

November 2023



The Messenger



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Cass County COA Board of Directors

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The Messenger,

Volume 32 Issue 11,
published monthly by the

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

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notify a COA staff member.



by MICHELLE LOFTON, LLMSW
Case Manager

Support Groups are a great way for people to seek help and lean on one another whether they are going through a rough time due to medical reasons, experiencing a grief or loss, caregiving, or other personal struggles. Support groups are also a good way to meet people who have the same experiences as themselves. They can learn how to help one another and how to live each day feeling better than the day before.

Getting information about a situation from others or receiving comfort and caring words may not be enough. Only **YOU** know how you feel and what you are going through. Attending a support group helps bridge that gap between a personal situation and one's need for emotional support.

There are different support groups that cater to diverse needs. So **WHY** attend support groups?

- **Realize You Are Not Alone** – Share your experiences with others who are like “you.”
- **Expressing Your Feelings** – A safe non-judgmental and supportive space can be very therapeutic and healing.
- **Learn Helpful Information** – Get practical tips, resources, strategies, and tools. Hear success stories that can help you move toward your personal journey.
- **Enhance Social Skills** – Interact with others and learn real-world social skills.
- **Gain Hope** – It can be powerful to see others who have moved along in their journey and made strides to live happier, healthier lives.
- **Reduce Stress** – Working through your experience may help reduce stress and distress, which helps you feel better.
- **Increase Self-understanding** – As you learn to cope and handle your situation, you gain more understanding about



yourself, your needs, and your own unique personality. These help you to realize your challenges and what works best for your goals.

- **Help Others** – Believe it or not, you can be that positive role model who can help others as well as yourself.
- **Affordability** – It's free!

Our goal is to learn, grow, and live happier and healthier lives. And with the holiday season quickly approaching, support can be even more beneficial during this time.

The COA invites you to attend ANY of the following support groups **REGARDLESS OF YOUR AGE**:

*All Support Groups are held from 1 – 3 p.m.
at the COA Lowe Center in Cassopolis, unless noted.*

- **Caregiving Support Group** (Any Kind) – 2nd Wednesday of the month
- **Congestive Heart Failure Support Group** – 3rd Monday of the month
- **Diabetes Support Group** – 1st Friday of the month
- **Grief & Loss** (Any Kind) – 2nd Thursday of the month
- **Multiple Sclerosis Support Group** – 3rd Tuesday of the month
- **Parkinson's Support Group** – 1st Tuesday of the month
- **Parkinson's Support Group** (Front Street Crossing in Dowagiac) – 4th Thursday of the month from 10 – 11:30 a.m.
- **Stroke Support Group** – 1st Tuesday of the month

Cover Image

Trivia Night's the Birch Brains conversed amongst the group over their answers and ended up coming away with the First Place prize. Even if you missed out on the fun, you can still support the Handy Helpers program by calling Kelli Casey at (269) 445-8110.

Cass County COA Staff Contacts

CEO

Marty Heirty

Adult Day Service

Laura Jepkema

Care Services /

Handy Helpers /

Support Groups

Cindy Ledger, RN

Charitable Giving

Kelli Casey

Food Service

Michael Garcia

Front Street Crossing

Ky'sha Johnson

Human Resources /

Volunteers

Danielle Dilts

Leisure Activities /

Fitness /

Facilities Rental

Kelli Casey

Lifelong Learning

Patty Gremaux

Meals on Wheels /

In-Home Care /

Medicare Medicaid

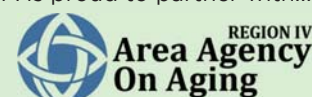
Assistance

Adrienne Glover

Operations

Danielle Dilts

The COA is proud to partner with...



Pumpkin Spice & Everything Nice!

FALL FITNESS CHALLENGE

by TAYLOR LEE
Certified COA Fitness Trainer

As the leaves start to turn and we feel a chill in the air, we know autumn is on its way, or as it's known by many, pumpkin spice season. Every year people swap out their regular order for a pumpkin spice version of their favorite snack. One excellent example of this is the pumpkin spice latte. Why is this so popular? Aside from being delicious, it appeals to many people as a beloved seasonal item that they only get in this particular time of the year, and it adds a welcomed variety to the items they already enjoy.

Now I know what you're thinking: how could pumpkin spice possibly be related to

fitness? Just as we enjoy variety in other aspects of our life, variety can be just as enjoyable and beneficial when it comes to fitness. Deciding what to do at the gym can be a bit of a challenge sometimes, even if you have been going to the gym for years. Whether you need new ideas or just a refresh for your fitness routine, please stop by either Cass County COA locations to spice up your fitness routine with our fall themed November fitness challenge.

Each day you'll get a mystery workout with a variety of ability levels taken into consideration. This mystery

workout can be a supplement to your current routine, or its own workout. Each mystery workout you complete gives you one entry for a chance to win a fall themed gift basket at the end of the month; the more workouts completed, the better your odds of winning a gift basket!

So why not give your workout the pumpkin spice treatment by participating in our Fall Fitness challenge? Just like your favorite seasonal latte, it's only around for a limited time.



Volunteer Spotlight

Judy Brown has been volunteering for the COA for the past 5 plus years. Over time she has become one of our lead knitters and has recently taken on additional volunteer duties. Using her years of experience from being a home economics teacher, Judy saw a need and is now teaching two craft classes each month.

Judy's creativity and love for teaching has allowed fellow craft enthusiasts to come together at the COA to have a good time while making a cute craft item to take home. Thank you for all of your hard work and creativity.



Employee Spotlight

Shelly Purucker is the COA's Operations Assistant and she loves to spread cheer throughout the building by decorating and celebrating the holidays and seasons.

When not at work, she enjoys spending time with her husband and grandchildren. Shelly is currently organizing the COA's new "Crazy Over Artisans" craft fair on November 11.



Trivia Night



1st Place



2nd Place



3rd Place



Sprinkle Kindness

by SHELLY PURUCKER
Operations Assistant

Have you ever been to a party with confetti or glitter decorations and when you get home you find it is stuck all over you? You might even have a hard time getting it off. This is how kindness should be shared. It should be sprinkled everywhere so that it sticks to people and stays with them.

World Kindness Day is observed annually on November 13 as part of the World Kindness Movement. It is an international holiday that was formed in 1998 to promote kindness throughout the world. Observation of this day is recognized in several countries including the United States, Canada, Japan, and Australia. The purpose of World Kindness Day is "to highlight good deeds in the community focusing on the positive power and the common thread of kindness which binds us."

This day is devoted to both large and small acts of kindness. There are many ways kindness can be used to impact others.

- **Perform Acts of Kindness** – Go out and help a neighbor, try giving a compliment to someone, check in on someone who is sick, or say "good morning" to someone you pass.
- **Spread Positivity** – Share uplifting and positive messages in person or on social media to inspire others to be kind and compassionate. Also, share a smile because it is contagious.
- **Volunteer** – Offer your time to volunteer for a local charity or nonprofit organization.
- **Donate** – Make a donation to a charitable cause that you believe in.
- **Teach Kindness** – Educate children and young people about the importance of kindness and empathy

through storytelling or other activities.

- **Random Acts of Kindness** – Surprise someone with a random act of kindness, such as buying a stranger's coffee or leaving an encouraging note for a friend.

Challenge yourself and those you know to perform acts of kindness daily. Soon you'll discover you're having fun while doing it.

The Cass County COA has many opportunities for you to share your kindness through volunteering.

- Adult Day Services
- Café Volunteers
- Community Volunteers
- Handy Helpers
- Meals on Wheels
- Medical Transportation

For more information, contact Danielle Dilts at danielled@casscoa.org or call a (269) 445-8110.

Now go out there and sprinkle your kindness.

Weather & Closings

It won't be long before the white stuff begins falling from the sky and inhabiting the roads. This is why we want you to be updated with our closing procedures.

Any announcements of the COA's closure will be made on local television stations as well as on the COA website (www.CassCOA.org) and on our Facebook page (www.facebook.com/CassCOA). If you own a smartphone, you can download the WNDU app and sign up to receive a notification for whenever the COA closes.

In case of closures, Meals on Wheels customers will receive emergency meals.

Please remember that no program or activity is important enough for you to go out on the road in iffy weather and risk your life. We want you to stay safe this winter season.

Scheduled closures in December & January:

- **December 15** – Closed at 1:30 pm for Staff Training
- **December 23-26** – Closed for Christmas
- **December 29-January 1** – Closed for New Year's Eve
- **January 15** – Martin Luther King, Jr. Day

If you have any questions, contact the Cass County COA at (269) 445-8110.



Historic Cassopolis Walking Tour

Don't Pay More, Call the Best Hearing Store!

Since 2018, we have provided the best of service with the best Hearing Aid products at the best price available to the public. We love to help people hear better and live their Best lives!



Best Hearing Store
269-815-6116
8089 Stadium Dr Kalamazoo MI 49009

Call the Cass COA at 269-445-8110 to schedule an appointment in Cassopolis or Dowagiac.





Summer Concert with the Whistle Pigs Sponsored by Sunset Coast

Woodcarving Show

Saturday, Nov. 4 • 10 a.m. to 5 p.m.

Sunday, Nov. 5 • 10 a.m. to 3 p.m.

Constantine American Legion (65079 US 131 N)

Admission and parking are free. Some refreshments will be available for purchase.

Volunteers

Daisy Adams
Duane Adams
Ruthann Adams
Joanne Anderson
Candy Azevedo
Carol Bailey
Rita Baker
Roger Baker
Shirley Barks
Joanne Bata
Paul Bata
Faith Beaupre
Susan Bingham
Diane Bonczynski
Joyce Borton
Richard Borton
Cynthia Boss
Jacqueline Bowe
Rebecca Bowers
Camille Briegel
Linda Brossman
Judy Brown
Marie Bruegmann
Thomas Buszek
Frank Butts
Marsha Butts
Becky Caldwell
Linda Campbell
Robert Campbell
Ginger Carlisle
Lonnie Carlisle
Michael Casey
Chris Cetlinski
Carol Churchill
Berry Clark
Richard Cloud
Anne Colgan
Joe Colgan
Keryl Conkright
Sue Cook
Judy Coon
Jeff Corey

Dan Dahmen
Grace Darrow
Max Davis
Floyd Deahl
Sue Decker
Kay Diehl
Carol Dierickx
Jeff Downing
Laura Drake
Robin Emenaker
Larry Emrick
Margo Foreman
Mary Geminder
Ed Goodman
Barb Green
Joyce Greenwood
Cheryl Groner
Floyd Groner
Jim Grubbs
Melody Grubbs
Shirley Guilford
Joyce Hamilton
Janet Hamilton-Merckx
Brooke Hari
Marcus Hari
Sue Heinrich
Jim Hershberger
Jason Hill
James Karasek
Sheryl Johnson
Mary Jones
Linda Keeler
Mike Klute
Penny Knepple
Virginia Kraft
David Kring
Gary Kull
Luci Lafontant-Lee
Marcia Lofts
Ronald Lofts
Richard Macleod

Frank Maley
Carol Manning
Elaine McKeough
Kathleen McMahon
Shaniqua McNary
Dolores McNeary
Delores Minisee
Carol Modigell
Barb Monroe
Pamela Moore
Carl Moraw
Lucinda Mosier
Sharon Ott
Nancy Pallas
Diane Palmer
Susan Parker
Karen Pellow
Teresa Perry
Phyllis Peterson
Michael Peterson
Ray Phillips
Terry Proctor
George Purlee
Jannette Rafferty
Elsie Randles
Sandra Randle
Jennifer Ray
Terry Ray
Joyce Rentfrow
Melvin Reynolds
Kirsten Rhoades
Helga Richards
Kim Sak
Audrey Salesberry
Erin Schultz
John Seculoff
Fred Shank
Nicolette Shea
Erma Skipper
Jessica Slough
Marie Slough
Beverly Smith

Bonita Smith
Eileen Smith
John Smith
Irmgard Stanage
Kawanna Stoker
Walter Swann
Terrie Tabbert
Diane Tiser
Elizabeth
Vanhphaumy
Karen Visser
Ralph Vosburgh
Pam Welling
Debbie Wiggins
Susan Wilder
Anne Wilkinson
Chuck Wilson
Kathleen Wishart
Linda Wolfe
Clarawayne Wolford
Roberta Woodruff
Sam Wooley
Tom Yarger
Fran Yeager
Katherine Yoder
Carol Young
Beverly Youngberg
Richard Zander
Steve Zebell

Volunteers listed are for the month of September, during which we had 155 active volunteers who contributed 1554 hours of work. This would be equal to more than 9 full time staff positions.

CRAZY OVER ARTISANS *CRAFT SHOW*

The COA's Crazy Over Artisans Craft Show features handcrafted goods by locals. You'll get the chance to meet the crafter as well as mingle with other likeminded enthusiasts on Saturday, November 11 from 9 a.m. - 2 p.m. at the COA Lowe Center in Cassopolis.

Shop for a wide variety of items such as...

- Baked Good
- Bird Houses
- Freeze Dried Goodies
- Hand Stitched Items
- Jewelry
- Knitted/ Crocheted Items
- Paintings
- Plants
- Soaps
- Stained Glass
- T-shirts
- Wreaths
- And MORE!

Purchase food from the onsite food truck. Sakara Charcuterie / girl and the GOAT truck will offer charcuterie, smoothies, fruit, and veggies.

So be sure to mark your calendar for this FREE craft show. If you want to know more about the show or are interested in being a vendor, please contact the COA at (269) 445-8110 to see if space is available.



269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

www.ccmcf.org

OUTPATIENT THERAPY SERVICES

NOW ACCEPTING NEW PATIENTS!

Call Rie or Matt for information or an appointment

269-445-3801



Medicare Health Plans & Prescription Drug Enrollment

Medicare Part D Open Enrollment Period runs through December 7 and Medicare Advantage Enrollment is January 1 - March 31. If you need any changes made to your 2023 plan, you must make them during this time or else you will miss out and have to wait until next enrollment.

During this time you can drop or cancel your plan, enroll in a Part D plan, or even change from one plan to another.

For more information or to schedule an appointment with one of the COA's Michigan MMAP (Medicare/Medicaid Assistance Program) Counselors, please call (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:

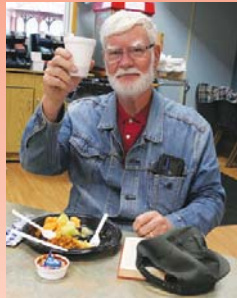
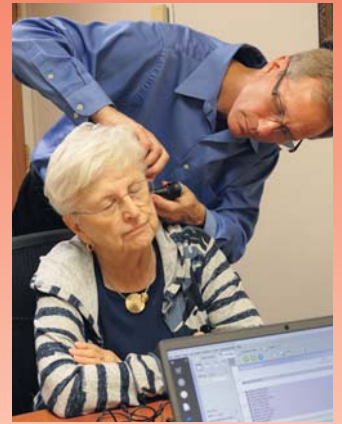
- Stunning water and wood views
- Intercom-entry building
- Emergency pull cords
- Elevator
- Professional on-site staff
- Barrier-free apartments available
- Seniors 62 years or older or disabled (regardless of age)
- Rent based on income if qualified - assistance available



Please call (269) 445-3333
TDD (800) 649-3777
for more information.



HEALTH FAIR



NOVEMBER 2023 Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	
6	7	8	9	10	11
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Hearing Clinic 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 10:00 am Spill the Beans 11:00 am Tai Chi 12:45 pm Bingo	8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 11:30 am Veterans Meal 12:30 pm Ceramics	
13	14	15	16	17	18
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 12:00 pm Color Your World (Watercolor) 1:00 pm Brain & Body 1:00 pm Hand & Foot 1:00 pm Silver Screen Cinema (Movie) Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 12:00 pm Thanksgiving Dinner	
20	21	22	23	24	25
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	CLOSED for Thanksgiving		
				CLOSED for the Thanksgiving Holiday	CLOSED for the Thanksgiving Holiday
27	28	29	30		Front Street Crossing
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 10:00 am Mediterranean & DASH Eating Patterns 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)		Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI
					All Programs / Events REQUIRE Registration

Lowe Center
Cassopolis

**All Programs / Events
REQUIRE Registration**

PROGRAM INFORMATION

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

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

Online: CassCOA.org

ARTS & ENTERTAINMENT



LC ART WORKSHOP: THE PSYCHOLOGY OF COLOR

Registration is required

Delve into color psychology and cultural interpretations of the chromatic scale during this presentation.

Using what was learned, participants will be able to create an abstract visual interpretation of an inner feeling using shapes and colors.

Instructor: Sharron Ott

Lowe Center

Friday, Nov. 10
10 am - 12:30 pm

LC CERAMICS MADE EASY

FSC Cost: FREE

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

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

Lowe Center

Thursdays
12 - 2 pm

Front Street Crossing

Fridays
12:30 - 2:30 pm

FSC COLOR YOUR WORLD (Watercolor Class)

Cost: \$20

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

Get your chance to create your very own watercolor masterpiece as you

follow simple step-by-step instructions and demonstrations.

November's watercolor is "Lake in the Fall."

Instructor: Roy Hruska

Front Street Crossing

Monday, Nov. 14
12 - 3 pm



LC CRAFTY CREATIONS

Cost: \$5 per house

**Registration is required
by November 21.**

This month's featured craft you'll get in the holiday spirit by decorating your own mini non-edible gingerbread house.

Additional gingerbread houses may be available for sale depending on class size.

Instructor: Judy Brown

Lowe Center

Wednesday, Nov. 29
10 am

LC FRUIT BELT WOODCARVERS

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

Lowe Center

Thursdays, Nov. 2 & 16
2:30 - 5 pm

LC KNITTING & CROCHETING

This wonderful and social group creates lots of things from

yarn, and they donate many items to local

charities. They will also teach newcomers. Yarn donations are welcome.

Lowe Center

Fridays
9 am - 12 pm

LC QUILTING

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

Lowe Center

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



LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Online / Zoom

**LC SILVER SCREEN
FSC CINEMA (Movie)**

November's feature is
Home for the Holidays

When her teenage daughter opts out of Thanksgiving, the single mother must now travel alone to her childhood home and be confronted by a clash of personalities. Will she be able to survive time with the people she calls family?



Starring Holly Hunter, Robert Downey Jr., & Anne Bancroft

Free movie, individual bag of popcorn, and water.

Lowe Center

Monday, Nov. 13
1 pm

Front Street Crossing

Tuesday, Nov. 14
1 pm

LC VISUAL ARTS CLASS

Cost: \$15 (Per Class)
All supplies are provided.
No registration is required and you can attend when it is convenient.

All ages and skill levels are invited to explore drawing and painting in this ongoing class.

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

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

Instructor: Sharron Ott

Lowe Center

Tuesdays
1 - 3 pm

LC WHIMSICAL GNOMES

Cost: FREE

Registration is required by November 8.

If gnomes are your thing, then you've come to the right place.

Each month get a chance to make a different gnome based on the season.

This month's featured gnome is a Scarecrow Shelf Gnome. This cute little gnome is sure to draw some attention vs. scare people away.

Instructor: Judy Brown

Lowe Center

Wednesday, Oct. 15
10 am



COMPUTERS & TECHNOLOGY

LC COMPUTER USE

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

Lowe Center

Mondays - Fridays
8 am - 5 pm

Front Street Crossing

Mondays - Fridays
8 am - 4 pm

FITNESS & EXERCISE

LC FITNESS CENTER

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

Lowe Center

Mondays - Thursdays
7 am - 7 pm

Fridays
7 am - 4 pm

Saturdays
7:30 am - 12 pm

Front Street Crossing

Mondays - Fridays
7 am - 4 pm

Membership Prices

1 year \$140 (60+) \$165

3 months \$55 (60+) \$65

1 month \$35 (60+) \$45

Walk-in \$5



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

Class Prices

M/W/F \$25 (Monthly)

T/Th \$20 (Monthly)

All Class Bundle \$40 (Monthly) (Excludes Yoga)

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

*What's Happening
at the COA*

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

FITNESS & EXERCISE

LC BALANCE, STRETCH, AND STABILITY

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

Registration is required

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

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

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
11 - 11:45 am

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
9 - 9:45 am

FSC BRAIN & BODY

Cost: FREE

Don't miss your chance to revitalize your mind and body with this 30 minute fitness experience that will help keep your mind and body connected to maximize your everyday living experience.

Instructor: Ky'sha Johnson

Front Street Crossing

Tuesdays & Thursdays
1 - 1:30 pm

FSC CARDIO CHALLENGE

Cost: \$25 (Monthly)
Registration is required

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

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
8 - 8:45 am

LC FIT 30

Cost: FREE

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

Instructor: Taylor Lee

Lowe Center

Wednesdays & Fridays
1:30 - 2 pm

N MARCELLUS MOVES

Cost: \$20 (Monthly)
\$5 (Per Class)

Registration is required

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

Instructor: Rosemary Gillam

In Your Neighborhood

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

LC LINE DANCE

Cost: FREE

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

Instructor: Fran Yeager

Lowe Center

Tuesdays
3 pm

FSC PARKINSON'S POWER PUNCHERS

Cost: FREE

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

Instructor: Coach Walter Swann,
Former Professional Boxer

Front Street Crossing

Tuesdays & Thursdays
9 - 10 am

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

Cost: \$20 (Monthly)
Registration is required

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

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
9 - 9:45 am

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

LC
Online / Zoom

FSC RANGE OF MOTION & MOBILITY CLASS



Cost: \$25 (Monthly)

Registration is required

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

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
10 - 10:45 am

LC STRONG & STABLE



Cost: \$20 (Monthly)

Registration is required

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

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
10 - 10:45 am

FSC TAI CHI



Cost: \$25 (Monthly)

Registration is required

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

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

Instructor: Glenda Gibson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
11 am - 12 pm

LC 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 a couple laps around the walking trail/downtown (about 1.5 miles, 30 minutes) followed by a 5-10 minute stretch session with a fitness instructor.



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

Leaders: Taylor Lee (LC)

Ky'sha Johnson (FSC)

Lowe Center (Walking Trail)

Wednesdays
9 am

Front Street Crossing (Downtown)

Thursdays
8 am

LC YOGA



Cost: \$8 (Per Class)

Registration is required

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

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

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

Lowe Center & Online / Zoom

Mondays
9 - 10:15 am

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.

Lowe Center

Wednesday & Fridays
1:15 pm

Front Street Crossing

Mondays & Wednesdays
12:45 pm

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

JUST FOR FUN

LC CHESS

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

Lowe Center

Tuesdays
10:30 am - 1 pm

Front Street Crossing

Mondays
10 am - 12 pm

LC EUCHRE

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



If a program is scheduled, Euchre will follow afterward.

Lowe Center

Tuesdays
1:15 pm

Front Street Crossing

Thursdays
1:30 pm

FSC FSC MUSICIANS

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

Front Street Crossing

Fridays
11 am

LC HAND & FOOT

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

Lowe Center

Fridays
1 - 4 pm

Front Street Crossing

Tuesdays
1 - 4 pm

LC LAWLESS JAM SESSION

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

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

Lowe Center

Wednesdays
5 - 6:30 pm

LC MAH JONGG

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

Lowe Center

Mondays
1 - 4 pm

LC PINOCHLE

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

Lowe Center

Wednesdays
1 - 3 pm

FSC SCRABBLE

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



Front Street Crossing

Wednesdays
10 am

LC SING-A-LONG

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

Lowe Center

Fridays
10:30 am - 12 pm

LISTEN & LEARN

FSC ACOUSTIC GUITAR LESSONS

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

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

Instructor: Max Davis

Front Street Crossing

Fridays
10 - 11 am

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Zoom
Online / Zoom



LC MEALS IN MINUTES

Registration is required
by November 2

Are you tired of cooking?
Do you avoid meal prep
due to dishes and messes?
Are you overwhelmed
with meal planning for one
or two?

Come to Meals in Minutes
to learn how to prepare
healthy items that
don't require a culinary
degree or a day spent in
the kitchen. Bring your
appetite as we sample
select items. You will walk
away with recipes that
are simple, delicious, and
ready in minutes.

Class size is limited so sign
up today.

Presenter: Melissa Powell,
Area Agency on
Aging Registered
Dietitian

Lowe Center

Tuesday, Nov. 7
2 pm



FSC MEDITERRANEAN & DASH EATING PATTERNS

Registration is required
by November 22

Learn about plant based
and lean protein eating
patterns that reduce blood
pressure, protect your
heart, and may help you to
live a longer, healthier life.
Add fruits, vegetables,
and unsaturated fats to
your daily eating patterns
in simple ways with the
DASH and Mediterranean
diets.

Presenter: Melissa Powell,
Area Agency on
Aging Registered
Dietitian

Front Street Crossing

Tuesday, Nov. 28
10 am

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

"From Riches to Power
to War"

In this current session we
will read and talk together
about the dawn of the 20th
Century and the writers
who recorded it in fiction
and non-fiction. Read
their perspective of our
country's rise to power and
experiences of World War I.

Instructor: Elaine McKeough

Lowe Center

Thursdays, Oct. 5 - Nov. 9
11 am - 1 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, Nov. 8
1 - 3 pm

LC CONGESTIVE HEART FAILURE SUPPORT GROUP

Navigating a chronic
condition like CHF can feel
overwhelming at first as
you adjust to a new way of
life, but these changes are
often easier with much-
needed support and care.
Learn about beneficial
lifestyle changes and
connect with others for
emotional support.

Lowe Center

Monday, Nov. 20
1 - 3 pm

LC DRUG DROP

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

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

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

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

Lowe Center

Thursday, Nov. 2
10 am - 12 pm

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

SERVICES & SUPPORT

LC DIABETES SUPPORT GROUP

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

Lowe Center
Friday, Nov. 3
1 - 3 pm

LC FOOT CLINIC

Cost: \$20
Appointment ONLY

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

Lowe Center
Mondays, Nov. 13 & 27
Call for Times

LC GRIEF SUPPORT GROUP

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

Lowe Center
Thursday, Nov. 9
1 - 3 pm

LC HEARING CLINIC

Appointment ONLY

Schedule an appointment at either the Lowe Center or Front Street Crossing for a free hearing test and hearing aid cleaning/adjustments.

Lowe Center
Tuesdays, Nov. 14 & 28
9 am - 4 pm

Front Street Crossing
Tuesday, Nov. 7
9 am - 3 pm

LC MS SUPPORT GROUP

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

Lowe Center
Tuesday, Nov. 21
1 - 3 pm

LC PARKINSON'S SUPPORT GROUP

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

Lowe Center
Tuesday, Nov. 14
1 - 3 pm

Front Street Crossing
Thursday, Jan. 25 (2024)
10 - 11:30 am

LC SAVVY CAREGIVER CLASS

Registration is required by calling (269) 982-7731

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

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

Lowe Center
Mondays, Oct. 2 - Nov. 6
10:30 am - 12:30 pm

LC STROKE SUPPORT GROUP

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

Lowe Center
Tuesday, Nov. 7
1 - 3 pm

N SHOPPING

Cost: \$5
Reservations ONLY

Transit provides transportation to the bank, Shelton's Farm Market, and Super Walmart in Niles.



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

Reservations are required at least three days before the trip and will be on a first reserve basis.

In Your Neighborhood
Thursday, Nov. 9

N VETERANS AFFAIRS

Appointment required

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

Contact: Karee Krause, Veterans Service Officer

Phone: (269) 445-4472

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

SOCIAL SESSIONS

LC READ & SHARE BOOK CLUB

Get a chance to discover new books and discuss them with other book enthusiasts.

November's Discussion Book

The Four Winds
by Kristin Hannah

December's Discussion Book

The Painted Veil by
W. Somerset Maugham

Lowe Center

(Date Change)

Wednesday, Nov. 8
1 - 3 pm

FSC SPILL THE BEANS

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

November's Bean Spiller

The COA's very own Chef Mike Garcia will be sharing how he became a chef, his love for cooking, past experiences, the many challenges he faces, and what it is like cooking for the COA.

December's Bean Spiller

Susan Leach,
Cruise Planners Travel
Advisor

Front Street Crossing

Wednesday, Nov. 8
10 am

LC THE STORMY NIGHT WRITERS SOCIETY

We all have stories to tell.

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

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

Lowe Center

Tuesdays, Nov. 7 & 21
9:30 am - 12 pm

SPECIAL EVENTS



LC CRAZY OVER ARTISANS CRAFT SHOW

Be sure not to miss out on the fun as the COA hosts various craft vendors from around the area. This show has a little bit of everything from décor for in and around the house to items that you can wear and will make you smell so very good.

Of course you can't forget the baked and freeze dried goodies for the belly. There will also be a food truck on site selling charcuterie, smoothies, fruit, and veggies.

Lowe Center

Saturday, Nov. 11
9 am - 2 pm

LC THANKSGIVING DINNER

FSC

Cost: Free

Registration is required
by Nov. 10

Dine-In ONLY

Stuff yourself early with our Thanksgiving Dinner.

This is one of our most popular events of the year so make sure you sign up so we can save you a spot at the dinner table.

We are offering two different sit-down times and you **MUST** sign up for one or the other.

Meal is sponsored by Midwest Energy & Communications.

Lowe Center

Friday, Nov. 17
11:30 am or 12:30 pm

Front Street Crossing

Friday, Nov. 17
11:30 am or 12:30 pm



LC VETERANS DAY MEAL

FSC

Cost: FREE (Veteran & Spouse)

Registration is required

Veterans and their spouse will get to enjoy a free lunch thanks to Clark Chapel in Dowagiac

(Starks Family Funeral Home).

Lowe Center

Friday, Nov. 10
11:30 am - 1:30 pm

Front Street Crossing

Friday, Nov. 10
11:30 am - 1:30 pm



What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

Donations & Support

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

Annual Campaign

Cheryl Stickney

Food Service

Anonymous

Front Street Crossing

Anonymous
Susan Muha

Gift in Kind

LJ Brown Farm

Greatest Need

Gary Bixler
Donald Martin
John Meredith
Gary Shanafelt
William Ward

Handy Helpers

Jim and Melody Grubbs

Meals on Wheels

Cheryl Albright
Bonnie Cuthbert
Connie Ellerbrook
Mary Everman
Larry Fredricks

Meals on Wheels (cont.)

John Gould
Lydia Gould
James Kaniuga
Morris and Mary Redding
Thomas Rutherford
Phillip Schumacher
Phyllis Sibley
Deborah Sutherland
Ed Thornburgh
James Wilson
Susan Wiltse

In Memory of Gordy Luthringer

Marguerite Gorham

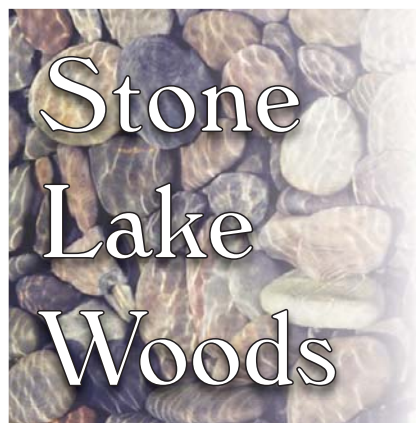
Seniors in Cass County Need Your Support

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

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

Please consider making a gift today.

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



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 \$31,700 for couples and \$27,750 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



NOVEMBER 2023 Menu


Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS & HOURS Lowe Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (November 29) Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information.		National Fried Clams Day Main Entrée* Chicken Fajitas Mexican Rice Refried Beans Tortilla Chips & Salsa Fruit Café Entrée Fried Clams Café Fresh Salad Beef Taco Salad	Main Entrée* Baked Penne w/ Sausage Italian Vegetables Garlic Breadstick Cake Café Entrée Grilled Cheese Café Fresh Salad Mediterranean Salad	National Sandwich Day Main Entrée* Salisbury Steak Mashed Redskins w Gravy Broccoli Wheat Roll Grapes Café Entrée California Ruben Café Fresh Salad Fruit Salad
National Nacho Day Main Entrée* Beef Nachos Diced Tomatoes / Green Onions Nacho Cheese Sauce Sour Cream / Salsa Rice Pudding Café Entrée Chicken & Waffles Café Fresh Salad Custom Salad	Main Entrée* Tilapia Long Grain Wild Rice California Blend Vegetables Wheat Bread Fruit Café Entrée Loaded Potato Skins Café Fresh Salad COA Salad	Main Entrée* Dijon Pork w/ Apple Relish Dilled Redskins Green Beans Wheat Bread Cookie Café Entrée Pastalaya Café Fresh Salad Very Veggie Salad	Main Entrée* Honey Mustard Chicken Rosemary Roasted Redskins Peas Wheat Roll Mandarin Oranges Café Entrée Pulled Pork Sandwich Café Fresh Salad Cottage Cheese w/ Fruit	Veterans Day Meal Main Entrée* Chopped Steak w/ Mushrooms & Onions Mashed Potatoes / Corn Wheat Bread Jello Café Entrée Rueben Café Fresh Salad Tuna Salad
National Vanilla Cupcake Day Main Entrée* Chicken Tenders Mashed Potatoes w/ Gravy California Blend Vegetables Vanilla Cupcake Café Entrée Chef's Special Café Fresh Salad Turkey Craisin Salad	National Pickle Day Main Entrée* Roasted Pork Tenderloin Stuffing Dilled Baby Carrots Wheat Roll Turtle Brownies Café Entrée Cheeseburger w/ Pickle Café Fresh Salad Buffalo Chicken Salad	Main Entrée* Enchiladas Refried Beans Roasted Corn & Black Beans Tortilla Chips & Salsa Fruit Café Entrée Mostaccioli Café Fresh Salad COA Salad	Main Entrée* Veal Parmesan Noodles Tuscan Vegetables Breadstick / Banana Cinnamon Apple Cake Café Entrée Hot Turkey Sandwich Café Fresh Salad Chicken Taco Salad	Thanksgiving Dinner Main Entrée* Roast Turkey Mashed Potatoes w/ Gravy Green Bean Casserole Wheat Roll Pumpkin Pie Café Entrée No Café Entrée Café Fresh Salad No Café Salad
Main Entrée* BBQ Chicken Thighs Baked Beans Corn Wheat Bread Pumpkin Mousse / Apricots Café Entrée BLT Wrap Café Fresh Salad Salad Trio	Main Entrée* Pork Chop Supreme w/ Gravy Brown Rice Pilaf Green Beans & Mushrooms Wheat Roll Apple Crisp Café Entrée Tuna Melt Café Fresh Salad Custom Salad	Main Entrée* Tilapia Garden Rice Blend Winter Blend Vegetables Wheat Bread Chocolate Chip Cookie Café Entrée Meatloaf Café Fresh Salad BLT Salad	CLOSED for Thanksgiving	CLOSED for the Thanksgiving Holiday
Main Entrée* Sweet & Sour Chicken Fried Rice Snap Peas Wheat Bread Cake Café Entrée Soup in a Bread Bowl Café Fresh Salad Mediterranean Salad	National French Toast Day Main Entrée* French Toast Turkey Sausage Maple Syrup Apple Café Entrée Italian Melt Café Fresh Salad Fruit Salad	Hot Breakfast (LC) Main Entrée* Tuna Noodle Casserole Carrots Breadstick Mixed Fruit Café Entrée Hot Beef Sandwich Café Fresh Salad Mini Garden Salad	National Mousse Day Main Entrée* Meatloaf Mashed Potatoes w/ Gravy Baby Carrots Wheat Roll Mousse Café Entrée Boneless Wings Café Fresh Salad Cottage Cheese w/ Fruit	

Menu is subject to change without notice.

**Daily vegetarian lunch option available upon request.



Meals are funded in part by
Region IV Area Agency on Aging and are
served in partnership with Cass County COA.
(Suggested Donation per Meal: \$4.00)



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

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

Meal is sponsored by
**Midwest Energy
& Communications.**


Thanksgiving Dinner



Lowe Center & Front Street Crossing
Friday, November 17
11:30 a.m. or 12:30 p.m.

We are offering two different sit-down times and
you **MUST** sign up for one of the two
by November 10.

You may only sign up yourself and your significant other.
Please tell your friends they must R.S.V.P. themselves.



If you have signed up and are unable
to make it, please call us to cancel.

**For more information and
to sign up, please call
(269) 445-8110.**