

CASI CONNECTIONS

MARCH 2022



March Madness

Get your brackets ready! CASI will be accepting your bracket predictions for the 2022 NCAA Men's Basketball Tournament. We will be giving out prizes for the first and second place that make the top two closest predictions of a complete bracket. Brackets will be available in the Billiard Room & can be turned in with your payment at the front desk on Monday, March 14, 9-11 am, \$2 per bracket sheet.

Newsletter Highlights

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Center Hours

Monday Through Friday

Facility: 7:00 a.m. - 4:00 p.m.
Front Desk/Registration: 8:30 a.m. - 4:00 p.m.
Activity: 8:30 a.m. - 4:00 p.m.
Fitness Center: 7:00 a.m. - 4:00 p.m.
Cafe: 10:30 a.m. - 1:00 p.m.



It's Race Time!!

The Annual CASI St. Patrick's Day Race Celebrates 40 years Saturday, March 12, 2022!

"Don't measure life against time. Measure life by the milestones you have reached."

Like with most things, time certainly flies when you're busy planning one of the community's largest and oldest St. Patrick's Day celebrations. And as we look back on the 40 years that has flown by since our very first race in March 1982 and the almost 50 years since we opened our doors in February 1973, we are reminded not so much of the passage of time, but the generosity of our community and the milestones we passed along the way.

Like:

- Bringing in the first funding specifically designated for affordable senior housing (Edgewater on 3rd)
- Bringing in the first funding for senior transportation (now Riverbend Transit)
- Bringing in the first federal Older American Act funding to support senior nutrition through 17 congregate meal sites (now Milestones Area Agency on Aging)
- Being 1 of only 2 Senior Centers in the State of Iowa to achieve National Accreditation (2016)
- Leading the efforts to provide vaccination access for close to 4,000 seniors in the Quad Cities.

The annual CASI St. Patrick's Day Race was started 40 years ago this March and remains the single largest fundraiser for CASI. Through the generous support of our amazing sponsors, 100% of the funds raised through the race are reinvested back into our mission and will ensure CASI surpasses many more important milestones over the next 50 years.

Race packet pick-up is at the RME this year:

Friday, March 11 Noon-6:30 pm

Saturday, March 12, (Race Day) 7:00 am-9:50 am

Tot Trot Presented by Sears Seating 9:00 am

1 Mile Family Fun Run presented by Eaton 9:30 am

5K Race presented by Vibrant Credit Union 10:00 am

We hope you'll join us as we race towards a greater future for older adults in the Q.C. Our mission is powered by your generosity and support. It's you who keeps our mission in motion.

Registration is now open at www.casiseniors.org



Our Mission

To provide services that promote independence and enrich the lives of older adults through socialization, health, wellness and supportive services.

From the Desk of Amy J....

It has been such a pleasure getting to know more and more friendly faces at CASI! The CASI Leadership Team made the decision to end our mandatory mask requirement for facility use as of mid-February. It has been amazing to see your smiles again! We feel it is safe to allow the vaccinated members to move throughout the facility and participate in activities without a mask. We continue to be committed to keeping everyone safe and will practice social distancing and keep up our cleaning protocols. This month will be an opportunity to offer more programs and activities. I have been working hard with our advisory council, listening to you, and doing research on other centers to offer new ideas and experiences over the next few months. Hopefully

you will see some new programs that interest you in this edition of Connections, but if you don't and want to make suggestions, my door is always open. Just a reminder that CASI membership is free through June 2022. Tell your friends and neighbors to come for a tour! I know they won't be disappointed. If we can get people in the door, we know they will stay! Thanks for all your support and I will see you on Main Street at CASI!



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Edgewater on 3rd: Great River View!
401 W. 3rd, 324-2011

In Bettendorf

Luther Heights: Lovely decor!
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Luther Manor: Property by city bus line!
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CASI After Hours

Sponsored by Health Alliance

Live music with open mic, billiards tournament and cocktails after hours at CASI!! There will be a cash bar, concessions and a 50/50 drawing. Grab your friends and your musical talent as we keep the doors open late. You won't want to miss out on the entertainment from Donavan Gustofson and his friends. He will keep the night moving with smooth sounds of Blues, Jazz, Country and Rock n Roll!

Dates:

March 3, 10; April 7,14; May 5, 12

Day/Time:

Thursdays, 3:30-7 pm

Fees:

Open Mic 4-7 pm Free

Billiards and cash bar 3:30-7 pm

Location:

Celebration Hall and Billiards Room

Drums Alive

Don't forget to join us for Drums Alive Mondays, March 7 and 21, from 12-12:30 pm for Drums Alive. This is a fun, choreographed workout to music using drumsticks, stability balls and your own power! This class is designed to help right and left brain coordination and increase activity all while having fun!! Class can be modified for all levels and abilities. Cost is \$2.



Balance Clinic with Logan Anderson

Join Logan Anderson owner of All Strong Fitness, and a fitness instructor here at CASI, for a low impact balance clinic. The event will cover a wide variety of instruction on the different aspects of balance, why each aspect is important and how you can work on them. We will cover static and dynamic balance, visual and audio components, core strength and agility. Refreshments will be provided. For any questions, feel free to call Logan at 563.210.3701 or email him at allstrongfitnessllc@gmail.com.

Date: April 20, 2022

Day/Time: Wednesday, 1-2 pm

Fees: \$3 per person

Location: Celebration Hall

Logan also teaches Chair Yoga here at CASI Tuesdays from 2-2:30 pm.

Logan's focus is to help seniors and those with special needs achieve their fitness goals. Cost is \$3 per session.

Whether you are 20 or 70, practicing yoga will benefit your overall health. According to Johns Hopkins Medicine, yoga can improve strength, balance, flexibility, sleep, mood, energy levels, stress management, offer connection to a supportive community, and ease arthritis and back pain. Now that's a lot!

The health benefits make yoga practice a hot ticket, but it can be intimidating to those that aren't yet initiated into the specialized lingo of breath and poses.

Practice Makes ... Yoga

First, remember that all yoga sessions are called a practice, not a perfect. Even the most accomplished yogis are still practicing. Yoga is all about intentional movement, and sometimes moving into a pose is simply the intention to move toward the shape. Yoga should never cause pain; it may challenge you, or you may endure small discomfort for a short period of time, but never pain. Stick with beginner classes as you build your repertoire of poses and yoga terms.

News from Senior Advocacy

By Lorrie Blumberg

Elderly isolation remains a struggle, even without pandemic-related social distancing. As far back as the 1950s, psychiatrist Frieda Fromm-Reichmann raised awareness about the dangers of loneliness, which she defined as the difference between someone's "preferred and actual social relations." For many seniors, that gap has been caused by situations that will persist once the pandemic subsides.

There are many contributing factors to senior isolation: Family dynamics changing, women living alone (never married, divorced or widowed), transportation challenges (seniors who lost their ability to drive due to age or find that public transportation is inaccessible or inadequate spouses who are caregivers for the spouse). Married couples feel isolated as well, spouses who are caregivers for the spouse feel isolated due to time, and overwhelming technology (TV and computers) used to stay connected to loved ones.

Consider these helpful tips to feel more active and engaged.

- Stay connected with family and friends at senior centers. While being safe from the pandemic do activities such as cards, crafts and exercise, virtual classes such as virtual crafting, cooking classes or virtual family movie nights. Involving the younger generations in building the intergenerational gap, this can give the senior a sense of purpose. This helps not only with isolation but with depression as well. Volunteer and help others give Seniors the feeling of giving while gaining a sense of self-worth and usefulness.
- Schedule a therapy session weekly or monthly to combat depression feelings.
- If in need, connect with a Senior Advocate who can connect you with community resources of all kinds. This also gives you an immediate person to person contact. Please contact CASI if you would like to learn more about our Advocacy Program.



- Spouses who are caregivers for their spouse need to take care of themselves as well and take a break from caregiving 24 hours a day. Find a family member to relieve you several times a week to go to CASI for socialization and well-being. Have your spouse go to a day program such as Jane's Place so you can have time to yourself.

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CASI Country Dance

Join us on **Friday, March 18, 7-10:30 pm** for our monthly country dance. Grab your loved one or a few friends and come enjoy some good old country fun!!



Meet the Easter Bunnies

Celebrate Spring with a visit with the Easter Bunny! On **Sunday, April 3, 11 am-1 pm**, Rabbit Rescue will be at CASI with real rabbits and information on their program. Stop by to see the bunnies, get your picture taken with them and enjoy some fun Easter activities!! All ages are welcome and donations are appreciated. **There will also be a craft show from 10 am-3 pm at CASI.**



March Movie Matinee

Dear Evan Hanson

This film is about a high school senior with Social Anxiety disorder and his journey of self-discovery and acceptance following the suicide of a fellow classmate after reading a letter not meant to be seen by others written by Evan. **Tuesday, March 22, 1-3 pm. Cost is \$2 & includes refreshments!!**

March Book Club

Dance With Me

by Luanne Rice

This is the story of a man and woman forced to choose between the past that haunts them and the love that won't let them go. Dance With Me explores emotional connections at their very core and will resonate with readers long after the final page is turned.

Friday, March 4, 10 am-12 pm

Cost is \$2/session



Golf Conditioning

One of the great things about spring is the opportunity to get back out there and swing a golf club in a beautiful green setting. Not only is golf good for us physically, it is good for our spirits to get outdoors and be in the sun and fresh air.

Here in the Quad Cities we are blessed with many beautiful golf courses to choose from on both sides of the river.

Now is the time to dust off your clubs and get them swinging! CASI Golf League will be starting this month. Join your wellness coach for conditioning to get you ready for the golf season. Conditioning will consist of strength and cardio at each session. Register by March 7.

Date: March 8-April 28

Day/Time: Tuesday and

Thursday 11-11:45 am

Fee: \$3 per session

Location: Fit for Life Center

FITNESS

CASI Walking Club	Mon, Wed, Fri	8-9AM	Free
Chair Yoga	Tuesday	2-2:30 pm	\$3/class
Drums Alive	2nd and 4th Monday	12-12:30 pm	\$2/class
Line Dancing	Tuesday	10:00-11:15 am	\$2/class
Low Impact Exercise	Mon, Wed, Fri	9-10 am	\$2/class
Low Impact Exercise	Tues & Thurs	11-12 pm	\$2/class
Step into Balance: Balance & Strength	Tuesday	1-1:30 pm	3/class
T'ai Chi Ch'un	Wednesday	10:15-11:15	\$24/six-week class
Zumba Gold	Thursday	9-10 am	\$3/class
Zumba Gold	Friday	10:15-11:15 am	\$3/class
Zumba Toning	Monday	10:15-11:15 am	\$3/class

CARDS & GAMES

Billiards	Mon-Fri	8:30 am-4 pm	\$1/day
Bridge	Mon & Fri	11:30 am- 4pm	\$2/session
Bunco	Wed	2-4 pm	\$2/session
Canasta	Tues	1-4 pm	\$2/session
Chess	Thurs	2-4 pm	\$1/session
Cribbage	Tues	2-4 pm	\$1/session
Euchre	Wed & Fri	12:45-3:45 pm	\$2/session
Evening Bingo	Wed	Door open at 5 pm	\$10 starter packet
Friday Afternoon Bingo	Fri	1-3:30 pm	Cost of Cards
Shuffleboard	Mon	1-3pm	\$2/class

ARTS

Card Embroidery	Thurs	9-11 am	\$2/class + one-time \$10 starter kit
Bob Gaston New Horizons Band	Thurs	12:30-2 pm	\$2/practice session
Golden Tones (starting March 11)	Fri	9-10 am	\$2/practice session
Second Ave. Players Sr. Theater	Fri	10:30-11:30 am	\$2/practice session

GROUPS & CLUBS

CASI Book Club	1st Fri of month	9:30/10 am-12 pm	\$2/meeting
CASI Advisory Council	1st Wed of Month	9-10 am	Free
Crocheting & Knitting	Tues	12:30-2:30 pm	Free
Grief Support	2nd & 4th Wed at Family Restaurant	9:30-11 am	Food & Drink at your own cost
Red Hat Ladies Club	1st Tues of Month	11 am	Location varies call for details
TOPS (Take Off Pounds Sensibly)	Wed	10:30 am-12 pm	\$1/meeting + National Dues
Ugly Quilts	Mon	9 am-12 pm	Free

SERVICES

Milestones Meal Site	Mon-Fri	11:30 am	Donation w/48 hour advanced registration. call 563.386.7477 x 2481
Courtside Styling Salon	By Appt.	563.265.2150	Closed Thurs
Home Helpers	By Appt.	563.386.7477 ext. 253	Call for Details
NAMI	By Appt.	563.386.7477 ext 266	Call for Details
Reflexology	By Appt.	563.349.5832	\$20/session
Senior Technology	Tues	12-2 pm	\$3/session
SHIP	By Appt.	563.386.7477	Free Services

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 - b. To direct to a new organization, enter keyword(s) like organization name, ZIP code, cause, etc. Click "Search."

5. Choose "Direct All" or enter a specific number and click "Direct Now." Follow the prompts on the confirmation page to direct Choice Dollars.

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2. Press 1 to direct Choice Dollars or 2 to hear Thrivent Choice Dollars® program Terms and Conditions. (If prompted, say or enter your phone number and date of birth.)
3. A representative will work with you to direct Choice Dollars.

Want to make a bigger impact?
Make a personal donation.



Opportunities to support CASI and Community

Dining Tour Books are available at the CASI front desk through March 31. We have a limited supply remaining. The cost is \$35 of which CASI retains \$10 to support our mission. Coupons are valid through October 31, 2022.

Cell phones can continue to be dropped off in the lobby of CASI for recycling. The National Council on Aging provides free shipping for us to return the phones to a cellular recycler who sends us a rebate check based on the age and brand of the phones. To date we have received close to \$200 in support of CASI's mission and another box is close to being sent.

Eye glasses can be dropped in the CASI lobby for repurposing for those in need. Our friends with local Lions Clubs make sure that they get to the right place for reuse. THANK YOU!



Pro Clean Car Wash and Detailing supports Jane's Place

Does your car need some tender loving care after dealing with our QC winter salt and grime? Thanks to the five Pro Clean Car Wash locations throughout the Quad Cities, your car's TLC will also offer you the opportunity to support CASI's Jane's Place Adult Day Services.

Pro Clean chooses a Quad Cities non profit to support and they have selected CASI's Jane's Place now through April 30.

We are grateful to Media Link, Inc. who has worked with Pro Clean to provide this opportunity for CASI and Jane's Place.

So, take care of that car and take care of area seniors struggling with dementia, Parkinson's, Alzheimer's, and other brain and physical disabilities who enjoy days filled with socialization, good nutrition, fun and stimulating activities with our caring staff at Jane's Place.



The Latest from Jane's Place

Purpose Restored

March 17, 2022, marks one year since reopening Jane's Place following our yearlong Covid closure. We've welcomed new faces, new activities and celebrated our 15th anniversary as Jane's Place Adult Day Services, but most importantly we've helped restore purpose in life. Covid created many barriers for society. One of the largest being isolation. When Covid first appeared, many of us transitioned from an active social lifestyle to immediately isolating within the four walls of our home. We missed out on social routines that brought us purpose in life and conditioned our mind, body and soul. While isolation has helped to reduce the risk of contracting Covid, it has taken a toll on us, especially



those living with limitations and their family caregivers that relied on in-person services for their health and personal needs. From the time that we reopened, participants and their family caregivers have shared their challenges of how being away from an active social lifestyle has decreased their liveliness. Family caregivers are desiring social structure with assistance for their loved one and a break from being a

fulltime caregiver, in hopes of increasing everyone's wellbeing and rebuilding purpose in life. Jane's Place has been able to fulfill these requests for the betterment of many families, participants are receiving the social engagement and assistance they need, and family caregivers are receiving a well-deserved break. Purpose is being restored and Jane's Place is proud to help.

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A Message from our Development Office

You make things "hum" day in and day out at CASI. We are grateful for every supporter of CASI who has invested generous gifts of time, talent and treasure to ensure that CASI's support for Quad Cities older adults can continue. Your gifts sustain us. Your gifts give us hope for a bright future. Your gifts encourage us and support our mission.

DID YOU KNOW: CASI is one of a very few independent 501c3 non profit Senior Centers in the State of Iowa? As such, we are NOT a department of the city or county as many Senior Centers are throughout the state and country. We receive some annual support from both the city of Davenport and Scott County for our Senior Advocacy and Jane's Place Adult Day Services for which we are very, very grateful. BUT, running our 40,000 square foot facility, planning activities, serving thousands of seniors in our community throughout the year - YOU MAKE THAT HAPPEN! Without your generous support for CASI, we could not fulfill our mission.

THANK YOU! Your Philanthropy Powers CASI's Mission

How can you support CASI?

Send your donation by mail or stop by the front desk and drop your gift off and receive a personal thanks!

Give online at www.CASIseniors.org - it's quick, easy and safe!

Sign up to be a runner or ghost runner for the 40th Annual St. Patrick's Day Race, with 100% of the proceeds supporting CASI's mission.

Watch for information about supporting CASI through the Birdies for Charity program which kicks off on April 4. Your gift through Birdies works doubly for CASI.

Questions? Contact Sue Rector at srector@CASIseniors.org or call 563.386.7477 ext. 229. THANK YOU!



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Join us for our Spring Diamond Painting Class taught by our own Amy Warren. Amy will lead you through a diamond painting of a spring tree! What is diamond painting? It is a form of mosaic art using a pre-glued canvas and rhinestones of various shapes and colors. Rhinestones & beads are attached using a tool similar to a pen and wax to be able to grab the beads. This is a fun and relaxing art form and a great way to socialize while being creative!!

Cost is \$15/person and includes all materials.
Class size limited to 10 people.

Date: March 29
Day/Time: Tuesday 9-11 am
Location: Volunteer Room
Cost: \$15 includes all materials



Classic Movies are Back at CASI

We will be showing Breakfast at Tiffany's on March 8 at 1 pm.
The cost is \$2 and includes popcorn and a drink!
This movie is presented by Bickford Senior Living.

Date: March 11
Day/Time: Friday 9-10 am
Location: Halls 1 & 3
Fees: \$2 per session

Second Avenue Players Present You Be the Judge

You become the jury in this murder mystery involving money, romance, colorful witnesses and bizarre evidence... Doors open at 10:45 am with the audience entering the Avenue 1 door.

Date: April 1
Day/Time: Friday 11-11:30 am
Location: Avenues 1/3

We are always looking for new players. If you are interested in joining a fun theater troupe please consider joining the CASI Second Avenue Players. We meet every Friday, 10:30-11:30 am. Cost is \$2 per practice session.



Golden Tones

March announces the coming of Spring. Days are getting longer, temperatures are rising and early flowers shoot through the snow. The best part of March is that on the 11th the Golden Tones will start singing again. Do you like to sing?

Do you want to meet new people?
Do you want to do the above while having fun?

Then Join us Friday mornings 9-10 am. Everyone is welcome. No auditions needed.

If you play in the band, you can also sing in the choir; we have several members who do. Looking forward to seeing you!!



TIPS FOR FINDING THE BEST SMARTPHONE FOR YOU.

Quality smartphones come in all configurations and price points these days. Here are some of the key things you'll want to look for to make sure you find one that works best for your needs. Happy shopping!

1) OPERATING SYSTEM (OS):

You'll need to choose from iOS which works with iPhones, and Android which works with a wider variety of smartphones, like those from Samsung or Motorola.

2) CAMERA: Most people now use their phones as their primary camera, so the right selection here will be an especially important one. Many smartphones boast cameras with at least 12 megapixels, so focus on individual camera specs and special features like dual lenses or the ability to edit and enhance photos.

3) SCREEN SIZE: Get the right size screen for the things you'll want to do. Buy a phone with a screen smaller than 5.5 inches if one-hand use is important to you or if you have smaller hands. Get a bigger-screen phone if you like to watch a lot of videos or play games, or simply want to have an easier time navigating on your touchscreen.

4) DISPLAY: You're going to spend many hours gazing at the screen, so make sure it offers the viewing experience you're after. If you plan to watch a lot of videos, look for a minimum of full HD (high definition), which is 1920 x 1080 pixels.

5) DESIGN: If you're concerned about durability, look for a phone that is water-resistant. A handful of phones also now feature a shatterproof glass

display, and many include a Gorilla Glass display to protect it against short drops (a protective case will help with that, too).

6) BATTERY: A decent benchmark is to look for a smartphone with a battery capacity of at least 3,000 mAh. Any phone that lasts longer than 9 hours of straight 4G LTE use is considered very good.

7) STORAGE: Go for as much internal storage as possible. Some apps and games can easily take up more than 1GB of storage, and most smartphone owners capture and store large numbers of high-res photos and videos. Adding a microSD card will also help expand your storage. It's available on many Android phones, some of which can accommodate 1TB or more.

8) PRICE: Don't pay for more than you need. The latest iPhone and premium Android phones start around \$800 and can easily run \$1,000 or more. But there are great options below \$500, and even some solid choices for well under \$200.

9) CARRIER: A smartphone requires a wireless plan. Choose a service provider that offers what you'll really use, and at a price that suits your budget. Consumer Cellular, for example, offers a wide variety of smartphone choices from entry level to top of the line, along with talk, text, and data plans, with no contract.

Let today's top technology work for you. It's a very competitive marketplace, so by shopping wisely, you're sure to find a smartphone that keeps you connected at a great price.



Mask Changes

We have made some changes to our mask policy due to Governor Reynolds lifting the emergency order concerning Covid-19.

We are currently requiring masks for those that are unvaccinated and recommending masks for those who are fully vaccinated. We strongly encourage anyone with underlying health conditions to continue to wear their masks even if fully vaccinated. The health of our members, staff and volunteers is most important to us.

We will follow any guidelines required by the CDC. Please see Amy J. if you have any questions.

Thank you!!

New Cafe' Hours

Effective February 28 we will no longer be serving breakfast in Eleanor's Cafe'. Our hours will be 10:30 am-1 pm.

We will continue to serve our lunch menu including daily specials. We will also have coffee and hot chocolate available for purchase in the morning.

An Educational Snippet from our friends at Vibrant Credit Union

Tax season is upon us! Even though you have a couple of extra days to file this year, federal taxes aren't due until Monday, April 18, 2022, it's a good idea to get started now so you don't miss out on any of the benefits available to you.

1. If you have income from self-employment, you can deduct Medicare premiums—even if you don't itemize other deductions. So long as you're not covered by an employer-subsidized health plan (yours or your spouse's), you can deduct the cost of premiums for Medicare Part B and D, as well as any Medicare supplemental insurance or Medicare Advantage plan.

2. If your income is \$25,000 or less and you're 65 and older, you may also qualify for tax credits. The exact threshold depends on your marital status and how much your spouse earns. See Schedule R for details.

3. If you're 60 or older, you can get FREE assistance preparing your taxes. IRS-certified volunteers can help with basic tax return preparation and electronic filing. Find a group near you at irs.treasury.gov/freetaxprep/.



March is Women's History Month

Consider honoring a special woman in your life with a honorary or memorial gift to CASI during the month of March.

www.CASIseniors.org

Questions: srector@casiseniors.org or call 563.386.7477 ext. 229



A Shout Out to our Generous Partners at Modern Woodmen

We are honored to have been chosen as the charitable focus for Modern Woodmen employees for the 2021-22 year. They have already invested generously through their sponsorship of our 2021 Hat Bash and Senior Secret Santa Program.

Watch for exciting things at CASI coming throughout the spring and summer with the support of Modern Woodmen.

Their year of support will culminate with sponsorship of CASI's Rock the Lot July 16.

Thank you, Modern Woodmen, for your investment in Quad Cities seniors and support of CASI's mission.

More Sponsors and Corporate Partners to Thank (cont'd. from pg. 10)

Quad City Handyman Solutions
 Quad City Times
 Radon Solutions
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 Ridgecrest Village
 River Music Experience
 Riverside Casino & Resort
 Riverside Family Eye Care
 Rouse Consulting Group
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- Limited to the first 25 people per session.
- Please RSVP today to reserve your spot.



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- CASI is located at 1035 West Kimberly Road in Davenport, Iowa.
- Can't make the meeting?

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The Mouth Body Connection

We are pleased to announce we have partnered with the Scott County Health Department's I-Smile Silver program to provide monthly oral screenings here at CASI. We will begin by having a free informational session **Friday, April 22, 11am-12 pm** to learn the importance of good oral health to avoid future problems that lead to complications such as respiratory and heart disease and diabetes. The I-Smile Silver program will provide

free oral screening starting **May 20.**

All screening will be done on the 3rd Friday of the month 11 am-12 pm in the multi-purpose room.

Following is the monthly schedule for screenings:

May 20
June 17
July 15
August 19
September 16
October 21
November 18
December 16



Red Hat Ladies Club

The Red Hat ladies Club will be gathering on Tuesday, March 1 at the Cracker Barrel at 11:45 am. They meet the first Tuesday of every month. Locations vary so please call the front desk for more information.



Your Emotional Health

Do you have emotional wounds? If you ever feel lonely or like a failure, then you probably do. Join Denny Mekus from Health Alliance in a presentation to help deal with those wounds and how important this is for your emotional health. Health isn't just physical.

Date: March 24
Day/Time: Thursday, 10-11 am
Fees: Free-Register by March 23
Location: Library



Join Us!

Bingo is held at CASI on Wednesday evenings with doors opening at 5 pm. The cost is a \$10 starter pack.

We have afternoon Bingo 1-3:30 pm Fridays. Cost is the cost of cards.

There are concessions available for purchase. Come and join the fun at CASI!!

Sell it Saturdays

Flea market items? Home-made craft items? Direct Sales business? Home-grown produce? Home-made baked goods? Sell it Saturday! CASI will have a summer market in our parking lot with close parking and unique items for sale.

Dates: June 4 and 11
July 9
August 6 and 13
Day/Time: Saturday 9 am-12 pm
Fee: \$15 per parking spot for vendors
Location: CASI Parking Lot

Please contact Amy Johnson for more information.