

# The Messenger

October 2020

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[www.CassCOA.org](http://www.CassCOA.org)

# Outdoor S.E.A.T. Class



# Outdoor Yoga



**COA Staff**

CEO:

**Marty Heirty**

Adult Day Service:

**Laura Jepkema**

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Team Leader/  
Support Groups:  
**Lori Hardy, RN**

Charitable Giving:  
**Kelli Casey**

Computer Assistance:  
**Hardik Ramparia**

Elder Abuse/  
Senior Safety:  
Deputy **MaKenzie Kreiner**

Food Service:  
**Kevin Stantz**

Front Street Crossing:  
**Kelli Casey**

Human Resources/  
Volunteers:  
**Bobbie Krynicki**

Leisure Activities/  
Fitness Programs/  
Facilities Rental:  
**Sandi Hoger**

Lifelong Learning:  
**Leslie Vargo**

Meals on Wheel/  
In-Home Care/  
Medicare Medicaid  
Assistance:  
**Adrienne Glover**



# Fitness Centers to Remain

At this time, the COA has decided not to reopen our fitness centers. Due to government mandates of wearing facial coverings at all times and limiting the capacity in the facilities to 25% of the total occupancy limits, we strongly feel this is the best decision for the time being.

The COA will continue outdoor fitness classes at the Lowe Center in Cassopolis while the weather permits. Please be sure to dress appropriately as the fall weather approaches.

The health and safety of our visitors is our top

priority. As we near the next cold and flu season, the COA will remain cautious but optimistic regarding all fitness and programming events. We are continually reviewing policies and procedures and look forward to reopening all of our programs and services.

Be sure to check our website ([CassCOA.org](http://CassCOA.org)), like us on Facebook ([facebook.com/CassCOA](https://facebook.com/CassCOA)), or register for our weekly email to stay up to date on the latest COA news.

## COVER PHOTO

Pam Howell finishes painting "Autumn Harvest" on her new Fall Wood Pallet Sign. For more information about classes like this one or about the other many programs that the COA offers, be sure to check out pages 10 - 16.

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Messenger Staff

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**Cass County COA**  
(269) 445-8110 or (800) 323-0390  
[www.casscoa.org](http://www.casscoa.org)

**Lowe Center**  
60525 Decatur Rd.  
Cassopolis, MI 49031

**Front Street Crossing**  
227 S. Front Street  
Dowagiac, MI 49047

*The COA is proud to partner with...*



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.

# 30 Day Plank Challenge

By Taylor Lee  
Certified COA Fitness Trainer

Having a strong and flexible core is incredibly important. The term “core” with reference to the body refers to the torso. The major muscles of the core reside in the area of the belly and the mid and lower back. While one goal of training this muscle group is attaining a much coveted six pack, the practical benefits of a strong core far out way simply gaining a so called “perfect beach body”.

Our core serves as the central link in a chain connecting the upper and lower body. For instance, mopping the floor or hitting a baseball are actions that either originate or travel through the core. Having a strong

core also enhances balance and stability. By strengthening it, you can even help prevent falls and injuries during sports or other activities. In fact, a strong flexible core underpins almost everything you do. Mundane actions such as bending to put on shoes or pick up a package, turning to look behind you, sitting in a chair, or simply standing still are just a few actions you rely on your core to complete. Even basic activities of daily living such as bathing or dressing require your core. The side effects of having a weak or inflexible core can be serious and you may begin to feel pain while attempting to carry out daily activities. Movement in the upper and lower body may even be impaired. Low back pain is also common when our core is weak.

Given the importance a strong and flexible core has on our wellbeing, this month’s at home fitness challenge will focus on improving core strength. Planking is a very low impact exercise with huge benefits. The October challenge will encourage participants to plank each day and record how long the plank is held for, with the goal of increasing your personal time by the end of the month. Included on the tracking sheet are time suggestions if you’d like to progress to holding a 5 minute plank at the end of the 30 days. This is optional of course. You will also find various levels of planks below. Don’t be afraid to try them all out. You might even surprise yourself. Remember to just do your best and have fun!

## How to do a Plank

### Forearm Plank (Most Challenging):

The most common plank is a forearm plank. When positioning yourself, ensure your elbows are on the ground directly underneath your shoulders with your feet hip-width apart. Make sure your back is flat and your head and neck are in a neutral position. Drive your elbows into the floor, and squeeze your quads, glutes, and core.



### Table Plank (Moderate):

Find a sturdy table that will not move when leaned against, such as a kitchen counter. You can also place a chair against a wall so it doesn’t move. Standing arm’s length away and with your feet shoulder width apart, place your hands on the top of the table or seat of the chair and hold a push up position. Lift your heels off the ground balancing your weight on the balls of your feet and your hands. Ensure that your hands are beneath your shoulders and that your arms aren’t stretched out in front of you. Another variation of this is to try holding this position on your forearms.



### Wall Plank (Easiest):

Stand facing the wall about arm’s length away and with your feet hip width apart. Keeping your feet in place, reach out and lean against the wall and rest on your forearms. Keep your core tight.



## 30 Day Plank Challenge

Day 1	20 sec	Day 11	1 min	Day 21	2 min 30 sec
Day 2	20 sec	Day 12	1 min 30 sec	Day 22	3 min
Day 3	30 sec	Day 13	Rest	Day 23	3 min
Day 4	30 sec	Day 14	1 min 40 sec	Day 24	3 min 30 sec
Day 5	40 sec	Day 15	1 min 50 sec	Day 25	3 min 30 sec
Day 6	Rest	Day 16	2 min	Day 26	Rest
Day 7	45 sec	Day 17	2 min	Day 27	4 min
Day 8	45 sec	Day 18	2 min 30 sec	Day 28	4 min
Day 9	1 min	Day 19	Rest	Day 29	4 min 30 sec
Day 10	1 min	Day 20	2 min 30 sec	Day 30	5 min

Record how long you hold a plank for each day. Time in grey is only a suggestion. Look to increase your time by the end of the 30 days. It doesn’t have to be a big increase, just do your best!

Please drop off your challenge sheet at either COA location or mail to the COA Fitness Center at P.O. Box 5, Cassopolis, MI 49031 It must be post marked by November 4 to be entered into a drawing to win a yoga mat. Happy Planking!

Name:

Phone Number:

## Shredding Day

Back by popular demand, the COA will host a second Shredding Day this year on Wednesday, October 14 from 11 a.m. till noon.

Cost is only \$5 per car. Normally this is just a once a year event, but with people staying home more this year, a lot more home organization is being done.



Just like our May Shredding Day, this one will also be a low to no contact event. You will not need to get out of your car. All you have to do is get in line and wait your turn. Once at the front of the line, one of our staff members will unload your items into the bin for the onsite Mountain High Shredding truck.

So help protect yourself from identity theft by gathering up all those old bank statements, tax returns, bills, receipts, credit card applications, outdated medical records, and more to be safely and securely shredded. If you have any questions about the shredding event, please call (269) 445-8110.

## Help Keep Meals Rolling

By Danielle Dilts,  
Human Resources Manager

We are currently seeking Meals on Wheels volunteer drivers. With the rising need for home delivered meals during this pandemic, we have an increasing need for volunteer drivers.

As a driver, you will be scheduled normally one day per week. Routes take a couple hours to complete and begin around 10:15 a.m. Once you finish your route, you will return to the COA for free lunch. Many drivers take a rider along with them to assist with the delivery of the meals. This is a great opportunity for you and a family member to help out local seniors.

If you have the drive to help people and reliable transportation, we would love to have you as part of the COA team. Call Danielle at (269) 445-8110 and find out how to become a volunteer.



### *Surrounding you with the care you need to remain in the home you love.*

PACE (Program of All-Inclusive Care for the Elderly) is a unique alternative to nursing home care. PACE provides medical care and coordination, physical and occupational therapy, socialization and transportation services to older adults, enabling them to stay in their home and improve their quality of life.

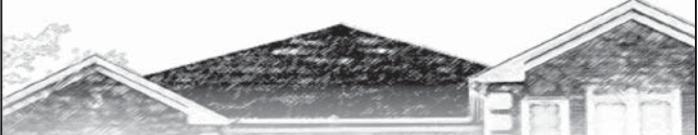
For more information, call (269) 408-4322 option 3.



www.paceswmi.org



(800) 323-0390 or (269) 445-8110



## 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
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- Emergency pull cords
- Elevator
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- Seniors 62 years or older or disabled (regardless of age)
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Please call (269) 445-3333  
TDD (800) 649-3777  
for more information.




www.casscoa.org & www.facebook.com/CassCOA

## Jury Duty Scam

Getting called for jury service is a routine fact of life for most Americans. But if that summons to civic duty comes in the form of a phone call or email, be suspicious. It's probably a jury duty scam.

In this long-running form of government impostor scam, crooks posing as court or law enforcement officials, such as a U.S. marshal or sheriff's officer, claim you've failed to appear for jury duty and face imminent arrest. The only way out is to pay an immediate fine via credit card, gift card, or money transfer.

Other fraudsters will ask for personal information such as your Social Security number and date of birth, supposedly so they can check court records but really so they can steal your identity.

Some aim for maximum menace, trying to browbeat you into complying. Others play good cop, sympathetically promising to help you clear your name and recoup the payment down the road.

In either case, the verdict is the same: You're being scammed.

Real summonses for jury duty and notices that you've skipped it come in the mail. No court official will demand payment or personal information from you over the phone. And if you genuinely have missed jury duty, no fine will be imposed until you have a chance to appear in court to explain your failure to appear.

Federal court officials in Georgia said victims have paid as much as \$13,000 to

jury duty scammers threatening them with jail time. Ironically, people in prison have carried out some of the biggest such cons in recent years, using contraband cellphones and employing caller ID "spoofing" and other easily accessible tech tools that make it seem as if they're calling from a local courthouse, police department, or sheriff's office.

### Warning Signs

- You receive a phone call or email claiming you've missed jury duty and must pay an immediate fine to avoid arrest.
- The person contacting you demands personal or financial information or payment by wire, gift card or reloadable debit card.

### DO

- Do hang up if someone claiming to be a U.S. marshal or court official calls you out of the blue with a jury duty warning.
- Do know how courts actually handle jury matters. Genuine communications about jury service come by mail, not phone or email, and court officials will not ask you for sensitive information.
- Do get in touch with the relevant federal, state or local court to see if you have an actual jury duty problem. Search online for contact information and only call numbers you find on official websites.



### DON'T

- Don't give out personal or financial information over the phone or by email to a purported court official.
- Don't respond to emails or call back numbers in robocalls or voicemails about missed jury service. Look up and call the official number for a court or law enforcement agency to see if it has attempted to contact you.
- Don't pay a supposed fine by wire or gift card. These types of payments are hard to trace or reverse.
- Don't assume a call is legitimate because caller ID says it comes from a court office or law enforcement agency. Scammers use spoofing technology to trick caller ID.

*This information provided by Deputy MaKenzie Kreiner, Senior Safety Coordinator. Deputy Kreiner promotes safety and protection of older adults through the COA and Cass County Sheriff's Office.*

peace, dignity, respect, comfort, and taking away the fear.

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hope**



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Cassopolis, MI 49031

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★★★★★

# Drive-up Flu Shot Event

According to the CDC, getting a flu vaccine is more important than ever during 2020-2021 to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic.

An annual seasonal flu vaccine is the best way to help protect against flu because every flu season is different and can affect people differently. Each year, millions of people get flu, hundreds of thousands of people are hospitalized, and thousands to tens of thousands of people die from flu-related causes. This is why flu shots are recommended for anyone over age 50, younger than age five, and anyone who cares for or is in close contact with people of those ages.

Some people cannot get the flu shot because of certain medical conditions. Keep in mind that by getting the flu shot you are helping to protect them even if your immune system is strong enough to fight off the virus.

This year, the COA is changing up the way it normally holds its flu shot events by having just a single drive-up event in the COA Lowe Center parking lot in Cassopolis. Flu shots will be offered on Friday, October 16 from 9 a.m. until noon. There will be no need to get out of your car; you will just simply join the car line during your designated time slot.

The Van Buren/Cass Health Department will be administering the shots. Anyone with Medicare Part B should bring their card. For more information



about cost, please contact the Health Department or keep checking the COA Facebook page at [facebook.com/CassCOA](https://facebook.com/CassCOA).

All shots are by appointment only so please call the Health Department at (269) 445-5280 after September 30 to schedule.



## Volunteers

### Board of Directors

Duane Adams  
 Jim Beebe  
 Tom Buszek  
 Frank Butts  
 Bob Campbell  
 Elaine Foster  
 Marilu Franks  
 Mary Geminder  
 Sue Heinrich  
 Skip Kasprzak  
 Pat Makielski  
 Carl Moraw  
 Carol Reich  
 Walter Swann

Carl Benoit  
 Becky Bowers  
 Linda Brossman  
 Judy Brown  
 Linda Campbell  
 Ginger Carlisle  
 Lon Carlisle  
 Diane Celie  
 Tom Celie  
 Bob Cochrane  
 Anne Colgan  
 Joe Colgan  
 Judy Coon  
 Sue Decker  
 Jeffrey Downing

Larry Emrick  
 Robin Emenaker  
 Floyd Groner  
 Jim Grubbs  
 Melody Grubbs  
 Joyce Hamilton  
 Kimberly Hartman  
 Dick Howes  
 Debbi Howes  
 James Karasek  
 Virginia Kraft  
 Dave Kring  
 Cecelia Littman  
 Marcia Lofts  
 Ron Lofts

Richard Macleod  
 Frank Maley  
 Vicki Maley  
 Phyllis Mason  
 Stanley Mason  
 Delores Minisee  
 Sharron Ott  
 Mary Pegan  
 Ray Phillips  
 Sandra Randle  
 Jennifer Ray

Terry Ray  
 Fred Shank  
 Erma Skipper  
 Eileen Smith  
 Irmgard Stange  
 Kawanna Stoker  
 Ralph Vosburgh  
 Carol Young  
 Richard Zander

Volunteers listed are for the months of August, during which we had 63 active volunteers.



## The Automobile that Changed the World

By Danielle Dilts,  
Human Resources Manager

Can you believe how things have changed so much over the years? At the COA, we are fortunate to have the ability to produce many meals at a time and deliver them to the front doors of area residents within just a few short hours. Without modern transportation, we would not have the ease of access to all of the things as we have today.

It just so happens that transportation was taken to a new level when Henry Ford's Model T went on sale for the first time on October 1, 1908. The Ford Model T was the visionary breakthrough that allowed motor vehicles to be obtainable to millions of ordinary middle class people. Because of Ford's assembly line method of producing the Model T, a new era of mobility for people and goods began.

Despite automobiles being around for a couple of decades prior to the Model T, they were rare due to lack of drivable roads, expense, and being more temperamental than the average horse. The Model T's cost of \$850 (18 months' salary) down to \$300 (4 months' salary) after mass production, along with its ability to accept several types of fuels and travel the dirt roads better, made it the ideal vehicle for transportation.

Thanks to Henry Ford and his ability to make an affordable automobile. If it weren't for him, the COA may still be delivering its Meal on Wheels by horse and wagon.



Hear the **Whole**  
*conversation*  
for **Half** the price!

The price of Hearing Aids is ridiculous!  
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Hearing Store, so we could set our own  
prices and make them truly affordable!

We sell only **top quality**  
at the **lowest prices**

Check the "Calendar" in this issue for the  
date and time of our Free Hearing Clinic.

**Call: 269-281-9091** for prices  
or to schedule an appointment.



Cassopolis - Elkhart - St Joseph  
Mishawaka & Kalamazoo

## Searching for a Loved One: Let an Officer Help

Bedtime might be the same routine every night. You do a final bed check before hitting the sheets yourself, only to discover that your loved one is no longer in their bed. Just an hour before, they were lying there peacefully, slipping into a night of restful slumber. You hadn't heard any commotion or alarms chime, but with a quick sweep throughout the rest of your home, you discover that they are nowhere else within the residence.

They're gone.

Your emotions are starting to take over as many horrible thoughts go racing through your head. Eyes well up with tears and stress begins to push all rationality aside. You are now in full blown panic mode.

Your loved one is missing, and while you want nothing more than to find them safely, your judgment is clouded by emotions. Details of what they were wearing jumble in your head. Now only bits and pieces of the stories they used to tell about growing up along with the phrase they kept mentioning several times throughout the week about going somewhere all fades into one big blur.

Details are crucial, but staying calm and collective right now is even more imperative.

However will I find them? Where should I start looking? Are they in danger, hurt, or worse? All this stress and panic that ensues is not the optimal condition to seek the lost. When something like happens, don't take on the burden yourself. A missing loved one is too personal for a caregiver to handle alone. Let an officer help.

So when your loved one goes lost, immediately call 911. Allow the professionals to do what they have been trained to do. They not only know ways to look for the lost, but they are also skilled at ways to calm you down so that maybe those details that were all jumbled in your head before can now unwind and flow freely.

If you have a loved one that wanders



or fear that they may wander, give yourself a little piece of mind with the Project Lifesaver Program.

What is it? The person who tends to roam wears a transmitter bracelet 24/7. If in the case a loved one does go missing, you simply call the police and they come out with a device that is able to hear the specific radio frequency transmitted from the bracelet. The closer to the person, the louder the sound heard is.

Oftentimes, those who wander are found within a few miles of their last location, and search times are reduced from days to minutes. The average recovery time for participants enrolled in the Project Lifesaver Program is 30 minutes or 95% less time than standard search operations.

If you would like to know more about the Project Lifesaver Program, contact Cass County Sheriff Deputy MaKenzie Kreiner at (269) 445-8110. Put your mind at ease and let an officer help.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Please note:</b> All programs and events are contingent upon the guidelines and restrictions of current executive orders. Pre-registration is required for everything. For questions, please call (269) 445-8110.</p>				1 11 a.m. FSC Musicians	2 3
5 12:45 p.m. Bingo	6	7 12:45 p.m. Bingo 1 p.m. Fall Textured Pumpkin Class	8 9 a.m.-Noon Computer Support 9-11 a.m. Veterans Affairs	9 11 a.m. FSC Musicians	10
12 12:45 p.m. Bingo	13 12-3 p.m. Color Your World (Watercolor) 1-3 p.m. Hollywood Treasures (Movie)	14 12:45 p.m. Bingo	15	16 11 a.m. FSC Musicians	17
19 12:45 p.m. Bingo	20	21 12:45 p.m. Bingo 1:30-4:30 p.m. Legal Clinic	22 9 a.m.-Noon Computer Support	23 11 a.m. FSC Musicians	24
26 12:45 p.m. Bingo	27	28 12:45 p.m. Bingo	29	30 11 a.m. FSC Musicians	31



**Marcellus Moves:** Postponed until further notice.

**Shopping:** Cass County 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. Cost is \$5. Thursdays, Oct. 8 & 22.

**Marcellus Outpost:** Postponed until further notice.

**Union Neighbors:** Postponed until further notice.

# October 2020 at the COA Lowe Center

M-60 & Decatur Rd. 11  
Cassopolis, MI

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Please note: All programs and events are contingent upon the guidelines and restrictions of current executive orders. Pre-registration is required for everything. For questions, please call (269) 445-8110.</b></p>			<p><b>1</b> 9 a.m.-Noon Computer Support 10 a.m.-Noon Drug Drop 10-11 a.m. Meditation Series 2:30-5 p.m. Woodcarvers</p>	<p><b>2</b> 9 a.m.-Noon Knit/Crochet 1-2 p.m. Bingo 1-3 p.m. Diabetes Support</p>	<p><b>3</b> 9 - 10:15 a.m. Yoga</p>
<p><b>5</b> 9:30-10:15 a.m. S.E.A.T. / Stretch Class 10 a.m. Quilting 5:45-7 p.m. Yoga</p>	<p><b>6</b> 9:30 a.m.-Noon The Stormy Night Writers Society 12-3:30 p.m. Color Your World (Watercolor) 1-3 p.m. Stroke Support 3 p.m. Line Dance</p>	<p><b>7</b> 9:30 a.m. S.E.A.T. Class 10 a.m. Fall Textured Pumpkin Class 1-2 p.m. Bingo</p>	<p><b>8</b> 10 a.m.-Noon Birds of Prey 10 a.m.-Noon Grief Support 10-11 a.m. Meditation Series</p>	<p><b>9</b> 9 a.m.-Noon Knit/Crochet 1-2 p.m. Bingo</p>	<p><b>10</b> 9 - 10:15 a.m. Yoga</p>
<p><b>12</b> 9 a.m.-1 p.m. Foot Clinic 9:30-10:15 a.m. S.E.A.T. / Stretch Class 1-3 p.m. Hollywood Treasures (Movie) 5:45-7 p.m. Yoga</p>	<p><b>13</b> 9 a.m.-4 p.m. Hearing Clinic 1-3 p.m. Parkinson's Support 3 p.m. Line Dance</p>	<p><b>14</b> 9:30-10 a.m. R.A.D. Practice Class 9:30-10:15 a.m. S.E.A.T. / Stretch Class 11 a.m.-Noon Shredding Day 1-2 p.m. Bingo 1-3 p.m. Dementia Caregivers Support 1 p.m. Michigan's Haunted Lighthouses</p>	<p><b>15</b> 9 a.m.-Noon Computer Support 10-11 a.m. Meditation Series 2:30-5 p.m. Woodcarvers 3:30 p.m. Cass Area Artists</p>	<p><b>16</b> 9 a.m.-Noon Flu Shot Drive-up 9 a.m.-Noon Knit/Crochet 1-2 p.m. Bingo</p>	<p><b>17</b> 9 - 10:15 a.m. Yoga</p>
<p><b>19</b> 9:30-10:15 a.m. S.E.A.T. / Stretch Class 10 a.m. Quilting 5:45-7 p.m. Yoga</p>	<p><b>20</b> 9:30 a.m.-Noon The Stormy Night Writers Society 1-3 p.m. MS Support 3 p.m. Line Dance</p>	<p><b>21</b> 9:30-10:15 a.m. S.E.A.T. / Stretch Class 10 a.m.-Noon CSI Demonstration 1-2 p.m. Bingo 1-3 p.m. CSI Demonstration</p>	<p><b>22</b> 10-11 a.m. Meditation Series</p>	<p><b>23</b> 9 a.m.-Noon Knit/Crochet 1-2 p.m. Bingo</p>	<p><b>24</b> 9 - 10:15 a.m. Yoga</p>
<p><b>26</b> 9 a.m.-1 p.m. Foot Clinic 9:30-10:15 a.m. S.E.A.T. / Stretch Class 5:45-7 p.m. Yoga</p>	<p><b>27</b> 9 a.m.-4 p.m. Hearing Clinic 3 p.m. Line Dance</p>	<p><b>28</b> 9:30-10:15 a.m. S.E.A.T. / Stretch Class 1-2 p.m. Bingo 1-3 p.m. Dementia Caregivers Support</p>	<p><b>29</b> 10-11 a.m. Meditation Series</p>	<p><b>30</b> 9 a.m.-Noon Knit/Crochet 1-2 p.m. Bingo</p>	<p><b>31</b> 9 - 10:15 a.m. Yoga</p>

## What's Happening at the COA



### Please note:

All programs and events are contingent upon the guidelines and restrictions of current executive orders. Pre-registration is required for everything. For questions, please call (269) 445-8110.

### Fitness & Dining Hours

**Fitness Center:** Adults of any age can get healthy with our fitness memberships. Discounts available for those over age 60.

#### Low Center Fitness hours:

**Monday – Thursday**  
7 a.m. to 7 p.m.

**Friday**  
7 a.m. to 5 p.m.

**Saturday**  
8 a.m. to noon

#### Front Street Crossing hours:

**Monday – Friday**  
7 a.m. to 4 p.m.

**Saturday**  
8 a.m. to noon

#### Membership Prices –

**1 year – \$140 (60+) or \$165**  
**3 months – \$55 (60+) or \$65**  
**1 month – \$35 (60+) or \$45**  
**Walk-ins – \$6**

**Specialized Needs:** Individuals who need assistance to use our Fitness Centers can get one-on-one help with one of our personal trainers. Call today for more information or to set up your schedule.

**Dining at the COA:** We strive to provide fresh, nutritious options for adults of all ages. Prices vary. Lunch menu options are listed on page 18.

Check Out  
Our  
NEW Look

#### Low Center

- **Lunch:** Monday - Friday from 11:30 a.m. to 1:30 p.m.

#### Front Street Crossing

- **Lunch:** Monday - Friday from 11:30 a.m. to 1:30 p.m.

#### Chestnut Towers

**(100 Chestnut Street, Dowagiac)**

- **Lunch:** Monday through Friday main entrée by reservation only.



### Active Living

**Bingo:** Follow the lunch hour or scheduled program by playing for fun and prizes Wednesdays and Fridays from 1 to 2 p.m. If a program is scheduled, Bingo will follow afterward.

**Book Club:** Postponed until further notice.

**Cass Area Artists:** All art lovers are invited to join this group. Meets the 3rd Thursday of each month, Oct. 15 at 3:30 p.m.

**Ceramics Made Easy:** Postponed until further notice.

**Chess Club:** Postponed until further notice.

**Dance & Social Club:** Postponed until further notice.

**Euchre Club:** Postponed until further notice.

**Fruit Belt Wood Carvers:** All types of wood crafters are welcome. The group loves to share their knowledge. Those new to the craft are welcome. Thursdays, Oct. 1 & 15 from 2:30 to 5 p.m.

**Hollywood Treasures:** October's feature is "Remember the Titans." In 1971, a Virginia high school integrated an all-black school with an all-white school. The most honored event in town, football was now being put to the test with the combining of players along with the addition of a new head coach. Will these two sides fight against each other and hurt their chances at a playoff, or with they finally put differences aside to work together as a team. Based on a true story. Starring Denzel Washington & Will Patton. Free movie (closed captioned), individual bag of popcorn, and water at 1 p.m. Monday, Oct. 12.

**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. Fridays, 9 a.m. to noon. Yarn donations are welcome. Please remember to wear your mask and to social distance.

**Mah Jongg:** Postponed until further notice.

**Pinochle Club:** Postponed until further notice.

**Quilting Club:** All quilters and learners are welcome to join. The group creates and teaches. Mondays, Oct. 5 & 19 from 10 a.m. - 4 p.m.

**Sing Along:** Postponed until further notice.

### Program Information

COA programs are held at several locations throughout Cass County. Most are held at the Lowe Center and Front Street Crossing. If a program takes place at any other location it will be noted in the program description.

All programs are subject to change; please call 269-445-8110 to confirm dates, times and locations prior to attending.

## What's Happening at the COA



### Please note:

All programs and events are contingent upon the guidelines and restrictions of current executive orders. Pre-registration is required for everything. For questions, please call (269) 445-8110.

### Health & Wellness

**NOTICE:** Please call for the latest fitness opening updates.

**Drug Drop:** 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 from 10 a.m. to noon, Thursday, Oct. 1. Drugs can be dropped off at the Cass County Sheriff's Office at any time.

#### MEDICAL EVENT

**Flu Shots:** Protect yourself from the flu in this drive through flu shot event on Friday, Oct. 16 from 9 a.m. to noon. You will not have to leave your car. You must call the Van Buren/Cass Health Department at (269) 445-5280 to schedule an appointment.

**Foot Clinics:** Take good care of your feet - get toe nails trimmed (except for people with diabetes) and a foot massage. Cost is \$20 for first visit, \$17 for follow-up visits. By appointment only, Mondays, Oct. 12 & 26.

**Hearing Clinic:** Schedule an appointment at the Lowe Center for a free hearing test and hearing aid cleaning/adjustments. Tuesdays, Oct. 13 & 27 from 9 a.m. to 4 p.m.

**Line Dance:** Line dancing is a fun way to get exercise with your favorite music. Join us for free every Tuesday at 3 p.m. May be held outside.

**Massage:** Postponed until further notice.

**R.A.D. Practice Class:** Deputy MaKenzie Kreiner of the Sheriff's Office will hold a practice class on Wednesday, Oct. 14 from 9:30 to 10 a.m. This is only for those who have completed the 3-day R.A.D. course.

**S.E.A.T. / Stretch Class:** Designed for those with limited functional ability so that you 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. Only \$10 per month. Mondays & Wednesdays, 9:30 - 10:15 a.m. Classes may be held outside, weather permitting.

**Yoga (Monday):** Let yoga help fight the stress of the workday with instructor Karen Sommers. Mondays, 5:45 to 7 p.m. \$8 per class. Please bring your own water and equipment. Class may be held outside, weather permitting. Call for more information.

**Yoga (Saturday):** Enjoy the increased flexibility that yoga can provide. Instructor Amy Crennell welcomes newcomers. Saturdays, 9 to 10:15 a.m. \$8 per class. Please bring your own water and equipment. Class may be held outside, weather permitting. Call for more information.

### Lifelong Learning

**NOTICE:** When signing up for classes, events, or trips please make sure we have your correct phone number on file. There can be situations where we need to contact you if an event is cancelled or changed for some reason.

#### NOT JUST FOR THE BIRDS

**Birds of Prey:** Join us as naturalist from the Sarett Nature Center presents the birds of prey and teaches about their natural habitat, individual history, and the importance of these amazing animals. Learn the natural history and adaptations of hawks, vultures, owls, osprey, and falcons as well as get a chance to meet some of the live bird ambassadors. Thursday, Oct. 8, 10 a.m. - noon. Presentation will be held outside, weather permitting.

#### Color Your World (Watercolor Class):

Join us as instructor Roy Hruska, teaches the basics of watercolor. Participants will create a piece of art work to take home; similar to a wine and canvas event minus the wine. October's watercolor is "Old Tree." Tuesday, Oct. 6, 12 - 3 p.m. Cost is \$18. Registration is required one week in advance.

**Computer Support:** Are you having computer issues? Help is available with Hardik Ramparia on Thursdays, Oct. 1 & 15 from 9 a.m. to noon by appointment only.

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

## What's Happening at the COA



### Please note:

All programs and events are contingent upon the guidelines and restrictions of current executive orders. Pre-registration is required for everything. For questions, please call (269) 445-8110.

### Lifelong Learning *(cont.)*

#### CRIME SOLVING

**CSI Demonstration:** Watch and learn how Crime Scene Investigators (CSI's) dust for prints, take footwear impressions, and how a crime scene is processed from Deputy MaKenzie Kreiner. Sorry, no hands on practice will be allowed. Class size is limited so you must preregister for the morning or afternoon session. Wednesday, Oct. 21, 10 a.m. - noon or 1 - 3 p.m.

#### AUTUMN CRAFT

**Fall Textured Pumpkin Class:** This class will guide you step-by-step in creating a beautiful textured fall pumpkin that can be kept for yourself or given as a gift. Class size is limited to 10 participants. Wednesday, Oct. 7, 10 a.m. - noon. Cost is \$15 per pumpkin. Registration required.

#### LEARN TO RELAX

**Meditation Series:** This eight week series will enhance living through meditation. Learn to reduce stress, anxiety, anger, guilt and sadness. Also, increase your clarity, focus, energy, and learn to enjoy life. Instructor: Rich Oxhandler, Retired Professor from Western Michigan University. Thursdays, Sept. 10 - Oct. 29, 10 - 11 a.m.

#### MYSTERIOUS LIGHTHOUSES

**Michigan's Haunted Lighthouses:** Michigan has more lighthouses than any other state, with more than 120 dotting the Great Lakes shoreline. Many of these lighthouses lay claim to haunted happenings. Come and hear stories about 13 of these lighthouses from throughout the state and decide for yourself if they are truly haunted. Registration is required. Presented by author Dianna Stampfler. Wednesday, Oct. 14, 1 p.m.

**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. Tuesdays, Oct. 6 & 20, 9:30 a.m. to noon.

#### BONE CHILLING THRILLS

**Terror on Dewey Lake:** Just in time for the Halloween season; join us as students from the SMC Theatre Group preform a virtual radio show about the local legend of the Dewey Lake Monster. When a beloved town hero goes missing, it's up to a group of young college students to unravel the mystery of his disappearance. This satirical horror radio production is complete with 50s style commercials. Please call or check facebook.com/CassCOA for exact dates and times.

### Support & Assistance

**NOTICE:** All Support Groups can be attended in person or via Zoom. Please contact the COA for more information and to register.

#### Dementia Caregiver's Support Group:

Family members and friends are welcome as we provide education and support for those caring for someone with dementia. Care can be provided for your loved one free of charge in our Adult Day Service during this meeting if prior arrangements are made. Wednesdays, Oct. 14 & 28, 1 to 3 p.m.

**Diabetes Support Group:** Please join us as we discuss better strategies for self-care in your life with Diabetes. First Friday of every month, Oct. 2, 1 to 3 p.m.

**Grief Support:** Open to those who have experienced a loss of any kind. Thursday, Oct. 8 from 10 a.m. - noon.

**MS Support Group:** People with Multiple Sclerosis and their loved ones share support and learning opportunities in this free group. Tuesday, 1 to 3 p.m. Oct. 20.

**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. Tuesday, Oct. 13, 1 to 3 p.m.

#### SAFELY DESTROY DOCUMENTS

**Shredding Day:** Gather up all your old unneeded documents and files and bring them to get shredded. What better way to organize and keep your important information from falling into the wrong hands. \$5 per car. Wednesday, Oct. 14, from 11 a.m. to noon.

**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. Tuesday, Oct. 6, from 1 to 3 p.m.

# What's Happening at the COA



**Please note:** All programs and events are contingent upon the guidelines and restrictions of current executive orders. Pre-registration is required for everything. For questions, please call (269) 445-8110.



## Active Living

**Bingo:** Follow the lunch hour by playing for fun and prizes Mondays and Wednesdays beginning at 12:45 p.m.

**Euchre Club:** Postponed until further notice.

**FSC Musicians:** Do you enjoy playing a musical instrument? Why not join other music enthusiasts and jam with the FSC Musicians. Fridays, 11 a.m.

**Hollywood Treasures:** October's feature is "Remember the Titans." In 1971, a Virginia high school integrated an all-black school with an all-white school. The most honored event in town, football was now being put to the test with the combining of players along with the addition of a new head coach. Will these two sides fight against each other and hurt their chances at a playoff, or with they finally put differences aside to work together as a team. Based on a true story. Starring Denzel Washington & Will Patton. Free movie (closed captioned), individual bag of popcorn, and water at 1 p.m. Tuesday, Oct. 13.

## Health & Wellness

**NOTICE:** Please call for the latest fitness opening updates.

**Cardio Challenge:** This class is low-impact with high-energy. You will challenge your entire body with a combination of cardio, strength training, and balance exercises. Mat exercises are also incorporated for a well-rounded workout. Cost is \$25 per month or \$5 for walk-ins. Meets 8 to 8:45 a.m. every Monday, Wednesday, and Friday.

### NEW FITNESS CLASS

**Cardio Sculpt:** An exciting cross-training class that offers variety from one class to the next. For participants who prefer to shake up their workouts; this special class may be cardio-focused one week and strength intervals the next. Cost is \$5 for walk-ins. Meets 9:15 to 10 a.m. every Saturday.

**S.E.A.T. (Sit, Exercise, and Tone):** This chair-based fitness class is great for anyone concerned with balance and stability. The focus is on maintaining flexibility and strength. Cost is \$25 per month or \$5 for walk-ins. Meets every Monday, Wednesday, and Friday, 10 to 10:45 a.m.

### NEW FITNESS CLASS

**Saturday Strong:** Fun and functional, this workout focuses on strengthening major muscle groups to improve body coordination and assist in everyday living activities. Class will begin with a short warm up followed by exercises using weights, bands and fitness equipment. Instruction is very personalized, all fitness levels are welcome. Cost is \$5 for walk-ins. Meets 10:15 to 11 a.m. every Saturday.

**Tai Chi - Day:** 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. Now meets every Monday, Wednesday, and Friday at 11 a.m. Cost is \$25 per month.

**Tai Chi - Night:** This is the exact same class as what is offered during the daytime only now at a more convenient time for the working person. Mondays and Wednesdays from 6 to 7 p.m. Cost is \$20 per month. Front Street Crossing's door will be locked right at 6 p.m. so please be sure to arrive early.

**Vim & Vigor Transitions:** This class begins with a stand-up energizing aerobic workout and ends with a chair cool down and stretch. The focus is on heart health, strength, flexibility and balance. Meets every Monday, Wednesday, and Friday from 9 to 9:45 a.m. Cost is \$25 per month or \$5 for walk-ins.

## Lifelong Learning

### Color Your World (Watercolor Class):

Join us as instructor Roy Hruska, teaches the basics of watercolor. Participants will create a piece of art work to take home; similar to a wine and canvas event minus the wine. October's watercolor is "Old Tree." Tuesday, Oct. 13, 12 - 3 p.m. Cost is \$18. Registration is required one week in advance.

## What's Happening at the COA



### Please note:

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### Lifelong Learning *(cont.)*

**Computer Support:** Are you having computer issues? Help is available with Hardik Ramparia on Thursdays, Oct. 8 & 22 from 9 a.m. to noon by appointment only.

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

**Drawing Class:** Postponed until further notice.

#### AUTUMN CRAFT

**Fall Textured Pumpkin Class:** This class will guide you step-by-step in creating a beautiful textured fall pumpkin that can be kept for yourself or given as a gift. Class size is limited to 10 participants. Wednesday, Oct. 7, 1 - 3 p.m. Cost is \$15 per pumpkin. Registration required.

#### BONE CHILLING THRILLS

**Terror on Dewey Lake:** See page 14 for full description. Please call or check [facebook.com/CassCOA](https://www.facebook.com/CassCOA) for exact dates and times.

### Support & Assistance

**Legal Clinic:** Local attorneys volunteer time to answer legal questions. Appointments are required. Wednesday, Oct. 21.

**Veteran's Affairs:** Cass County's Veterans Affairs representative Tom Green is at Front Street Crossing this month to help answer questions about veterans' benefits, including medical prescription benefits. Thursday, Oct. 8, 9 to 11 a.m. No appointment required.



Duane Adams

Mary Germinder

Carol Reich

## COA Welcomes New Board Members

Duane Adams, Mary Germinder and Carol Reich

COA Board members are the fiduciaries who steer our organization towards a sustainable future by adopting sound, ethical, and legal governance and financial management policies, as well as making sure the COA has adequate resources to advance our mission.

On behalf of the COA, we want to thank you all for agreeing to serve on the Board of Directors. As members of this committee, you will bring a much-needed perspective to the work we do at the COA. Your contributions will help to keep the programs and services we offer to our local seniors current and relevant. The COA is grateful that you are willing to share your time and your talents.

## Messenger Online

Do you enjoy reading The Messenger each month? If so, did you know that you can read it online?

Each month's Messenger is uploaded to view on the COA's website at [CassCOA.org](https://www.CassCOA.org). You can find it under the "Resources" tab. Not only is the current month's issue posted, but you can also find archived issues there as well.



# Donations & Support

*Includes donations received between August 11, 2020 – September 10, 2020. Donations received after that date will be acknowledged in the next edition of the Messenger.*

## *In Memory & Honor of...*

### *In Memory of Pat Butler*

Ann and Jim Checkley  
Gail Hendershott  
Barbara Kirchner  
Erma Skipper  
James and Linda Wrigley

### *In Memory of Bob Coons*

Patricia Coons

### *In Memory of Elsie Loux*

Larry and Jan Gates

## *More Donors & Supporters:*

### *Greatest Need*

Kenneth and Patricia Fox  
Jane Hoyet

### *Meals on Wheels*

Helen Brandon

### *Handy Helpers*

Anonymous  
Larry Banghart  
H.J. Ferenczi  
Helen Lee  
Kenneth Wolfe

### *Outdoor Movie Night*

Anonymous

## *We Know YOU can make a difference!*

### **What is planned giving?**

Planned giving is a type of charitable giving that allows you to express your personal values by making a significant charitable gift during your life or at death that is part of your financial or estate plan.

Cass County COA can be named as a beneficiary in your will in a number of ways:

**Outright Bequest:** You can specify an outright gift of cash, securities, real estate or tangible personal property.

**Residual Bequest:** Provides that, after specific bequests are made to named individuals, the amount remaining in the estate is left to the Cass COA.

**Contingent Bequest:** Means that the Cass COA will receive certain assets only if a named individual does not survive you.

**Testamentary Trust:** Such a trust can provide income for another person or persons for life, with the principal ultimately passing on to the Cass COA.

**Codicil:** If you already have a valid, up-to-date will, you can have your attorney prepare a Codicil to your will naming the Cass COA as a beneficiary without having to rewrite your entire will.

**Life Insurance:** Provides another excellent means for making a gift to Cass COA. This can be done either by purchasing a new life insurance policy or by contributing a policy which you currently own, but no longer need.

*If you believe strongly in the work being done by the Cass COA, and wish you could give more, please consider Cass COA when you are doing your estate planning.*

# October 2020 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LOCATIONS &amp; HOURS</b> <b>Low Center Hours (LC)</b> Lunch** (Provided by SNS*) 11:30 a.m. - 1:30 p.m. (weekdays) Take Out ONLY – NO Dine-in		<b>THANK YOU FOR YOUR SERVICE!</b> 50% off meals for those who come in uniform Wednesdays - Law Enforcement Fridays - First Responders		<b>1</b> <b>Main Entrée*</b> Fish Filet Potato Salad Carrots & Peas Whole Wheat Roll Pears <b>Café Entrée</b> Grilled Beef & Cheddar <b>Café Fresh Salad</b> Crispy Chicken Salad
<b>Front Street Crossing (FSC)</b> Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Take Out ONLY – NO Dine-in		<b>2</b> <b>Main Entrée*</b> Chicken Fettuccine Alfredo Winter Blend Vegetables Tomato Salad Breadstick Grapes <b>Café Entrée</b> Egg Salad Sandwich <b>Café Fresh Salad</b> Seafood Salad		
<b>Chestnut Towers Apartments</b> SNS* meals served daily by reservation only – call the COA for more information.				
<b>5</b> <b>Main Entrée*</b> Sweet & Sour Pork over Rice Oriental Blend Vegetables Spinach Salad Rye Bread Pineapple <b>Café Entrée</b> BBQ Beef Sandwich <b>Café Fresh Salad</b> B.L.T. Salad	<b>6</b> <b>Main Entrée*</b> Oven Fried Chicken Corn Mixed Vegetables Biscuit Fruit Crisp <b>Café Entrée</b> Bratwurst <b>Café Fresh Salad</b> Italian Salad	<b>7</b> <b>Main Entrée*</b> Meatloaf Mashed Potatoes Mustard Greens Biscuit Fresh Apple <b>Café Entrée</b> Reuben <b>Café Fresh Salad</b> Roast Beef Salad	<b>8</b> <b>Main Entrée*</b> Turkey Chili Mixed Vegetables Mixed Lettuce Salad Crackers Fruited Jello <b>Café Entrée</b> Grilled Ham & Cheese <b>Café Fresh Salad</b> Grilled Chicken Salad	<b>9</b> <b>Main Entrée*</b> Chicken Mashed Potato Bowl Steamed Carrots Spring Blend Vegetables Breadstick Pumpkin Fluff <b>Café Entrée</b> Tuna Salad Sandwich <b>Café Fresh Salad</b> Flatbread Salad
<b>12</b> <b>Main Entrée*</b> Sloppy Joe Baked Beans Carrot Slaw Bun Mandarin Orange <b>Café Entrée</b> Pesto Turkey Panini <b>Café Fresh Salad</b> Chicken Taco Salad	<b>13</b> <b>Main Entrée*</b> Turkey & Dressing Mashed Potatoes Pea & Cheese Salad Roll Peaches <b>Café Entrée</b> Polish Sausage <b>Café Fresh Salad</b> House Salad	<b>14</b> <b>Main Entrée*</b> Beef Stew w/ Celery, Onions, Potato, & Carrots Steamed Spinach Bread Berry Crisp <b>Café Entrée</b> Mushroom Swiss Burger <b>Café Fresh Salad</b> Turkey Craisins Salad	<b>15</b> <b>Main Entrée*</b> Chicken à la King over Rice Green Beans Side Salad Rye Bread Fruited Yogurt <b>Café Entrée</b> Italian Sub <b>Café Fresh Salad</b> Chicken Taco Salad	<b>16</b> <b>Main Entrée*</b> Crispy Fish Oven Roasted Squash Three Bean Salad Whole Wheat Roll Pineapple <b>Café Entrée</b> Three Meat Pizza <b>Café Fresh Salad</b> Cattleman's Salad
<b>19</b> <b>Main Entrée*</b> Philly Steak Sandwich w/ Cheese Tomato Wedges Winter Blend Vegetables Craisins Whole Wheat Bun <b>Café Entrée</b> Sloppy Joe <b>Café Fresh Salad</b> Grilled Chicken Salad	<b>20</b> <b>Main Entrée*</b> Chicken Lasagna w/ Red Sauce Italian Blend Vegetables Side Salad Dinner Roll Mandarin Oranges <b>Café Entrée</b> Chicken Salad Sandwich <b>Café Fresh Salad</b> Custom Salad	<b>21</b> <b>Main Entrée*</b> BBQ Pulled Pork Coleslaw Mixed Vegetables Bun Warm Cinnamon Apples <b>Café Entrée</b> Grilled Cheese <b>Café Fresh Salad</b> Italian Salad	<b>22</b> <b>Main Entrée*</b> Roasted Turkey Mashed Potato w/ Gravy Green Bean Casserole Roll Pumpkin Mousse <b>Café Entrée</b> BBQ Bacon Cheeseburger <b>Café Fresh Salad</b> Flatbread Salad	<b>23</b> <b>Main Entrée*</b> Beef Stroganoff over Noodles Steamed Broccoli Mixed Lettuce Salad Citrus Mix Birthday Cake <b>Café Entrée</b> Deli Sandwich <b>Café Fresh Salad</b> Roast Beef Salad
<b>26</b> <b>Main Entrée*</b> Creamy Gravy over Chicken Baked Potato Three Bean Salad Whole Wheat Roll Mandarin Oranges <b>Café Entrée</b> Pesto Chicken Pizza <b>Café Fresh Salad</b> B.L.T. Salad	<b>27</b> <b>Main Entrée*</b> Lemon Pepper Polack w/ Rice Creamed Corn Lettuce Romaine Salad Vanilla Pudding w/ Fruit <b>Café Entrée</b> Meatball Sub <b>Café Fresh Salad</b> Crispy Chicken Salad	<b>28</b> <b>Main Entrée*</b> Bratwurst on Bun Capri Blend Vegetables Potato Salad Bun Mixed Fruit <b>Café Entrée</b> Italian Panini <b>Café Fresh Salad</b> House Salad	<b>29</b> <b>Main Entrée*</b> Italian Chicken Quarter Mashed Potatoes w/ Gravy Apple Broccoli Salad Roll Peaches <b>Café Entrée</b> Deli Sandwich <b>Café Fresh Salad</b> Seafood Salad	<b>Halloween Meal</b> <b>30</b> <b>Main Entrée*</b> Meatballs & Worms (Spaghetti) Side Salad w/ French Blood Creepy Fingers (Carrot & Celery w/ Dip) Gory Applesauce Roll / Cookie <b>Café Entrée</b> Pepperoni Pizza <b>Café Fresh Salad</b> Custom Salad

Menu is subject to change without notice.  
 \*\*Daily vegetarian lunch option available.  
 Please see cashier first.



Meals are funded in part by Region IV Area Agency on Aging and are served in partnership with Cass County COA and Senior Nutrition Services dba Meals on Wheels of Southwest Michigan.

# Gordon Lightfoot Tribute Concert



# Icebreaker Talk



# First Responders Appreciation Lunch



# Michigan's HAUNTED Lighthouses



## The Messenger

Cass County Council on Aging  
P.O. Box 5  
Cassopolis, Michigan 49031

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

[www.casscoa.org](http://www.casscoa.org)

**Wednesday, October 14**  
**1 p.m. (Lowe Center)**

Michigan boasts the most lighthouses in the country with more than 120 dotted along its shoreline. Several of these have an extra story to tell, one involving ghosts.

Join us and hear about some of the strange occurrences that have happened in these lighthouses. You can then decide if there is a logical explanation or if they are truly haunted.

**You MUST preregister at (269) 445-8110 in order to attend.**  
**Masks are required.**

*Presented by author Dianna Stampfler*

**The Messenger**  
October 2020