November 2022

The Messenger

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Cass County COA
Enhancing Life

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GRATI Can Change

by KELLI CASEY
Director of Community Development

Each holiday season comes with high expectations for a cozy and festive time of year. However, for many this time of year is tinged with sadness, anxiety, or depression. And honestly, most of us have moments where we just feel lost, overwhelmed, or down during this busy time. Luckily, one aspect of the Thanksgiving season can actually lift spirits, and it's built right into the holiday — being grateful.

The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness. In some ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. It helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Gratitude also helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice.

What are you grateful for this holiday season?

"Every morning I thank the good Lord that I have another day of life. I'm grateful for my beautiful wife and I am thankful for all of the fun stuff we do here at the COA."

~ John Nelson

"I am thankful that I live in America and for the COA. I am so thankful for my wonderful family and friends." ~ Helga Richards

TUDE Everything

"I am so thankful to have a COA in Dowagiac and for the great fitness classes that Ky'sha teaches." ~ Bernadette Pratl

"I am grateful for so many things. I am happy to wake up everyday with a smile, thankful that I am able to help people in need like delivering Meals on Wheels and Church activities, and I am so grateful that I am able to babysit my beautiful grandchildren." ~ John Bradke

"We are so grateful to have met each other in the fitness room and are thankful for the deep friendships we have made with one another."

~ Ellen Kingsley, Marty Kleva, Annie Kleva, Karen Behnke & Bill Behnke
(not pictured Frank & Dottie Petriko)

"I am grateful to live inside the Dowagiac city limits so I can ride the bus to the COA for lunch, bingo, euchre, chess and all the other fun stuff I do here." ~ Dennis Kelly

"I am grateful for my health, my family, and that I am able to help others."

~ Kathy Yoder

Photos by Kelli Casey

Cover Image

Linda Brossman wins a prize during the Fall Volunteer Breakfast. If you are interested in volunteering at the COA, stop in or call (269) 445-8110.

Cass County COA Staff Contacts

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Kelli Casey

Food Service
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Front Street Crossing
Kelli Casey

Human Resources / Volunteers
Danielle Dilts

Leisure Activities / Fitness / Facilities Rental
Kelli Casey

Lifelong Learning / Handy Helpers
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Adrienne Glover

Operations
Danielle Dilts

The COA is proud to partner with...

REGION IV Area Agency On Aging

Chill Out Before the Holidays

by DANIELLE DILTS
Human Resources Manager

Novem-brrr, it is getting chilly outside and harder for us to want to venture out. Thanksgiving is just around the corner and so are the slick roads. That makes now the perfect time to start planning for winter and the holiday season, whether that means preparing your home for company or just the cold. Either way, it seems like there is work to be done around the house and many of us get overwhelmed with the mere thought of when and how we're going to get it all done.

Did you know the more we feel overwhelmed the higher our stress level becomes? This in turn leads to health-related issues, as well as a short-fused demeanor. No part of that is good for us or the people we are around. Simply pause, take a deep breath, and let go of the things consuming us. Take things one step at a time and pace yourself. Slow progress is better than no progress.

One thing on my to-do list is getting the refrigerator cleaned out and ready for all of the holiday food. Can you believe they made a day specific for cleaning out your refrigerator? That's right, November 15 is National Clean Out Your Refrigerator Day. So celebrate this day by not only clearing out the fridge, but by rejoicing that it could also be removing a part of your overwhelming list.

If this time of year does stress you out, be sure to attend the six week long Mindful Meditation class at the COA Lowe Center from 11 a.m. – 12 p.m. on November 1 through December 6.

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.

EQUAL HOUSING OPPORTUNITY

There's Still Time to Enroll

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.

For more information or to schedule an appointment with one of the COA's MMMAP Counselors, please call (269) 445-8110.

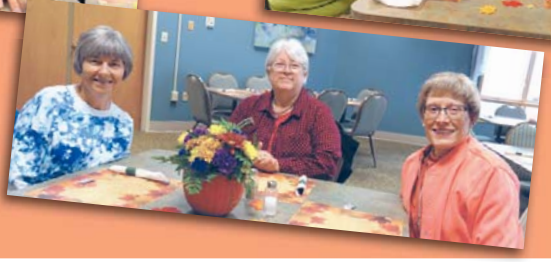
CASS COUNTY
MedicalCareFacility

269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

www.ccmcf.org

Volunteer Fall Breakfast



Van Gogh Bus Trip

Photos by Kelli Casey & Tracey Maleski

HOME SAFETY TIPS

by KY'SHA JOHNSON
Certified COA Fitness Trainer

Getting to enjoy retirement in your own house is the dream for many seniors. Unfortunately, age can bring with it both physical and cognitive changes, making it more challenging to stay in your home. As eyes and body begin to fail and memory starts to lapse, all of a sudden that familiar house is full of dangers. This is why it is important for either you or a professional to go through your home and perform a safety assessment.

You don't want to wait until something happens, such as a fall or illness, for this to become a priority. At that point, an expert will be required to inspect your home and recommend changes prior to being released from the hospital.

1. Declutter Pathways

Everyday items can quickly become hazards if you trip on them while walking through your home during the day or at night. Getting rid of these piles is essential, but it can also be emotional, because many people feel attached to all the "stuff" in their home. Things to look for when decluttering include:

- Potted plants
- Piles of shoes and boots
- Laundry baskets
- Newspapers

2. Remove Rugs & Other Tripping Hazards

Falls are the leading cause of fatal injuries in Americans over 65, so it is crucial to look for ways to prevent them.

Throw rugs and area rugs can bunch up or the corners can flip over, creating a true danger zone — be sure to tape or tack them down, or get rid of them altogether. Aside from rugs, you should also check for:

- Any thresholds that need to be stepped over
- Footrests and ottomans that can get in the way
- Slippery stairs that need to be covered with non-skid treads

3. Make the Bathroom More Accessible

The bathroom can be the most dangerous room in the house. Can the shower be accessed without stepping over the high side of a bathtub? Is there a sturdy grab bar to get up and down from the toilet or into the shower?

If you are using a towel rack to aid you as you maneuver your way around the bathroom...don't. They are only meant to support a few pounds, not the weight of a person. A grab bar will need to be installed.

4. Check Kitchen for Hazards

If you will still be preparing your own meals, make sure the kitchen is as safe as possible. Some adjustments may include:

- Moving frequently used pots, pans, utensils and groceries to lower shelves where they are easily accessible.
- Making sure faucets are clearly marked for hot and cold and installing anti-scald devices.
- Checking that burners and oven are working properly and have timers that beep loudly.
- Buying and upgrading to a new microwave, as microwaving is safer and easier than cooking with an open flame. You can always fill the freezer with prepared meals that just need to be zapped.

5. Improve Lighting

All pathways should be well-lit, especially the route to the bathroom at night. In addition to all rooms, other areas to check for lighting include any outside areas such as the garage and driveway, near all doors as well as in the hallways and entryways. Inexpensive nightlights placed around the house can be a big help.

6. Prepare for Winter

Keep salt handy in order to make walkways less slippery and be sure to wear proper footwear with good traction. You might want to mark outdoor hazard areas with brightly colored markers so they are more noticeable.

The COA offers many resources in order to help you stay in your home longer. Even the use of a fitness class could aid in better walking, preventing a future fall. For more information on how the COA can help you or a loved one, stop in or call (269) 445-8110.

Woodcarving Show

The Fruit Belt Woodcarvers are having their 41st annual Woodcarving Show Saturday, Nov. 5 from 10 a.m. to 5 p.m. and Sunday, Nov. 6 from 10 a.m. to 3 p.m. at the Constantine American Legion (65079 US 131 N).

The show features all types of woodcarvings and burnings. Vendors will demonstrate, display, and some will sell their work. Admission and parking are free. Some refreshments will be available for purchase.

The Fruit Belt Woodcarvers meet at the COA twice a month, on the first and third Thursday of the month from 2:30 to 5 p.m. The group includes all skill levels of carvers and welcomes newcomers to the art.

Volunteers

Duane Adams
Ruthann Adams
Joanne Anderson
Betty Ash
Elizabeth Bale
Shirley Barks
Tori Bass
Jim Beebe
Vicky Beebe
Patricia Bellaire
Diane Bonczynski
Joyce Borton
Richard Borton
Rebecca Bowers
John Bradke
Camille Briegel
Linda Brossman
Robert Brossman
Judy Brown
Shirley Brown
Frank Butts
Marsha Butts
Linda Campbell
Robert Campbell
Lonnie Carlisle
Ginger Carlisle
Michael Casey
Chris Cettinski
Bob Cochrane
Anne Colgan
Joe Colgan
Keryl Conkright
Judy Coon
Dan Dahmen
Sue Decker
Kay Diehl
Carol Dierickx
Jeff Downing
David Dunlap
Sue Dunlap
Robin Emenaker
Larry Emrick
Megan Fecho
Marilu Franks
Elizabeth French
Mary Geminder
Barb Green
Joyce Greenwood
Cheryl Groner
Floyd Groner
Jim Grubbs
Melody Grubbs
Shirley Guilford
Joyce Hamilton
Janet Hamilton-Merckx
Brooke Hari
Marcus Hari
Kimberly Hartman
Sue Heinrich
Jim Hershberger
Deborah Howes
Richard Howes
Mary Jones
Linda Keeler
Mike Klute
Virginia Kraft
David Kring
Luci Lafontant-Lee
Marcia Lofts
Ronald Lofts
Richard Macleod
Frank Maley
Carol Manning
Elaine McKeough
Dolores McNeary
Cindra Mikel
Delores Minisee
Barb Monroe
Pamela Moore
Carl Moraw
Nancy Pallas
Susan Parker
Ray Phillips
George Purlee
Jannette Rafferty
Sandra Randle
Jennifer Ray
Terry Ray
Joyce Rentfrow
Melvin Reynolds
Helga Richards
John Seculoff
Fred Shank
Nicolette Shea
Erma Skipper
Jessica Slough
Marie Slough
Eileen Smith
John Smith
Irmgard Stanage
Julie Stebbin
Kawanna Stoker
Walter Swann
Diane Tiser
Karen Visser
Ralph Vosburgh
Pam Welling
Susan Wilder
Anne Wilkinson
Clarawayne Wolford
Roberta Woodruff
Tom Yarger
Fran Yeager
Katherine Yoder
Carol Young
Beverly Youngberg
Richard Zander

Volunteers listed are for the month of September, during which we had 117 active volunteers who contributed 1436 hours of work. This would be equal to more than 8 full time staff positions.

Ice Cream Social

Dowagiac

Donations & Support

Includes donations received between September 11 – October 10, 2022. Donations received after that date will be acknowledged in the next edition of the Messenger.

Fitness
Denny Stites

Greatest Need
Anonymous
Karen Current
Betty Grames

Handy Helpers
Donald Stapeland

In Memory of Norman Cipares
General Insurance Services
Daryl and Linda Pomranke

In Memory of Margaret Edwards
Glennis Godbee

In Memory of Tom Hartsell
Lois Radtke

In Memory of Vicki Maley
Barry and Peg Bowsman

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

Volunteer Spotlight

Joyce Hamilton is one of the COA's Knitting & Crocheting volunteers. Since 2014 alone, she has put in over 5000 hours helping to make the many hats, blankets, mittens, scarfs, etc. that have been donated to local hospitals and homeless shelters. Joyce is happy to teach and help those around her and assists many with figuring out their patterns.

If you would like to be a part of this tight-knit group, they meet every Friday from 9 a.m. till noon at the COA Lowe Center.

Employee Spotlight

Laura Jepkema has worked as the Director of our Adult Day Service for 9 years and is always a fierce competitor in our fun COA staff games.

When not at work, Laura enjoys spending time with her husband and their two daughters on their hobby farm. She enjoys riding her horse through the woods and taking care of their chickens, rabbits, dogs, and cats.

Health Fair

WordOut of the Day
November Fitness Challenge

Exercise your vocabulary, stretch your anatomy, and get in some physical activity!

As the days get shorter, nights longer and the temperature colder, we all need a little extra motivation to keep our fitness routine on track.

The COA Fitness Instructors have created a fun and challenging workout to help add a little motivation and inspiration to your daily workouts.

Each day we will reveal a new word or that day's workout in both COA Fitness Centers. Exercises will be posted that correspond to each letter of the word. For example, if the day's word is "FALL," you will be given four exercises that all must be executed in order to declare that day's challenge complete.

Each time you finish the WordOut of the Day within the timeframe allowed, you will be entered into a drawing for a $50 Gas Card. It's that easy!

Fitness Center Membership is required.

For more information please stop by either COA location to speak with one of our Fitness Instructors.

COA Fitness Partners with Renew Active

Renew Active™, the gold standard in Medicare fitness programs for body and mind is now accepted at both COA fitness locations. The program is available at no additional cost with UnitedHealthcare® Medicare plans.

Renew Active by UnitedHealthcare

With Renew Active™, you'll receive a one-on-one session with a personal trainer to set fitness-related goals and create a personalized fitness plan available at no additional cost with UnitedHealthcare® Medicare plans. Make an appointment today!

If you have insurance with UnitedHealthcare Medicare you may be eligible for free access to our fitness centers.

Check with your UnitedHealthcare provider to confirm your Renew Active benefit then bring in your insurance card to get enrolled in this free fitness program.

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.

November 2022 Front Street Crossing Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 am Hearing Clinic 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	**2** 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	**3** 1:00 pm Brain & Body 1:00 pm Euchre Off Site Marcellus Moves (8:30 am)	**4** 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	**5**
7 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	**8** 12:00 pm Color Your World (Watercolor) 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am) Off Site Read & Share Book Club (1:00 pm)	**9** 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Rehabilitation - Is It Right for Me 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	**10** 1:00 pm Brain & Body 1:00 pm Euchre 1:00 pm Snowy Pine Cone Wreath Off Site Marcellus Moves (8:30 am)	**11** 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**
14 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	**15** 10:00 am Pokagon Band of Potawatomi Indians 1:00 pm Brain & Body 1:00 pm Hand & Foot 1:00 pm Hollywood Treasures (Movie) Off Site Marcellus Moves (8:30 am)	**16** 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	**17** 12:00 pm Thanksgiving Dinner 1:00 pm Euchre Off Site Marcellus Moves (8:30 am)	**18** 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	**19**
21 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	**22** 1:00 pm Brain & Body 1:00 pm Hand & Foot 1:00 pm Hollywood Treasures (Movie) Off Site Marcellus Moves (8:30 am)	**23** 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	**24** CLOSED for Thanksgiving	**25** CLOSED for the Thanksgiving Holiday	**26** CLOSED for the Thanksgiving Holiday
28 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	**29** 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	**30** 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			Front Street Crossing Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI All Programs / Events REQUIRE Registration

November 2022 Lowe Center Cassopolis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 am S.E.A.T. 9:30 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 11:00 am Mindful Meditation 1:00 pm Euchre 1:00 pm Book Club 1:00 pm Stroke Support 1:00 pm Visual Arts Class 3:00 pm Line Dance	2 1:00 pm Bingo 1:00 pm Fit 30 1:00 pm Pinochle 5:00 pm Lawless Jam Session	3 9:00 am S.E.A.T./Stretch 10:00 am America in Writing 10:00 am Drug Drop 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:30 pm Ceramics 2:30 pm Woodcarvers	4 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Bingo 1:00 pm Diabetes Support Group 1:00 pm Fit 30	5 9:00 am Yoga
7 10:00 am Quilting 1:00 pm Mah Jongg 5:45 pm Yoga	8 9:00 am Hearing 9:00 am S.E.A.T./Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 11:00 am Mindful Meditation 1:00 pm Euchre 1:00 pm Parkinson's Support 1:00 pm Visual Arts Class 3:00 pm Line Dance	9 7:30 am Breakfast Buffet 1:00 pm Bingo 1:00 pm Caregivers Support Group 1:00 pm Fit 30 1:00 pm Pinochle 1:00 pm Rehabilitation - Is It Right for Me 5:00 pm Lawless Jam Session	10 9:00 am S.E.A.T. 10:00 am America in Writing 10:00 am Snowy Pine Cone Wreath 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:30 pm Ceramics 1:00 pm Grief Support Group Off Site Shopping	11 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 11:30 am Veterans Day Ceremony 11:30 am Veterans Meal 1:00 pm Bingo 1:00 pm Fit 30	12 9:00 am Yoga
14 9:00 am Foot Clinic 1:00 pm Hollywood Treasures (Movie) 1:00 pm Mah Jongg 5:45 pm Yoga	15 9:00 am S.E.A.T./Stretch 9:30 am Writer's Society 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance 11:00 am Mindful Meditation 1:00 pm Euchre 1:00 pm MS Support Group 1:00 pm Visual Arts Class 3:00 pm Line Dance	16 1:00 pm Bingo 1:00 pm Alaska Cruise Questions & Answers 1:00 pm Fit 30 1:00 pm Pinochle 5:00 pm Lawless Jam Session	17 12:00 pm Thanksgiving Dinner 12:30 pm Ceramics 2:30 pm Woodcarvers	18 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Bingo 1:00 pm Fit 30	19 9:00 am Yoga
21 9:00 am Foot Clinic 10:00 am Quilting 1:00 pm Hollywood Treasures (Movie) 1:00 pm Mah Jongg 5:45 pm Yoga	22 9:00 am Hearing 9:00 am S.E.A.T./Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 11:00 am Mindful Meditation 1:00 pm Euchre 1:00 pm Visual Arts Class 3:00 pm Line Dance	23 1:00 pm Bingo 1:00 pm Pinochle 1:00 pm Fit 30 5:00 pm Lawless Jam Session	24 CLOSED for Thanksgiving	25 CLOSED for the Thanksgiving Holiday	26 CLOSED for the Thanksgiving Holiday
28 9:00 am Foot Clinic 1:00 pm Mah Jongg 5:45 pm Yoga	29 9:00 am S.E.A.T./Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 11:00 am Mindful Meditation 1:00 pm Euchre 1:00 pm Visual Arts Class 3:00 pm Line Dance	30 1:00 pm Bingo 1:00 pm Pinochle 1:00 pm Fit 30 5:00 pm Lawless Jam Session			

Lowe Center

Monday - Thursday
7 am - 7 pm

Friday
7 am - 4 pm

Saturday
7 am - 12 pm

60525 Decatur Rd.
Cassopolis, MI

All Programs / Events REQUIRE Registration

Program Information

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

You may register by **Phone:** (269) 445-8110 or **Online:** CassCOA.org

Arts & Entertainment

LC CERAMICS MADE EASY

Cost: FREE

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

Instructor: Joyce Greenwood

Lowe Center
Thursdays
12:30 - 2:30 pm

FSC COLOR YOUR WORLD *(Watercolor Class)*

Cost: $18
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 "Bringing Home the Christmas Tree."

Instructor: Roy Hruska

Front Street Crossing
Tuesday, Nov. 8
12 - 3 pm

LC FSC HOLLYWOOD TREASURES *(Movie)*

October's features are
Grumpy Old Men
Grumpier Old Men

Sit back, relax, and enjoy these two great comedies.

Grumpy Old Men: A lifelong feud between two neighbors only gets worse when a new female neighbor moves across the street. Will she help bring them together or only push them farther apart?

Grumpier Old Men: The two neighbors are back at it again but are now forced to put their bickering aside when their kids get engaged. To make matters worse, a new lady moves to town and throws a wrench into their love for fishing.

Starring Jack Lemmon & Walter Matthau

Free movie, individual bag of popcorn, and water.

Lowe Center
Mondays, Nov. 14 & 21
1 pm

Front Street Crossing
Tuesdays, Nov. 15 & 22
1 pm

LC FRUIT BELT WOODCARVERS

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

Lowe Center
Thursdays, Nov. 3 & 17
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. 7 & 21
10 am - 4 pm

LC Lowe Center
FSC Front Street Crossing
N In Your Neighborhood
Online / Zoom

LC FSC SNOWY PINE CONE WREATH

Cost: $20 per wreath
Registration is required

Spruce up your home with a touch of nature. Add a dusting of snow to these pine cones to create your own piece of winter. They then can be displayed on a wreath or any other way you choose for the upcoming holiday season.

Materials to complete a wreath will be provided, but you may bring embellishments, ribbons, or other pieces to customize your wreath if you wish.

Instructor: Leslie Vargo

Lowe Center
Thursday, Nov. 10
10 am

Front Street Crossing
Thursday, Nov. 10
1 pm

LC VISUAL ARTS CLASS

Cost: $15 *(Per Class)*
Please bring a pencil and paper. A supply list will be provided.

Every class begins with an art history lesson and a discussion, followed by a project.

Students work at their own pace using various media.

Mediums Used: Pencil, Charcoal, Acrylic Paint, Pastel, (any water based medium)

Instructor: Sharron Ott

Lowe Center
Tuesdays
1 - 3 pm

COMPUTERS & TECHNOLOGY

LC FSC COMPUTER USE

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 FSC FITNESS CENTER

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

Lowe Center
Mondays - Thursdays
7 am - 7 pm

Fridays
7 am - 4 pm

Saturdays
7 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	$6

SilverSneakers® Renew Active® by UnitedHealthcare

COA is a **SliverSneaker** & **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 am - 12 pm

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

Mon. - Fri.
7 am - 4 pm

Fitness & Exercise

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)* & 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

LINE DANCE

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

Instructor: Fran Yeager

Lowe Center
Tuesdays
3 pm

BRAIN & BODY

Cost: FREE

Don't miss your chance to revitalize your mind and body with this 30 minute, six week 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

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

FIT 30

Cost: Free

Join us for this FREE six week class. 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 - 1:30 pm

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 Lowe Center
FSC Front Street Crossing
N In Your Neighborhood
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 S.E.A.T. / STRETCH CLASS

Cost: $20 *(Monthly)*
Registration is required

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

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom
Tuesdays & Thursdays
9 - 9:45 am

LC STRONG & STABLE

Cost: $20 *(Monthly)*
Registration is required

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

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom
Tuesdays & Thursdays
10 - 10:45 am

FSC TAI CHI

Cost: $25 *(Monthly)*
Registration is required

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

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

Instructor: Glenda Gibson

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

Front Street Crossing & Online / Zoom
Mondays, Wednesdays, Fridays
11 am - 12 pm

LC YOGA

Cost: $8 *(Per Class)*
Registration is required

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

Instructors: Karen Sommers *(M)*
Amy Crennell *(Sa)*

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

Lowe Center & Online / Zoom
Mondays
5:45 - 7 pm

Saturdays
9 - 10:15 am

JUST FOR FUN

LC BINGO

FSC Cost: $1.25 *(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 - 2 pm

Front Street Crossing
Mondays & Wednesdays
12:45 pm

Lowe Center
60525 Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm
Fri.
7 am - 4 pm
Sat.
7 am - 12 pm

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

Mon. - Fri.
7 am - 4 pm

LC Lowe Center

FSC Front Street Crossing

N In Your Neighborhood

Online / Zoom

JUST FOR FUN

LC FSC CHESS

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 FSC EUCHRE

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

If a program is scheduled, Euchre will follow afterward.

Lowe Center
Tuesdays
1 pm

Front Street Crossing
Thursdays
1 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

FSC HAND & FOOT

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

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

Enjoy this trick-taking card game while making friends.

Lowe Center
Wednesdays
1 - 3 pm

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

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

LISTEN & LEARN

LC ALASKA CRUISE QUESTIONS & ANSWERS

The COA is heading to Alaska in September 2023 on a 7-day cruise with Princess Cruise Lines. This month's Q&A will focus on **Air & Hotel**.

If you are interested in discovering the beautiful state of Alaska, join us as we answer all your questions about what there is to see, do, costs, and more. Don't just dream about Alaska, come and find out how you can make it a reality.

Lowe Center
Wednesday, Nov. 16
1 pm

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 AMERICA IN WRITING

"Fourscore and seven years ago, our fathers brought forth upon this continent a new nation, conceived in liberty, dedicated to the proposition that all men are created equal..."

Lincoln, The Battle Hymn of the republic, the civil War...What more appropriate time then now could there be for us to talk about the writings that took us into, through, and beyond the most trying time of our shared democracy. Some of the most important and moving writings of the Civil War period will be spotlighted.

Instructor: Elaine McKeough

Lowe Center
Thursdays, Oct. 6 - Nov. 10
10 am - 12 pm

LC MINDFUL MEDITATION

Holidays often bring about good times filled with food, family, and celebrations. However, it is not uncommon for this time of the year to also be laden with stress, anxiety, family conflicts, and the feeling of being overwhelmed.

This Mindful Meditation class will help you learn techniques for lowering stress and anxiety, offer productive ways to communicate that can minimize unnecessary conflict, and help you to appreciate the many wonderful people and things in your life. Join in and help make the holidays a little brighter.

Presenter: Dr. Rich Oxhandler, Emeritus Professor & Counselor, Western Michigan University

Lowe Center
Tuesdays,
Nov. 1 - Dec. 6
11 am - 12 pm

LC FSC REHABILITATION – IS RIGHT FOR ME

The goal of rehabilitation is to return the patient to the highest level of function after treatment of their diagnosis. Some of these include joint replacement, stroke, Parkinson's, ALS, hip fractures, spinal cord injuries, trauma, wounds, cancer, multiple sclerosis, cardiac conditions, orthopedic issues, and more.

Find out what to look for with rehabilitation services, what outcomes to expect, and what rehabilitation choices you or a loved one have should you ever be in need.

Presenters: Lorna Stahler, CRRN, BS, BSN & Patty Gremaux, Rehabilitation Hospital of Northern Indiana

Lowe Center
Wednesday, Nov. 9
1 pm

Front Street Crossing
Wednesday, Nov. 9
10 am

What's Happening at the COA

Lowe Center
60525 Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm
Fri.
7 am - 4 pm
Sat.
7 am - 12 pm

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

Mon. - Fri.
7 am - 4 pm

What's Happening at the COA

LC Lowe Center

FSC Front Street Crossing

N In Your Neighborhood

Online / Zoom

LISTEN & LEARN

FSC POKAGON BAND OF POTAWATOMI INDIANS

With the Pokagon Band of Potawatomi tribal headquarters located right here in Cass County, how much do you actually know about them?

Come and hear the history of the Potawatomi Indians, along with what the tribe does for its citizens today and how the Pokagon Band works in the community.

Presenter: Nicole Holloway, Pokagon Band of Potawatomi Cultural Activities Coordinator

Front Street Crossing
Tuesday, Nov. 15
10 am

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. 9
1 - 3 pm

LC DIABETES SUPPORT GROUP

Please join us as we discuss daily strategies to become an active self-manager in your life with diabetes.

Lowe Center
Friday, Nov. 4
1 - 3 pm

LC DRUG DROP

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. 3
10 am - 12 pm

LC FOOT CLINIC

Cost: $20
Appointment ONLY

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

Lowe Center
Mondays, Nov. 14 & 28
Call for Times

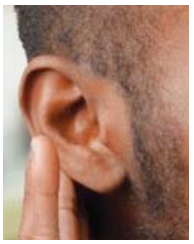
LC GRIEF SUPPORT GROUP

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

Lowe Center
Thursday, Nov. 10
1 - 3 pm

LC HEARING CLINIC

FSC **Appointment ONLY**



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

Lowe Center
Tuesdays, Nov. 8 & 22
9 am - 4 pm

Front Street Crossing
Tuesday, Nov. 1
9 am - 4 pm

LC MASSAGE

Cost: $50 (50 Minutes)
$30 (30 Minutes)
Appointment ONLY

It is time to relax. There is nothing like having someone work out aches and pains while you enjoy the benefits.

Masseuse: Rachel Hodge, Licensed Massage Practitioner

Lowe Center
Call for dates
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. 15
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. 8
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 due to less seating, will be on a first reserve basis. Transit will space out passengers to allow for social distancing. Masks MUST be worn.

In Your Neighborhood
Thursday, Nov. 10

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. 1
1 - 3 pm

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: 269-445-447

SOCIAL SESSIONS

LC N READ & SHARE BOOK CLUB

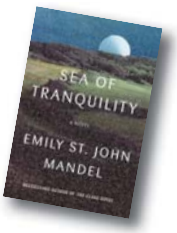
Registration is required

The COA has partnered with the Dowagiac District Library to host a monthly Book Club.

Books will be provided by the library. Please preregister so that enough books will be available on club day.

November's Discussion Book
The Daughter of Doctor Moreau
by Silvia Moreno-Garcia

December's Discussion Book
Sea of Tranquility by Emily St John Mandel



Leader: Gina Simoni, Dowagiac District Library

Lowe Center
Tuesday, Nov. 1
1 - 3 pm

In Your Neighborhood
Dowagiac District Library
211 Commercial St.
Dowagiac, MI
Tuesday, Nov. 8
1 - 3 pm

FSC SPILL THE BEANS

Discover what's going on in your community.

November's Bean Spiller

Learn about new businesses coming into Dowagiac and have an opportunity to ask questions from Dowagiac City Manager, Kevin Anderson.

December's Bean Spiller

TBA

Front Street Crossing
Wednesday, Nov. 23
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. 1 & 15
9:30 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 am - 12 pm

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

Mon. - Fri.
7 am - 4 pm

What's Happening at the COA

SPECIAL EVENTS

LC VETERANS DAY CEREMONY

Honor veterans in a special ceremony hosted by the Cassopolis VFW Post 10704. Meet outside around the flagpole right off of Decatur Rd. and then join us for lunch afterwards inside.

Lowe Center
Friday, Nov. 11
11:30 am

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)*. Be sure to not miss the special Veterans Day Ceremony held out at the Lowe Center flagpole at 11:30 am.

Lowe Center
Friday, Nov. 11
11:30 am - 1:30 pm

Front Street Crossing
Friday, Nov. 11
11:30 am - 1:30 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.

Meal is sponsored by Midwest Energy & Communications.

Lowe Center
Thursday, Nov. 17
12 pm

Front Street Crossing
Thursday, Nov. 17
12 pm

Weather & Closings

Michigan roads get hit with that dreaded "s" word every year and that is why we feel it is important to update you 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.

During the winter season, Meals on Wheels customers receive emergency meals to be used in case of closing. In the event of a weather closure lasting more than one day, arrangements will be made and customers will be contacted.

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.

Additional scheduled closures:

December 23 & 26
Christmas Holiday

December 30 & January 2
New Year's Holiday

January 16
Martin Luther King, Jr. Day

If you have any questions, please don't hesitate to contact the Cass County COA at (269) 445-8110.

November 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Main Entrée* Meatloaf Mashed Potatoes w/ Gravy Baby Carrots Wheat Roll Peach Crisp Café Entrée Grilled Chicken Sandwich Café Fresh Salad Shrimp Salad	**2** Main Entrée* Chicken & Dumplings Peas & Carrots Wheat Bread Applesauce Chocolate Pudding Tart Café Entrée Tamales Café Fresh Salad COA Salad	**3** Main Entrée* Sweet & Sour Chicken White Rice Sugar Snap Peas Wheat Bread Pineapple / Fortune Cookie Café Entrée Bacon Mac & Cheese Café Fresh Salad Fruit Salad	**4** Main Entrée* Salisbury Steak Mashed Redskins w/ Gravy Broccoli Wheat Roll Grapes / Pecan Pie Café Entrée Hot Turkey Sandwich Café Fresh Salad Chicken Cranberry Salad
7 Main Entrée* Beef Ravioli Green Beans Garlic Toast Fruit Salad Café Entrée Chicken Philly Café Fresh Salad Cottage Cheese w/ Fruit	**8** Main Entrée* Maple Glazed Salmon Fillet Long Grain Wild Rice California Blend Vegetables Wheat Roll / Fresh Fruit Oreo Cookie Bars Café Entrée Barbecue Chicken Pizza Café Fresh Salad Veggie Blend Salad	**9** Main Entrée* Dijon Pork w/ Apple Relish Dilled Redskins Green Beans Amandine Wheat Bread Frosted Cake / Peaches Café Entrée Bacon Mac & Cheese Café Fresh Salad Turkey Craisin Salad	**10** Main Entrée* Honey Mustard Chicken Rosemary Roasted Redskins Peas Wheat Roll Mandarin Oranges Café Entrée Soup in a Bread Bowl Café Fresh Salad Antipasto Salad	Veterans Day Meal **11** Main Entrée* Chopped Steak w/ Mushrooms & Onions Mashed Potatoes / Corn Wheat Bread Jello Café Entrée Chicken Quesadilla Café Fresh Salad COA Salad
14 Main Entrée* Lemon Pepper Tilapia Maple Sweet Potatoes Capri Blend Vegetables Coleslaw / Hush Puppies Pears Café Entrée Pulled Pork Sandwich Café Fresh Salad Strawberry Chicken Salad	**15** Main Entrée* Roasted Pork Tenderloin Stuffing Dilled Baby Carrots Wheat Roll Turtle Brownies / Yogurt Café Entrée Loaded Baked Potato Café Fresh Salad Beef Taco Salad	**16** Main Entrée* Enchiladas Refried Beans Roasted Corn & Black Beans Tortilla Chips & Salsa Cantaloupe Café Entrée Pot Roast Café Fresh Salad Garlic Shrimp Salad	Thanksging Meal **17** 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	**18** Main Entrée* Veal Parmesan Noodles Tuscan Vegetables Breadstick / Banana Cinnamon Apple Cake Café Entrée Grilled Ham & Cheese Café Fresh Salad Buffalo Chicken Salad
21 Main Entrée* BBQ Chicken Thighs Baked Beans Corn Wheat Bread Pumpkin Mousse / Apricots Café Entrée Meatball Sub Café Fresh Salad Tuna Salad	**22** Main Entrée* Pork Chop Supreme w/ Gravy Brown Rice Pilaf Green Beans & Mushrooms Wheat Roll Apple Crisp Café Entrée California Rueben Café Fresh Salad House Salad	**23** Main Entrée* Crunchy Flounder Garden Rice Blend Winter Blend Vegetables Wheat Bread Chocolate Chip Cookie Café Entrée Italian Melt Café Fresh Salad Mediterranean Salad	**24** CLOSED for Thanksgiving	**25** CLOSED for the Thanksgiving Holiday
28 Main Entrée* Fried Chicken Mashed Potatoes w/ Gravy Peas Wheat Bread Brownie / Peaches Café Entrée Salisbury Steak & Redskins Café Fresh Salad Fruit Salad	**29** Main Entrée* Roast Beef w/ Gravy Baked Potato w/ Sour Cream Peas & Pearl Onions Wheat Roll Apple Pie Café Entrée Walking Tacos Café Fresh Salad Cobb Salad	**30** Main Entrée* Tuna Noodle Casserole Carrots Breadstick Mixed Fruit Café Entrée Grilled Cheese & Soup Café Fresh Salad Greek Salad		

Locations & Hours

Lowe Center Hours (LC)

Lunch**
11:30 a.m. - 1:30 p.m. (weekdays)
Buffet Breakfast
7:30 - 8:30 a.m. (Oct. 5 & 21)

Front Street Crossing (FSC)

Lunch**
11:30 a.m. - 1:30 p.m. (weekdays)
Breakfast
7:00 - 10:00 a.m. (weekdays)

Chestnut Towers Apartments
Meals* served daily by reservation only
– call the COA for more information.

Menu is subject to change without notice.

***Daily vegetarian lunch option available upon request.*

Region IV Area Agency On Aging

Meals are funded in part by Region IV Area Agency on Aging and are served in partnership with Cass County COA.

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

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

Thanksgiving Dinner

Lowe Center &
Front Street Crossing

November 17
Noon

Cost: FREE
Reservation Required

Dine-In ONLY

Call (269) 445-8110 by
November 10
to reserve your spot.

Meal is sponsored by
Midwest Energy & Communications