks  
Joanne Bata  
Paul Bata  
Kevin Blair  
Linda Bogue  
Diane Bonczynski  
Cynthia Boss  
Jacqueline Bowe  
Camille Briegel  
Linda Brossman  
Robert Brossman  
Karen Brovold  
Judy Brown  
Marie Bruegmann  
Tracy Burdett  
Thomas Buszek  
Linda Campbell  
Lonnie Carlisle  
Ginger Carlisle  
Mary Ann Carol  
Linda Carpenter  
Jerry Casey  
Michael Casey  
Chris Cetlinski  
Wyatt Chaney  
Bob Cochrane  
Anne Colgan  
Joe Colgan  
Keryl Conkright  
Judith Coon  
Jeff Corey  
Jenny Corey

Dan Dahmen  
Kim Danzy-Yeager  
Max Davis  
Floyd Deahl  
Julie Deahl  
Kay Diehl  
Carol Dierickx  
Jeff Downing  
Laura Drake  
Robin Emenaker  
Larry Emrick  
Bob Ferguson  
Jayne Fox  
Ed Gardner  
Mary Geminder  
Ed Goodman  
Leigh Goyings  
Wendy Grace  
John Gremaux  
Barb Groner  
Cheryl Groner  
Floyd Groner  
Victoria Gross  
Jim Grubbs  
Melody Grubbs  
Shirley Guilford  
Korina Hacker  
Ed Hall  
Brooke Hari  
Marcus Hari  
Gerald Harris  
Sue Heinrich  
Deloris Herman  
Trudy Howard  
Lynn Howe  
Phyllis Howe  
Ann Johnson  
Sheryl Johnson  
James Karasek  
Skip Kasprzak

Linda Keeler  
April Kerber  
George King  
Penny Knepple  
Sondra Knight  
Virginia Kraft  
David Kring  
Jo Ann Krizinski  
Gary Kull  
Luci Lafontant-Lee  
Kim Lammott  
Pam Lambert  
William Lawson Jr.  
Ronald Lofts  
Bobbi Lowe  
Pam Lusk  
Richard Macleod  
Carol Marx  
Dolores McNeary  
Wanda Mikel  
Cheryl Miller  
Laurie Miller  
Carol Modigell  
Deb Moore  
Pamela Moore  
Kathy Morse  
Lucinda Mosier  
Richard Mullin  
Kathleen Norton  
Scott Nowicki  
Barb Owen  
Tom Pabreza  
Nancy Pallas  
Susan Parker  
Bernice Pelmear  
Teresa Perry  
Ray Phillips  
Terry Proctor  
George Purlee  
Ruth Quigley

Elsie Randles  
Jennifer Ray  
Terry Ray  
Carol Reich  
Melvin Reynolds  
Cynthia Sachs  
Audrey Salesberry  
Joyce Scherer  
Heidi Schermerhorn  
John Seculoff  
John Seidl  
Jessica Slough  
Marie Slough  
Eileen Smith  
John Smith  
Kawanna Stoker  
Garrick Stubblefield  
Walter Swann  
Barbara Vickroy  
Ralph Vosburgh  
Tawana Washington  
Pam Welling  
Susan Wilder  
Susie Wilkins  
Anne Wilkinson  
Chuck Wilson  
Roberta Woodruff  
Katherine Yoder  
Richard Zander  
Stephen Zebell

Volunteers listed are for the month of March, during which we had 149 active volunteers who contributed 1,365 hours of work. This would be equal to more than 8 full time staff positions.



## Standard & Accessible Units Now Available

One bedroom independent living apartments available for older adults (62 and older) & physically handicapped (55 and older). Annual income not to exceed \$36,850 for couples and \$32,250 for single. Rent based on 30% of net income. Rent includes heat, electric, water, trash, satellite TV, and a/c.

For more information, contact  
Sheryl DeRyder, Manager  
Stone Lake Woods, Inc.



335 W. State St.  
Cassopolis, MI 49031

269-445-8040

Equal Housing Opportunity Affirmative Fair Marketing Plan





## Upcoming Bus Trip

### W.K. Kellogg's Manor House & Bird Sanctuary

June 25 | 8 a.m. - 4 p.m.

Enjoy a relaxing summer getaway to the beautiful W.K. Kellogg Estate. Tour the elegant Manor House, once home to W.K. Kellogg, and take in the stunning lakeside views, gardens, and historic grounds. It is a perfect blend of charm and history.

Then explore the nearby W.K. Kellogg Bird Sanctuary, where scenic trails lead you through peaceful habitats filled with swans, eagles, and other wildlife. It is a refreshing day immersed in nature and ideal for those who enjoy walking and discovering something new.

Note: This trip requires a lot of walking.

Cost is \$30 (*nonrefundable*) per person, which includes transportation (*not wheelchair accessible*), and entrance into both the Estate & Sanctuary. (Lunch and other purchases NOT included.)

For more information and to sign up for this excursions, call (269) 445-8110.

*Payment due at registration.*

## SHREDDING DAY

Friday May 15  
9-10 a.m.  
\$5 donation per car

Protect your personal information at our upcoming Shredding Event! Bring your confidential documents and have them securely destroyed on-site—an easy and safe way to prevent identity theft.



## Volunteer Spotlight

Jessica Slough has been a volunteer in our Lowe Center Café for the past four years, helping keep the dining area clean while always sharing a quick smile.

Outside of volunteering, Jess enjoys being part of a cheer team, playing tennis, going to the movies, and absolutely loves shopping.



## Employee Spotlight

Since joining ADS in 2016, Katie Collins has brought dedication, heart, and a hard working spirit to everything she does. She loves the people she works with and the individuals she serves, making a positive impact every day.

A fan of trivia and all things Marvel, Katie also enjoys a good pun—keeping things pun-derful while being a true everyday superhero on the team.



# MAY 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LOCATIONS &amp; HOURS</b> <b>Low Center Hours (LC)</b> Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) ●●●●●●●●●● <b>Front Street Crossing (FSC)</b> Lunch** 11:30 a.m. - 1:30 p.m. (weekdays)				<b>1</b> Main Entrée* Tuna Noodle Casserole Mixed Vegetables Choice of Bread Cookie  Café Entrée Chef's Special  Café Fresh Salad Chef's Choice
<b>May the Fourth be with You 4</b> Main Entrée* Barbecued Chicken Thighs Redskin Potatoes Vegetable Blend Choice of Bread Fruit  Café Entrée Bantha Burgers  Café Fresh Salad Coruscant Chicken	<b>Cinco de Mayo 5</b> Main Entrée* Beef Tacos Mexican Rice Refried Beans Rice Pudding  Café Entrée Ruben Cheesesteak  Café Fresh Salad Gyro Salad	<b>6</b> Main Entrée* Ham Sweet Potatoes Corn Choice of Bread Cookie  Café Entrée Chicken Tinga  Café Fresh Salad Asian Salad	<b>7</b> Main Entrée* Cheese Ravioli w/ Sauce Broccoli Garlic Toast Fruit  Café Entrée Chicken Tenders  Café Fresh Salad Club Salad	<b>8</b> Main Entrée* Turkey à la King Mixed Vegetables Biscuit Cake  Café Entrée Chef's Special  Café Fresh Salad Chef's Choice
<b>11</b> Main Entrée* Honey Mustard Chicken Sweet Potatoes Mixed Greens Choice of Bread Fruit  Café Entrée Soup & Sandwich  Café Fresh Salad Beef Taco	<b>12</b> Main Entrée* Cheeseburger on a Bun Lettuce, Tomato, & Pickle Potato Salad Jello  Café Entrée Carne Picada  Café Fresh Salad BLT Salad	<b>13</b> Main Entrée* Country Apple Pork Loin Au Gratin Potatoes Green Beans Choice of Bread Fruit Cup  Café Entrée Cheese Curds  Café Fresh Salad Chicken Taco Salad	<b>14</b> Main Entrée* Lasagna Casserole Green Beans Cheesy Breadstick Pudding  Café Entrée Jerk Chicken w/ Rice  Café Fresh Salad Megan's Choice	<b>15</b> Main Entrée* Beer Battered Fish Coleslaw Mixed Vegetables Choice of Bread Fruit  Café Entrée Chef's Special  Café Fresh Salad Betty's Choice
<b>18</b> Main Entrée* Chicken Tenders Mashed Potatoes w/ Gravy Corn on the Cob Choice of Bread Ice Cream Treat  Café Entrée Creamed Chipped Beef  Café Fresh Salad Cottage Cheese & Fruit	<b>19</b> Main Entrée* Meatloaf Roasted Redskin Potatoes Northwest Blend Vegetables Choice of Bread Fruit  Café Entrée Ruben  Café Fresh Salad Cheryl's Choice	<b>20</b> Main Entrée* (FSC ONLY) Hot Dog on a Bun Baked Beans Pasta Salad Cookie  Café Entrée (FSC ONLY) Sub Sandwich  Café Fresh Salad (FSC ONLY) Tuna Salad	<b>21</b> Main Entrée* Baked Penne Vegetable Blend Garlic Bread Peaches  Café Entrée Totchos  Café Fresh Salad Buffalo Chicken Salad	<b>22</b> Main Entrée* Fish Sandwich on a Bun Cheesy Potatoes Carrots Cake w/ Raspberry Sauce  Café Entrée Chef's Special  Café Fresh Salad Chef's Choice
<b>25</b> <b>CLOSED</b> for Memorial Day	<b>26</b> Main Entrée* Orange Chicken Rice Stir Fry Vegetables Fortune Cookie  Café Entrée Pizza  Café Fresh Salad Strawberry Chicken Salad	<b>27</b> Main Entrée* Pork Chop Mashed Potatoes w/ Gravy Green Beans Choice of Bread Fruit  Café Entrée BLT Wrap  Café Fresh Salad Pita Salad	<b>28</b> Main Entrée* Parmesan Chicken Noodles Venetian Blend Vegetables Breadstick Jello Cake  Café Entrée Chef Garcia's Chili  Café Fresh Salad Cottage Cheese & Fruit	<b>29</b> Main Entrée* Baked Cod Coleslaw Peas Fruit  Café Entrée Chef's Special  Café Fresh Salad Betty's Choice

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)

# Easter



# Donations & Support

*Includes donations received between  
March 11 – April 10, 2026.  
Donations received after that date will be  
acknowledged in the next edition of the Messenger.*

## **Active Living**

Molina Healthcare

## **Assistance Program**

Louella Babbs  
Bruce Batchelor  
Victoria Beebe  
Pattie Behnke  
Susan Brigham  
Sue Buck  
Judith Bundy  
Cheryl Callahan  
John Carlson  
Diana Danzy-Gordon  
Kay Diehl  
Wayne Fairleigh  
Lee Gordon  
Carole Hagenbuch  
Brian Harness  
Janet Hartman  
Cheryl Herman  
Don Holtz  
Diane Horvath  
Jacquelyn Hotrum  
Robert Knight  
Bobbie Labar  
Peggy Long  
Al Marchant  
Greg Matthews

## **Assistance Program (cont.)**

Jim McIntyre  
Sylvia Merasco  
Jennifer Miller  
Lois Mockbee  
Dixie Richter  
Jill Smith  
Margaret Smith  
Tom Smith  
Marilyn Swilley  
Dennis Thompson  
John Valdes  
Karolyn Young

## **Greatest Need**

Janet Feick  
June Golluday  
Walter Gongwer  
Helen Mesko  
Patricia Nowak  
Joan Purk  
Louann Stemm  
Bill Ward

## **Handy Helpers**

Bobbie Labar  
Jackie McIntyre

## **Meals on Wheels**

Cheryl Albright  
Edward Bowman  
Sharon Bradley  
Jean Cline  
Sandra Darr  
Richard Huffman  
Emagene Owen

## **In Memory of Joan Hahn**

Winifred French  
Kay Keith

## **In Memory of Joyce Hamilton**

Fred & Chris Kucklick

## **In Memory of Marcia Lotts**

Linda Campbell

## **Summer Concert Series**

Sunset Coast

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Front Street Crossing</b> Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI <b>All Programs / Events                      REQUIRE Registration</b>	<b>Senior Fitness Month                      Walking Group</b> Mondays, Wednesdays, & Fridays 2:30 - 3:30 pm			1 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics 1:30 pm Euchre	2
4 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo	5 9:00 am Hearing Clinic 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 11:30 am Cindo de Mayo 1:00 pm Hand & Foot	6 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo	7 9:00 am Mother's Day Brunch 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core Off Site <b>Walking Club                      to Holland, MI                      (10:00 am)</b>	8 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 11:00 am Nutrition As We Age 12:30 pm Ceramics 1:30 pm Euchre	9
11 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 11:00 am Understanding Social Security 12:00 pm Color Your World (Watercolor) 12:45 pm Bingo	12 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:00 pm Hand & Foot 1:00 pm Silver Screen Cinema (Movie)	13 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 11:00 am Spill the Beans 12:45 pm Bingo	14 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core	15 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 11:00 am Osteoporosis: Prevention & Interventions 12:30 pm Ceramics 1:30 pm Euchre	16
18 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Tai Chi 12:45 pm Bingo 1:00 pm Cyber Safety	19 9:00 am Modified Yoga 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:00 pm Hand & Foot Off Site <b>Hearing Clinic                      (9:00 am)</b>	20 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo 1:00 pm Beeswax Wrap Making Class Off Site <b>Plant Potting                      Party (11:30 am)</b>	21 8:00 am Walking Club 9:00 am Modified Yoga 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core	22 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics 1:00 pm Gambling Prevention 1:30 pm Euchre	23 <b>CLOSED                      in honor of                      Memorial                      Day</b>
25 <b>CLOSED                      for                      Memorial                      Day</b>	26 9:00 am Modified Yoga 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core 1:00 pm Hand & Foot	27 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Scrabble 10:00 am Tai Chi 12:45 pm Bingo	28 8:00 am Walking Club 9:00 am Modified Yoga 9:00 am Parkinson's Power Punchers 10:00 am Strength Training & Core	29 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Tai Chi 11:00 am FSC Musicians 12:30 pm Ceramics 1:30 pm Euchre Off Site <b>Beeswax Wrap                      Making Class                      (1:00 pm)</b>	30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Low Center</b> Monday - Thursday 7 am - 5 pm Friday 7 am - 4 pm Saturday 7:30 am - 12 pm 60525 Decatur Rd. Cassopolis, MI	<b>Senior Fitness Month Walking Group</b> Tuesdays & Thursdays 2:30 - 3:30 pm			1 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Diabetes Support Group 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	2 9:00 am Yoga
<b>All Programs / Events REQUIRE Registration</b>					
9:00 am SS Help <b>4</b> 9:00 am Yoga 10:00 am Quilting 11:30 am May the Fourth Be With You Lunch 1:00 pm Mah Jongg 1:30 pm Fit 30 6:00 pm Bingo Night Off Site Hiking Club (10:00 am)	9:00 am Foundations <b>5</b> 9:30 am Writer's 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 11:30 am Cindo de Mayo 1:00 pm Book Club 1:00 pm Euchre 1:00 pm Stroke Support 3:00 pm Line Dance Off Site Ed. Bingo (9 am) Off Site Pickleball Fun (9:30 am)	9:00 am Social Security <b>6</b> Registration Help 10:00 am Drawing: Engage & Open Your Mind 10:00 am Working on the Railroad 1:30 pm Fit 30 1:15 pm Bingo 3:00 pm Lawless Jam Session	9:00 am Functional Foundations <b>7</b> 9:00 am Bee Crafty 9:00 am Ceramics 9:00 am Mother's Day Brunch 9:00 am Yoga 10:00 am Drug Drop 10:00 am Strong & Stable 11:00 am Step Aerobics 1:00 pm Pinochle 2:30 pm Woodcarvers Off Site Shopping	9:00 am Knitting / Crochet <b>8</b> 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:00 pm Nutrition As We Age 1:15 pm Bingo 1:30 pm Fit 30 Off Site Bike Club (9:30 am) Off Site Dueling for Dollars (6:00 pm)	9:00 am Yoga <b>9</b>
9:00 am Foot Clinic <b>11</b> 9:00 am SS Help 9:00 am Yoga 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie) 1:30 pm Fit 30 Off Site Gilmore Car Museum (9:00 am) Off Site Hiking Club (10:00 am)	9:00 am Foundations <b>12</b> 9:00 am Hearing 9:00 am Strong & Stable 10:00 am Chess 11:00 am Step Aerobics 1:00 pm Euchre 1:00 pm Parkinson's Support 3:00 pm Line Dance Off Site Edwardsburg Euchre & More (9:00 am) Off Site Pickleball Fun (9:30 am)	9:00 am SS Help <b>13</b> 10:00 am Drawing: Engage & Open Your Mind 10:00 am Savvy Caregiver Class 12:30 pm Veterans Affairs Caregivers Support Group 1:00 pm Bingo 1:15 pm Fit 30 1:30 pm Lawless Jam Session	9:00 am Functional Foundations <b>14</b> 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Step Aerobics 1:00 pm Grief Support Group 1:00 pm Pinochle	9:00 am Shredding Event <b>15</b> 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:00 pm Osteoporosis: Prevention & Interventions 1:15 pm Bingo 1:30 pm Fit 30	9:00 am Scrapbooking <b>16</b> 9:00 am Yoga
9:00 am Social Security <b>18</b> Registration Help 9:00 am Yoga 10:00 am Nail Polishing 10:00 am Quilting 1:00 pm Mah Jongg 1:30 pm Fit 30 6:00 pm Bingo Night Off Site Hiking Club (10:00 am)	9:00 am Foundations <b>19</b> 9:30 am Writer's 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm Beeswax Wrap Making Class 1:00 pm Euchre 1:00 pm MS Support Group 3:00 pm Line Dance Off Site Ed. Bingo (9 am) Off Site Pickleball Fun (9:30 am)	9:00 am Social Security <b>20</b> Registration Help 10:00 am Drawing: Engage & Open Your Mind 10:00 am Savvy Caregiver Class 1:15 pm Bingo 1:30 pm Fit 30 3:00 pm Lawless Jam Session	9:00 am Functional Foundations <b>21</b> 9:00 am Bee Crafty 9:00 am Ceramics 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Step Aerobics 1:00 pm Pinochle 2:30 pm Woodcarvers 5:00 pm Salsa, Spice, & Tamales	9:00 am Knitting / Crochet <b>22</b> 10:00 am Gambling Prevention 10:30 am Sing-A-Long 11:30 am Conservation Conversations 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30 Off Site Bike Club (9:30 am)	<b>CLOSED</b> in honor of Memorial Day <b>23</b>
<b>CLOSED</b> for Memorial Day <b>25</b>	9:00 am Foot Clinic <b>26</b> 9:00 am Foundations 9:00 am Hearing Clinic 10:00 am Strong & Stable 10:30 am Chess 11:00 am Step Aerobics 1:00 pm British Isles Cruise Q&A 1:00 pm Euchre 3:00 pm Line Dance Off Site Ed. Euchre (9 am) Off Site Pickleball Fun (9:30 am)	9:00 am Social Security <b>27</b> Registration Help 10:00 am Drawing: Engage & Open Your Mind 10:00 am Savvy Caregiver Class 1:15 pm Bingo 1:30 pm Fit 30 3:00 pm Lawless Jam Session	9:00 am Functional Foundations <b>28</b> 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Step Aerobics 1:00 pm Pinochle Off Site Bridge Tournament (9:00 am)	9:00 am Knitting / Crochet <b>29</b> 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	9:00 am Yoga <b>30</b>

## 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](http://CassCOA.org)

## ARTS & ENTERTAINMENT

### LC BEE CRAFTY CERAMICS

Cost: \$22 per class  
**Registration is required**

Join us for a fun, hands-on ceramics class where participants can create and explore their creativity.

Instructor: Bettina Wolfe Payton,  
Owner of Bee Crafty

#### Low Center

Thursdays, May 7 & 21  
9 - 11 am

### LC BEESWAX WRAP FSC MAKING CLASS

Cost: \$10 per set of 3  
**Registration is required  
one week in advance**

Make your own eco-friendly food wraps in this fun, hands-on experience! Create 3 reusable wraps using cotton fabric and natural beeswax—perfect for covering bowls, snacks, and leftovers.



Instructor: Paige Nelson

#### Low Center

Tuesday, May 19  
1 pm

#### Front Street Crossing

Wednesday, May 20  
1 pm

#### In Your Neighborhood

Patch & Remington  
115 E. Main Street  
Marcellus, MI  
Friday, May 29  
1 pm

### FSC CERAMICS MADE EASY

Cost: FREE

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

#### 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 "A Sign of Spring."

Instructor: Roy Hruska

#### Low Center

Monday, May 11  
12 - 3 pm

### LC DRAWING: ENGAGE & OPEN YOUR MIND

Cost: \$10 (Per Class)  
All supplies are provided.

Learn basic techniques in shading, color, and composition in this fun and relaxed class. It's perfect for beginners or those with more experience.

Instructor: Mike Slaski, MFA

University of Chicago

#### Low Center

Wednesdays  
10 am - 12 pm

### LC FRUIT BELT WOODCARVERS

All types of wood crafters are welcome. The group loves to share their knowledge. Those new to the craft are welcome.

#### Low Center

Thursdays, May 7 & 21  
2:30 - 4:30 pm



### N PLANT POTTING PARTY

Cost: \$15-\$20 per pot  
**Registration is required**

Enjoy the company of one another at Creekside Greenhouse as you design your very own pot or hanging basket. You will get to fill a 4, 6, or 10 inch pot with a wide selection of plants to choose from including million bells, daisies, petunias, geraniums, spikes, and more.

*Light refreshments will be provided.*

Instructor: Mildred Collins,  
Owner of Creekside  
Greenhouse

#### In Your Neighborhood

Creekside Greenhouse  
324 Pokagon St.  
Dowagiac, MI  
Wednesday, May 20  
11:30 am - 1:30 pm

LC  
Low Center

FSC  
Front Street  
Crossing

N  
In Your  
Neighborhood

Online / Zoom

**LC KNITTING & CROCHETING**

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

**Low Center**  
Fridays  
9 am - 12 pm

**LC QUILTING**

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

**Low Center**  
Mondays, May 4 & 18  
10 am - 4 pm

**LC SCRAPBOOKING**

Cost: \$5 (for Lunch)  
**Registration is required by April 17.**

Spend the day crafting, creating, and preserving your favorite moments at this monthly all-day scrapbooking event! Work on your scrapbook at your own pace, swap ideas with fellow scrapbookers, and enjoy a light lunch.



A relaxed, creative experience for all skill levels—children 8+ may attend with an adult.

Facilitator: Shelly Purucker

**Low Center**  
Saturday, May 16  
9 am - 3 pm

**LC SILVER SCREEN CINEMA (Movie)**

April's feature is **Wake Up Dead Man: A Knives Out Mystery**

A baffling death inside a small-town church draws Benoit Blanc into an



impossible mystery, where faith, secrets, and suspicion collide—and a close-knit community begins to unravel.

Starring Daniel Craig, Glenn Close, & Josh Brolin

Free movie, individual bag of popcorn, and water.

**Low Center**

Monday, May 11  
1 pm

**Front Street Crossing**

Tuesday, May 12  
1 pm

**COMPUTERS & TECHNOLOGY**

**LC COMPUTER USE**

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

**Low Center**

Mondays - Fridays  
8 am - 5 pm

**Front Street Crossing**

Mondays - Fridays  
8 am - 4 pm

**FITNESS & EXERCISE**

**LC FITNESS CENTER**

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

**Low Center**

Mondays - Thursdays  
7 am - 5 pm

Fridays  
7 am - 4 pm

Saturdays  
7:30 am - 12 pm

**Front Street Crossing**

Mondays - Fridays  
7 am - 4 pm

**Membership Prices**

<b>1 Year</b>	\$140 (60+) \$165
<b>3 Months</b>	\$55 (60+) \$65
<b>1 Month</b>	\$35 (60+) \$45
<b>Walk-in</b>	\$5



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

**Unlimited Class Prices**

<b>1 Year</b>	\$240
<b>3 Months</b>	\$69
<b>1 Month</b>	\$25

*Class price allows you access to all fitness classes in-person, online (if available), or both.*

What's Happening at the COA

**Low Center**  
60525  
Decatur Rd.  
Cassopolis, MI

Mon. - Thurs.  
7 am - 5 pm  
Fri.  
7 am - 4 pm  
Sat.  
7:30 am - 12 pm

**Front Street Crossing**  
227  
S. Front St.  
Dowagiac, MI

Mon. - Fri.  
7 am - 4 pm

## FITNESS & EXERCISE

### **FSC** BALANCE, STRETCH, AND STABILITY



Cost: See page 15  
**Registration is required**

These purposeful exercises are ideal for those with limited functional mobility as well as those wanting to improve multiple aspects of balance, stability, and flexibility.

Exercises can be modified for those needing a chair for support.

Instructor: Ky'sha Johnson

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

### **Front Street Crossing & Online / Zoom**

Mondays, Wednesdays, Fridays  
9 - 9:45 am

### **FSC** CARDIO CHALLENGE



Cost: See page 15  
**Registration is required**

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

Instructor: Ky'sha Johnson

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

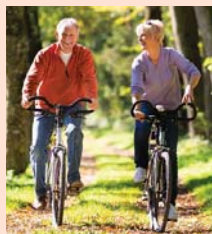
### **Front Street Crossing & Online / Zoom**

Mondays, Wednesdays, Fridays  
8 - 8:45 am

### **N** BIKE CLUB

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

Get some exercise, spend time outdoors, and go on adventures with the COA Bike Club.



The club will meet twice a month at a variety of locations and routes in Southwest Michigan and Northern Indiana.

All participants will meet at the locations below and **NOT** the COA.

You **MUST** have your own bike and the ability to transport it.

Leader: Taylor Lee

### **In Your Neighborhood**

*Pumpkinvine Nature Trail*

Parking Lot, CR 43

Middlebury, IN

(Paved Bike Trail)

Friday, May 8 *(Bike: 8.1 mi)*

& Friday, May 22

*(Bike: 10.1 mi)*

9:30 - 11:30 am

### **LC** FIT 30

Cost: FREE

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

Instructor: Taylor Lee

### **Low Center**

Mondays, Wednesdays, Fridays

1:30 - 2 pm

### **LC** FUNCTIONAL FOUNDATIONS



Cost: See page 15  
**Registration is required**

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

Instructor: Taylor Lee

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

### **Low Center & Online / Zoom**

Tuesdays & Thursdays  
9 - 9:45 am

### **N** HIKING CLUB

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

Join us for weekly hikes through local parks and nearby areas while enjoying nature and meeting new people.

All participants will meet at the locations below and **NOT** the COA.

Leader: Taylor Lee

### **In Your Neighborhood**

Spirit Springs Sanctuary

10200 Dutch Settlement Rd.

Marcellus, MI

Monday, May 4

10 am - 12 pm

### **In Your Neighborhood**

Dr. T.K. Lawless Park

15122 Monkey Run St.

Vandalia, MI

Monday, May 11

10 am - 12 pm

### **In Your Neighborhood**

Newton's Woods

20379 Marcellus Highway

Decatur, MI

Monday, May 18

10 am - 12 pm

**LC**  
Low Center

**FSC**  
Front Street Crossing

**N**  
In Your Neighborhood

**LC**  
Online / Zoom

**LC LINE DANCE**

Cost: FREE

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

Instructor: Fran Yeager

**Low Center**  
Tuesdays  
3 pm



**N PICKLEBALL FUN**

Registration is requested  
(269) 506-5240 or  
l.fitzsimons1@gmail.com

Whether you are a seasoned player or a complete beginner, join in on this fun and popular game. These free lessons will help you learn the game and meet other pickleball enthusiasts.

Instructor: Lisa Fitzsimons

Equipment, coffee, and donuts will be provided.

**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 5 - 26  
9:30 - 11:30 am

**FSC MODIFIED YOGA**

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

Registration is requested

If you have limited mobility, feel stiff and tight, or have always wanted to try yoga, then this modified chair version is for you. It has the benefits of standard yoga without getting on the floor. You can work your mind, body, and spirit using both standing and sitting yoga moves.

Instructor: Janice Deschaine

**Front Street Crossing**

Tuesdays & Thursdays  
9 - 9:45 am  
No class May 5 - 14

**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 Pro. Boxer

**Front Street Crossing**

Tuesdays & Thursdays  
9 - 10 am

**LC SENIOR FITNESS MONTH**

**FSC** Cost: FREE\*

**N Celebrate Senior Fitness**

all month long with classes, challenges, extra walking opportunities, presentations, prizes, and select specials. For a full schedule & more information about Senior Fitness Month, check out pages 2-3.



**LC STEP AEROBICS**

Cost: See page 15  
Registration is required

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

Instructor: Taylor Lee

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

**Low Center & Online / Zoom**

Tuesdays & Thursdays  
11 - 11:30 am

**LC STRONG & STABLE**

Cost: See page 15  
Registration is required

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

Instructor: Taylor Lee

**Low Center & Online / Zoom**

Tuesdays & Thursdays  
10 - 10:45 am

What's Happening  
at the COA

**Low Center**  
60525  
Decatur Rd.  
Cassopolis, MI

Mon. - Thurs.  
7 am - 5 pm

Fri.  
7 am - 4 pm

Sat.  
7:30 am - 12 pm

**Front Street Crossing**

227  
S. Front St.  
Dowagiac, MI

Mon. - Fri.  
7 am - 4 pm

## FITNESS & EXERCISE

### **FSC** STRENGTH TRAINING & CORE CLASS



Cost: See page 15  
Registration is required

This fun, energetic class is designed for those who are active and would like to improve core strength as well as lift, tighten, and improve muscle tone and strength.

Instructor: Ky'sha Johnson

#### Front Street Crossing

Tuesdays & Thursdays  
10 - 10:45 am

### **FSC** TAI CHI



Cost: See page 15  
Registration is required

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



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

Instructor: Glenda Gibson

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

#### Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays  
10 - 11 am

### **LC** WALKING CLUB



Cost: FREE  
Registration is requested

Socialize, stay active, and get a good stretch in with the COA's Walking Club. This club will include walking various routes around Dowagiac and on occasion around another city. It is followed by a 5-10 minute stretch session with the fitness leader.



On May 7, carpool at 10 am to Holland, MI to walk the tulips.

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

Leader: Ky'sha Johnson

#### Front Street Crossing (Downtown)

Thursdays  
8 am

### **LC** YOGA



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

Registration is required

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

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

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

#### Low Center & Online / Zoom

Mondays  
9 - 10:15 am

Thursdays  
9 - 10:15 am

Saturdays  
9 - 10:15 am

## JUST FOR FUN

### **LC** BINGO



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

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

If a program is scheduled, Bingo will follow afterward.

#### Low Center

Wednesday & Fridays  
1:15 pm

#### Front Street Crossing

Mondays & Wednesdays  
12:45 pm



### **LC** BINGO NIGHT

Cost: \$5 (Cover Charge)  
\$1 per card

BINGO Night is heating things up with bigger prizes and a special mouthwatering Pulled Pork Showdown. Join us for a night of fun, food, and friendly competition.

You must be 18+ in order to play.

#### Low Center

Mondays, May 4 & 18  
(Pulled Pork - May 18)  
6 pm

**LC**  
Low Center

**FSC**  
Front Street Crossing

**N**  
In Your Neighborhood

**LC**  
Online / Zoom

## **N** BRIDGE TOURNAMENT

Cost: \$30

**Registration is required by May 21**

Spend the day playing your favorite card



game with plenty of hands, great food, and lively competition. Enjoy breakfast and lunch, meet new and familiar faces, and take your shot at winning cash and door prize.

Payment due when registering.

### **In Your Neighborhood**

Edwardsburg Fire Department  
69910 M-62  
Edwardsburg, MI  
Thursday, May 28  
8:30 am - 3 pm  
9 am (Bridge Starts)

## **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

## **N** EDWARDSBURG BINGO

Enjoy bingo with your Edwardsburg neighbors.

### **In Your Neighborhood**

Edwardsburg Fire Department  
69910 M-62  
Edwardsburg, MI  
Tuesdays, May 5 & 19  
9 - 11 am

## **N** EDWARDSBURG EUCHRE & MORE

Play a little euchre and more with your Edwardsburg friends.

### **In Your Neighborhood**

Edwardsburg Fire Department  
69910 M-62  
Edwardsburg, MI  
Tuesdays, May 12 & 26  
9 - 11 am

## **LC** EUCHRE

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

If a program is scheduled, Euchre will follow afterward.

### **Lowe Center**

Tuesdays  
1 pm

### **Front Street Crossing**

Fridays  
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  
3 - 4:30 pm

## **LC** MAH JONGG

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

### **Lowe Center**

Mondays  
1 - 4 pm

## **LC** PINOCHLE

Enjoy this trick-taking card game while making friends.

### **Lowe Center**

Thursdays  
1 - 4 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

What's Happening  
at the COA

### **Lowe Center**

60525  
Decatur Rd.  
Cassopolis, MI

Mon. - Thurs.  
7 am - 5 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 SING-A-LONG

Join volunteer leader George Purlee for a musical journey down memory lane.

#### Low Center

Fridays  
10:30 am - 12 pm

## LISTEN & LEARN

### FSC ACOUSTIC GUITAR LESSONS

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

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

Instructor: Max Davis

#### Front Street Crossing

Fridays  
10 - 11 am

### FSC CYBER SAFETY

Learn about common cyber threats such as scams, fraud, and online risks. Also get practical tips for protecting personal information and recognizing warning signs.



Presenters: Jody Nestich  
Cass County Information  
Technology Director  
& Clint Roach,  
Cass County Sheriff

#### Front Street Crossing

Monday, May 18  
1 pm



### LC BRITISH ISLES CRUISE QUESTIONS & ANSWERS

Join us for an information session about the 2027 Fundraising Cruise to the British Isles.

Hear about all the exciting details, including travel dates, ports of call, rates, what's included, and travel insurance options. It's also a great opportunity to ask questions, and even reserve your spot if you're ready to set sail!

#### Low Center

Tuesday, May 26  
1 pm

### LC GAMBLING PREVENTION

Stay informed and make safe decisions when it comes to gambling. Learn the risks of gambling, warning signs of problem behavior, and practical strategies for maintaining control. Get helpful resources and guidance to support healthy habits and protect yourself and your loved ones.



Presenter: Lilly Smithson,  
Gambling Disorder  
Prevention Specialist,  
SW Michigan  
Behavioral Health

#### Low Center

Friday, May 22  
10 am

#### Front Street Crossing

Friday, May 22  
1 pm

### LC NUTRITION AS WE AGE

FSC Learn practical nutrition tips to

support healthy aging and simple ways to improve daily eating habits, with time for Q&A.



Presenter: Kathy Bozmowski,  
Registered Dietician

#### Low Center

Friday, May 8  
1 pm

#### Front Street Crossing

Friday, May 8  
11 am



### LC SALSA, SPICE, & TAMALES

Cost: \$5

**Registration is required  
by May 14**

Join us for a festive evening of Salsa, Spice, and Tamales as Chef Garcia demonstrates how to make traditional tamales. While you watch, enjoy a full, authentic Mexican meal in a lively setting filled with music and great company.

*Made possible by  
Molina Healthcare*

Instructor: Michael Garcia,  
COA Chef

#### Low Center

Thursday, May 21  
5 pm

LC  
Low Center

FSC  
Front Street  
Crossing

N  
In Your  
Neighborhood

Online / Zoom



**LC** **OSTEOPOROSIS: PREVENTION & INTERVENTIONS**

Learn simple, practical ways to stay active, keep your bones strong, reduce risks, and feel more confident in your everyday movements.

Presenter: Ann Traynor, MD

**Lowe Center**

Friday, May 15  
1 pm

**Front Street Crossing**

Friday, May 15  
11 am



**LC** **WORKING ON THE RAILROAD**

What did the men and women who worked on the railroads do all the live long day?

Railroads were the largest non-farm employer at the turn of the 20th century and continue to play a vital role in the U.S. economy today. Discover the many roles of railroad employees, from car cleaners to the president of the United States, and the important work that kept the railroads running.

Presenter: Mark Tomlonson, Kalamazoo Model Railroad Historical Society

**Lowe Center**

Wednesday, May 6  
10 am

**FSC** **UNDERSTANDING SOCIAL SECURITY**

Join this easy-to-follow workshop to better understand Social Security. Learn when you're eligible, how to decide the best time to claim, and discover helpful resources to guide your decisions.



Presenter: Jo Ann Flowers, AARP Volunteer

**Front Street Crossing**

Monday, May 11  
11 am - 12 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 13  
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.

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 7  
10 am - 12 pm

**LC** **DIABETES SUPPORT GROUP**

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

**Lowe Center**

Friday, May 1  
1 - 3 pm

**LC** **FOOT CLINIC**

Cost: \$20

**Appointment ONLY**

Get your toe nails trimmed (except for people with diabetes) and a foot massage.

**Lowe Center**

Monday, May 11  
& Tuesday, May 26  
Call for Times

**LC** **GRIEF SUPPORT GROUP**

Open to those who have experienced any kind of loss.

Leader: Pastor Brian Lutz

**Lowe Center**

Thursday, May 14  
1 - 3 pm

**LC** **HEARING CLINIC**

**FSC** **Appointment ONLY**

**N** Schedule an appointment at these three locations for a free hearing test and hearing aid cleaning/adjustments.

**Lowe Center**

Tuesdays, May 12 & 26  
9 am - 4 pm

**Front Street Crossing**

Tuesday, May 5  
9 am - 3 pm

**In Your Neighborhood**

Patch & Remington  
115 E. Main Street  
Marcellus, MI  
Tuesday, May 19  
9 am - 4 pm

What's Happening at the COA

**Lowe Center**

60525 Decatur Rd. Cassopolis, MI

Mon. - Thurs. 7 am - 5 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 MS SUPPORT GROUP**

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

**Low Center**  
Tuesday, May 19  
1 - 3 pm

**LC NAIL POLISHING**

Cost: Free

Add a pop of color to your day!

Swing by the COA for free nail polishing—no trimming or filing, just a quick coat of color. Pick from a rainbow of shades, sit back, relax, chat with friends, and enjoy a little “you” time.



**Low Center**  
Monday, May 18  
10 am - 12 pm

**LC NOTARY SERVICES**

**Appointment ONLY**

Schedule an appointment to have your document certified by a State Registered Notary to attest to and witness the authenticity of a person's signature.

All parties must be present to sign.

**Low Center**  
Call for Dates & Times

**LC PARKINSON'S SUPPORT GROUP**

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

**Low Center**  
Tuesday, May 12  
1 - 3 pm

**N SHOPPING**

Cost: \$10  
**Reservations ONLY**

Transit provides transportation to the bank and Super Walmart in Niles.

The Cass County COA will sign you up for the first trip and Cass County Transit will handle any further trips.

Reservations are required at least three days before the trip and will be on a first reserve basis. Trip is limited to 6 hours

**In Your Neighborhood**  
Thursday, May 7

**LC SOCIAL SECURITY REGISTRATION HELP**

**Appointment ONLY**

Navigating the SS application for the first time can feel overwhelming, but a COA volunteer is here to help!



*Computers are available for use.*

SS Helper: Wendy Grace, Volunteer

**Low Center**  
Mondays & Wednesdays  
9 am - 12 pm

**LC STROKE SUPPORT GROUP**

Stroke survivors and their loved ones are invited to share support and learn together.

**Low Center**  
Tuesday, May 5  
1 - 3 pm

**LC VETERANS AFFAIRS**

**Walk-ins Welcome**

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

Contact: Rudy Verbo, Social Worker, Battle Creek VA Medical Center

**Low Center**  
Wednesday, May 13  
12:30 - 2:30 pm

**SOCIAL SESSIONS**

**LC READ & SHARE BOOK CLUB**

Discover and discuss new books with other book enthusiasts.

**May's Discussion Book**

*Culpability*  
by Bruce Holsinger



**June's Discussion Book**

*Theo of Golden*  
by Allen Levi



**Low Center**  
Tuesday, May 5  
1 - 3 pm

**LC**  
Low Center

**FSC**  
Front Street Crossing

**N**  
In Your Neighborhood

**Zoom**  
Online / Zoom

**LC CONSERVATION CONVERSATIONS**

Stop in during lunch to visit with the Cass County Conservation District and have all of your conservation questions answered.

**Low Center**  
Friday, May 22  
11:30 am - 1:30 pm

**FSC SPILL THE BEANS**

Ask all your need-to-know questions during this community coffee chat.

**May's Bean Spiller**

Learn what it was like to be a former business owner and Mayor of Dowagiac from Don Lyons.

**Front Street Crossing**  
Wednesday, May 13  
11 am

**June's Bean Spiller**

Robert O'Malley,  
Business/Immigration  
Lawyer

**LC THE STORMY NIGHT WRITERS SOCIETY**

We all have stories to tell. Come join the group and share your tales. Everyone has a chance to give and receive constructive feedback on the efforts presented.

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

**Low Center**  
Tuesdays, May 5 & 19  
9:30 am - 12 pm

**SPECIAL EVENTS**

**LC CINCO DE MAYO**

**FSC** Cost: \$3 - \$7 (Meal)  
Regular \$ (60+ Meal)  
FREE (Party)

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



**Low Center**  
Tuesday, May 5  
11:30 am - 1:30 pm

**Front Street Crossing**  
Tuesday, May 5  
11:30 am - 1:30 pm



**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 8  
6 pm



**LC MAY THE FOURTH BE WITH YOU: STAR WARS LUNCH**

Cost: \$3 - \$7 (Meal)  
Regular \$ (60+ Meal)  
FREE (Party)

Be transported to a galaxy far, far away with a fun Star Wars inspired lunch! Enjoy great food, festive décor, and a space themed mocktail. Star Wars attire is encouraged, so suit up and join the celebration.

Continue the adventure by staying to watch *Star Wars: A New Hope* at 1 p.m.

**Low Center**  
Monday, May 4  
11:30 am - 1:30 pm  
1 pm (Movie)

**LC MOTHER'S DAY BRUNCH**

**FSC** Cost: Free (Women)  
**Registration is required**

Celebrate Mother's Day surrounded by spring's beauty at our garden brunch! Enjoy a delicious meal, charming floral décor, and a relaxed setting perfect for honoring the special women in our lives.



Be sure to share a mom memory on our collaborative mural.

**Low Center**  
Thursday, May 7  
9 - 10 am

**Front Street Crossing**  
Thursday, May 7  
9 - 10 am

What's Happening  
at the COA

**Low Center**  
60525  
Decatur Rd.  
Cassopolis, MI

Mon. - Thurs.  
7 am - 5 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

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*

**TUESDAY, MAY 5**

**11:30 A.M. - 1:30 P.M.**

**FIESTA WITH FOOD & MARGARITA MOCKTAILS**

*REGULAR RATES APPLY*