

December 2023

The Messenger



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Home



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We Make a Difference Because of You



by KELLI CASEY
Director of Community Development

Greetings from the Cass County COA! As 2023 comes to a close, we reflect on the incredible journey we've embarked upon and are humbled by the unwavering support of individuals like you, who have been a beacon of hope for our cause.

This year, we are excited to share the remarkable strides we've taken toward our mission to provide services and programs that assist individuals to age and live well with dignity and independence. With your support, we have reached a new milestone in providing local seniors with much-needed nutrition through three congregate meal sites and home-delivered meals. Over 50,000 delicious hot meals were served to qualifying seniors at little or no cost. The expansion of our meal service is a testament to the commitment and compassion of our partnering agencies, financial supporters, volunteers, and staff.

The Cass County community has been instrumental in supporting our efforts with the addition of new programming and fitness classes, Adult Day Services, and In-Home Care. Now both COA locations are bursting at the seams. We are deeply humbled and impressed at how the COA resides in the fabric of so many people's lives.

As we embark on our Annual Campaign, we invite you to join us once again in making a profound difference in the lives we touch. With every dollar you contribute to the COA, you are sowing the seeds of positive change and empowerment for seniors here in your community. Your gift, no matter the size, will help us continue to provide engaging programs and essential services that help Cass County adults live longer, fuller lives.

Here's how you can contribute:

- **Online:** Visit our website, CassCOA.Org/support-your-cass-county-coa, to donate
- **Mail:** Fill out the donation form below and send it to: Cass County COA, P.O. Box 5, Cassopolis, MI 49031
- **Phone:** Call us at (269) 445-8110 to donate by phone

Thank you for being a pillar of support for the Cass County COA. Your generosity is a gift that keeps on giving, and we are deeply grateful for your commitment to making Cass County a better place.

I'm Making a Difference

Name: _____

Address: _____

State: _____ Zip: _____

Phone: _____

Donation Amount:

☐ \$1,000 ☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50 ☐ \$25

☐ Other: \$ _____

☐ Credit Card

☐ Visa ☐ Mastercard ☐ Discover ☐ American Express

Card Number: _____

Expiration Date: _____ CVV: _____

☐ Check *(Please make checks payable to Cass County COA)*

Cover Image

The COA was so excited to have staff help out our neighbors in the community through the United Way's "Rake A Difference" program. It was wonderful to be a part of another organization's effort to make a difference in our area.

Left to Right: Shelly Purucker, Michelle Lofton, Larry Ledger, Danielle Dilts, Cindy Ledger, Kelli Casey, Rocky Chaney

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...



BLUE ZONES

by KY'SHA JOHNSON
Certified COA Fitness Trainer

What are blue zones? If you have not heard the term before, blue zones are geographic regions in the world with the healthiest and longest-living populations. People that live in blue zones are consistently reaching ages of a 100 or greater. There is much interest in how these communities are able to have success in longevity. It has been discovered that there are 9 principles that these communities live by.

1. **Move Naturally** – Keep and stay busy by making movements a part of your everyday life.
2. **Purpose** – Continue to do and find things that fulfill you and give you a sense of purpose. Doing things you like and finding ways to incorporate your skills into action will add meaning to your life and the lives of others.
3. **Downshift** – Stress can lead to inflammation. Prioritize stress relief by finding ways and things that make you happy.
4. **80% Rule** – Stop eating when you are 80% full. This can help to maintain a healthy weight because the extra 20% of food consumption could be the difference between losing or gaining weight.
5. **Plant Slant** – Limit meat intake and instead eat more beans, vegetables and greens, yams, fruits, nuts, and seeds.
6. **Friends/Wine at 5** – Spend part of your day with others and enjoy a glass of wine, or a cup of tea or coffee, along with a meal.
7. **Belong** – Connect with your community by joining a social group and/or activity that keeps you connected. Most of the groups studied belonged to some sort of faith-based organization.
8. **Loved Ones First** – Make family relationships a top priority. Having parents close by, investing in your



partner, and spending more time with your children has shown to add up to 6 years of life expectancy.

9. **Positive Pack** – Create social circles that encourage healthy and positive behaviors. Happiness is contagious.

There are 5 original blue zones in the world and one of them is in the United States located in Loma Linda, California. Let's inspire to be like one of these areas by working on these nine principles to try and create our own blue zone right here in our community.

Upcoming Events

Making Retirement Finances Last As Long As You Do

Thursday, January 4
9 a.m. – FSC
2 p.m. – LC

Coffee with a Cop and a Firefighter

Friday, January 5
9 a.m. – FSC



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



Veterans Lunch

Sponsored by Starks Family Funeral Homes

Home Sweet Home

by SHELLY PURUCKER
Operations Assistant

One holiday tradition has stood solid over the years, as long as it has the right kind of icing, and that is the gingerbread house. Of course wouldn't you know it, it has its National Holiday celebrated on December 12.

This fun and festive activity brings individuals and groups together to create and personalize edible structures using gingerbread, candy, and other sweets.

As tradition will have it, the construction and decorating of gingerbread houses began in Germany in the early 1800's as a result of the well-known Grimm's fairy tale Hansel and Gretel.

Gingerbread houses are built all over the world around the Christmas season. In Germany, the Christmas markets still sell the most highly decorated gingerbread men and houses before Christmas Day. Traditionally, the cookie houses were decorated with foil and gold leaf.

The United States also has a healthy obsession with gingerbread houses. Across our country, thousands of Americans have participated in gingerbread competitions.

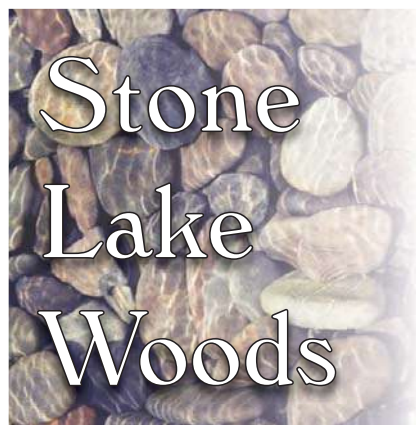
From wobbly woes of structure, to delicious confections added to the roof tops, this wonderful sight to see brings families, friends, and even strangers together for such a sweet purpose.

The world record for largest gingerbread house happened in Texas back in 2013. This house measured a whopping 39,202 cubic feet (60 feet long, 42 feet wide, and 20 feet tall). It is roughly the size of a tennis court. It was made using 1,800 pounds of butter, 7,200 eggs, 7,200 pounds of flour, 3,000 pounds of brown sugar, 225 gallons of molasses, and 22,304 pieces of candy for decoration. It also accrued over 35.8 million calories.



While the COA isn't made out of sugar, flour, eggs, and candy, that doesn't mean those who volunteer within aren't just as sweet. The success of the COA is built on all of our wonderful volunteers. During the winter months however, parts of our volunteer base move away for the season, leaving us in need in many areas for added assistance. Some of these areas include the café, delivering meals to homebound residents throughout the county, and driving people to out of county medical appointments.

If you would like to be a part of this very sweet team, please reach out to Danielle Dilts at DanielleD@casscoa.org or call (269) 445-8110.



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



Rake A Difference



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.

CRAFT SHOW



Photos by Cindy Glassman Cantrell, Danielle Dilts, & Shelly Purucker



Whimsical Gnomes



Medicare Enrollment Ends Soon

If you need to make any changes to your 2024 plan, now is the time to do it, or else you will have to wait until next year. Medicare Part D Open Enrollment Period runs through December 7 and Medicare Advantage Enrollment is January 1 - March 31.

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 MMAP (Michigan Medicare Assistance Program) Counselors, please call (269) 445-8110.



Volunteer Spotlight

Floyd Groner has been a huge asset to the COA's Medical Transportation program by making sure community members get to and from their much needed out of county medical appointments, 5 days per week. There are only a few special occasions throughout the year when he takes some well-deserved personal time.



As a dedicated volunteer since 2011, Floyd has averaged well over 600 hours per year by driving, delivering Messengers to local businesses around Cassopolis, and writing to kids in the Pen Pal program. He always has a smile to share and a story to tell.

Special thanks to his wife Cheryl for sharing him with us.

Employee Spotlight

As the head of the COA's Care Services, Cindy Ledger is responsible for overseeing our Adult Day Service program, Home Care, Support Groups, and much more. With over 20 years of experience in the medical field, Cindy enjoys her work at the COA providing services to local seniors in need.



When not at work, Cindy loves outdoor activities like camping, kayaking, hiking, and snow/water skiing.



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.





Halloween

Planning Committee Needed

Do you enjoy planning events, being creative, decorating, and being involved in your community? Well then, we need you because we are planning a prom for 2024 and looking for volunteers to help form a prom committee.

If you are interested please contact the COA at (269) 445-8110 and ask for Ky'sha.

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
Lonnie Carlisle
Ginger 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
Elsie Randles
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 October, during which we had 154 active volunteers who contributed 1654 hours of work. This would be equal to more than 10 full time staff positions.

DECEMBER 2023 Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Front Street Crossing Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI				8:00 am Cardio 9:00 am Balance, Stretch, Stability 1 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 6:00 pm Candlelight Parade Warming Station	2
All Programs / Events REQUIRE Registration					
4	5	6	7	8	9
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 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers Brain & Body 1:00 pm Euchre Off Site Marcellus Moves (8:30 am)	8:00 am Cardio 9:00 am Balance/Stretch 9:30 am Art Workshop: Thinking Outside/Inside the Box 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	
11	12	13	14	15	16
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 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 10:00 am Spill the Beans 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers Brain & Body 1:00 pm Euchre Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 11:00 am Christmas Dinner CLOSED at 1:30 pm	
18	19	20	21	22	23
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	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	9:00 am Parkinson's Power Punchers Parkinson's Support Group Brain & Body 1:00 pm Euchre 1:30 pm	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	CLOSED for the Christmas Holiday
25	26	27	28	29	30
CLOSED for Christmas	CLOSED for the Christmas Holiday	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	9:00 am Parkinson's Power Punchers Brain & Body 1:00 pm Euchre 1:30 pm	CLOSED for the New Year's Holiday	CLOSED for the New Year's Holiday

DECEMBER 2023 *Lowe Center* Cassopolis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lowe Center Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7:30 am - 12 pm 60525 Decatur Rd. Cassopolis, MI				1 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Diabetes Support Group 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	2 9:00 am Yoga
All Programs / Events REQUIRE Registration					
4 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg	5 9:00 am S.E.A.T./Stretch 9:30 am The Stormy Night 10:00 am Writer's Society 10:30 am Strong & Stable 11:00 am Chess 11:00 am Balance/Stretch 1:00 pm Read & Share Book Club 1:00 pm Stroke Support 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	6 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	7 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Drug Drop 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics 2:30 pm Woodcarvers <i>Off Site Shopping</i>	8 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	9 9:00 am Yoga
11 9:00 am Foot Clinic 9:00 am Yoga 12:00 pm Color Your World (Watercolor) 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie)	12 9:00 am Hearing Clinic 9:00 am S.E.A.T./Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 1:00 pm Parkinson's Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	13 10:00 am Crafty Creations 1:00 pm Caregivers Support Group 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	14 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics 1:00 pm Grief Support Group	15 9:00 am Knitting / Crochet 11:00 am Christmas Dinner CLOSED <i>at 1:30 pm</i>	16 9:00 am Yoga
18 9:00 am Yoga 10:00 am Quilting 1:00 pm Congestive Heart Failure Support Group 1:00 pm Panama Canal Cruise Q&A 1:00 pm Mah Jongg	19 9:00 am S.E.A.T. 9:30 am The Stormy Night 10:00 am Writer's Society 10:30 am Strong & Stable 11:00 am Chess 11:00 am Balance, Stretch, Stability 1:00 pm MS Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	20 10:00 am Whimsical Gnomes 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	21 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics 2:30 pm Woodcarvers	22 9:00 am Knitting / Crochet 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30	23 CLOSED <i>for the Christmas Holiday</i>
25 CLOSED <i>for Christmas</i>	26 CLOSED <i>for the Christmas Holiday</i>	27 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	28 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 12:00 pm Ceramics	29 CLOSED <i>for the New Year's Holiday</i>	30 CLOSED <i>for the New Year's Holiday</i>

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

FSC ART WORKSHOP: THINKING OUTSIDE/ INSIDE THE BOX

Registration is required

Get a chance to explore who you are on the inside and outside.



With the use of a chosen box along with various collage materials and acrylic paints, participants will interpret their inner self on the inside of the box and outer self on the outside of the box.

Instructor: Sharron Ott

Front Street Crossing

Friday, Dec. 8
9:30 am - 12 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

LC 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.



December's watercolor is "JOY."

Instructor: Roy Hruska

Lowe Center

Monday, Dec. 11
12 - 3 pm

LC CRAFTY CREATIONS

Cost: \$5 per 4-6 cookies

Registration is required
by December 6.

With cookies, the second best part is getting to decorate them. Join in the fun of the holiday season with other cookie decorating enthusiasts and make a cute bag to take them home.



Additional cookies may be available for sale depending on class size.

Instructor: Judy Brown

Lowe Center

Wednesday, Dec. 13
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, Dec. 7 & 21
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, Dec. 4 & 18
10 am - 4 pm

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood

Zoom
Online / Zoom



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

December's feature is
Spirited

This hilarious musical twist on "A Christmas Carol" is told from the perspective of the ghosts as they spend each Christmas Eve trying to reform one dark soul. But this season, the Ghost of Christmas Present picked the wrong Scrooge and now finds himself reexamining his own past, present and future.

Starring Ryan Reynolds, Will Ferrell, Octavia Spencer & Tracy Morgan

Free movie, individual bag of popcorn, and water.

Lowe Center

Monday, Dec. 11
1 pm

Front Street Crossing

Tuesday, Dec. 12
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.

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
December 13.

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 Grinch Gnome. This cute little gnome is sure to grow your heart three sizes.

Instructor: Judy Brown

Lowe Center

Wednesday, Dec. 20
10 am



COMPUTERS & TECHNOLOGY

LC COMPUTER USE

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

Lowe Center

Mondays - Fridays
8 am - 5 pm

Front Street Crossing

Mondays - Fridays
8 am - 4 pm

FITNESS & EXERCISE

LC FITNESS CENTER

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

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



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



Lowe Center



Front Street Crossing



In Your Neighborhood



Online / Zoom



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

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



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



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

(No class Dec. 19, 21, & 28)



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

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 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

Online / Zoom

LC PANAMA CANAL CRUISE QUESTIONS & ANSWERS

Get a chance to check off another place on your bucket list with this latest adventure.



Coming up in January 2025 the COA is offering the opportunity to take a 12-day cruise to the Panama Canal on Princess Cruise Lines with your family, friends, and soon to be friends from around the area.

Join us as we answer all your questions about what there is to see, do, costs, and more.

Lowe Center

Monday, Dec. 18
1 pm

SERVICES & SUPPORT

LC CAREGIVER'S SUPPORT GROUP

Guest speaker Susan White, MA LMFT will discuss the emotional aspects of caregiving.

Family members and friends are welcome as we provide education and support for caregivers of any kind.

Lowe Center

Wednesday, Dec. 13
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, Dec. 18
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, Dec. 7
10 am - 12 pm

LC DIABETES SUPPORT GROUP

Guest speaker Susan White, MA LMFT will discuss the emotional aspects of diabetes.

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

Lowe Center

Friday, Dec. 1
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

Monday, Dec. 11
Call for Times



LC GRIEF SUPPORT GROUP

Guest speaker Susan White, MA LMFT will discuss the emotional aspects of grief.

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

Lowe Center

Thursday, Dec. 14
1 - 3 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 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

Tuesday, Dec. 5
9 am - 4 pm

Front Street Crossing

Tuesday, Dec. 5
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, Dec. 19
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, Dec. 12
1 - 3 pm

Front Street Crossing

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

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, Dec. 5
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, Dec. 7

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

SOCIAL SESSIONS

LC READ & SHARE BOOK CLUB

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

December's Discussion Book

The Painted Veil by
W. Somerset Maugham

January's Discussion Book

Rebecca by
Daphne du Maurier

Lowe Center

Tuesday, Dec. 5
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.

December's Bean Spiller

Veteran and former professional boxer, Walter "Coach" Lee Swann, will share information about his service to his country, travels, experiences, as well his current contribution to the community.

January's Bean Spiller

Victor Fitz,
Cass County Prosecutor

Front Street Crossing

Wednesday, Dec. 13
10 am

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom



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, Dec. 5 & 19
9:30 am - 12 pm

SPECIAL EVENTS

FSC CANDLELIGHT PARADE WARMING STATION

Cost: FREE

Join us in Dowagiac for the sights and sounds of the Candlelight Christmas Parade. As an added bonus, the COA has decided to take part in the festivities with an entry.



Take a break from the cold winter air during the parade by stepping inside Front Street Crossing.

While there, don't forget to warm up your insides with some free hot chocolate sponsored by John Seculoff of Edward Jones.

Front Street Crossing

Friday, Dec. 1
6 pm (Doors Open)
7 pm (Parade Starts)



LC CHRISTMAS DINNER

FSC Cost: \$5 (Regardless of Age)

Payment is required with registration
Registration is required by Dec. 8
Dine-In ONLY

Spend a little time with your friends and neighbors this holiday season at our Christmas Dinner.

Please note that we are starting lunch at an earlier time than normal and you MUST sign up ahead of time.

Names will not be added to sign up list without prepayment.

Lowe Center

Friday, Dec. 15
11 am

Front Street Crossing

Friday, Dec. 15
11 am

What's Happening
at the COA

SAIL AWAY WITH THE COA

12-DAY PANAMA CANAL CRUISE ON THE EMERALD PRINCESS

January 23 - February 4, 2025

12 Days | 6 Ports | Panama Canal

Ft. Lauderdale | 2 Days at Sea | Aruba | Bonaire, Caribbean Netherlands | Day at Sea | Cartagena, Colombia | Panama Canal - Partial Transit | Colon, Panama | Limon, Costa Rica | Day at Sea | Grand Cayman | Day at Sea | Ft. Lauderdale

Rates start at \$1618 per person

Rates based on double occupancy and include taxes, fees, port expenses, and \$50 donation to the COA

Deposit: \$400 per person | Final Payment: October 25, 2024

Bookings must be made through Melvin Reynolds or Chris Cetlinski at (330) 708-0592

Princess Cruise Lines, Ltd. Ships of Bermudan and British registry. Rates subject to availability and not guaranteed until booked and fully deposited.

Donations & Support

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

Annual Campaign

David Dunlap

Greatest Need

The Pokagon Fund
Linda Frisbie
Paula Johnson
Daniel Lott
Helga Richards

Handy Helpers

Leda M. Smith

Home Care

Stanley Sarabyn

Meals on Wheels

Cheryl Albright
David Carte
Bonnie Cuthbert
Larry Fredricks
John Gould
Lydia Gould
Betty Grames
Amberson Huff
Mary Redding
Morris Redding

Meals on Wheels (cont.)

Stanley Sarabyn
Phillip Schumacher
Anita Sparks
James Wilson
Susan Wiltse

In Memory of Ann Biek

Cass County MARSP

In Memory of Elaine Katovsich

Thomas Katovsich

In Memory of Pat Mather

Donna Dodd

Trivia Night Appeal for Handy Helpers

Anonymous
David Bergstrom
Edward Chester
Joe Colgan
Sue Dobrich
Blair Garceau
Melody Grubbs
Sue Heinrich
Doug Hertel

Trivia Night Appeal for Handy Helpers (cont.)

Gary Kull
Jeff Lorts
Dolores McNeary
Nancy Pallas
Ruth Pickens
Mike Sheffieck
James Tapscott
Roberta Woodruff

Trivia Night Presenting Sponsor

St. Denys Foundation

Trivia Night Sponsor

Marsha and Frank Butts
Edward Jones -
John Seculoff
Maurice Kissane
Midwest Energy &
Communications
Scott Young

Veterans Day Luncheon Sponsor

Starks Family Funeral
Homes

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

DECEMBER 2023 Menu


Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS & HOURS Lowe Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Front Street Crossing (FSC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information.				National Pie Day 1 Main Entrée* Philly Cheesesteak on Bun Rosemary Redskins Fire-Roasted Corn Apple Pie Café Entrée Soup in a Bread Bowl Café Fresh Salad Buffalo Chicken Salad
National Cookie Day 4 Main Entrée* Beef Chili w/ Beans Roasted Peppers & Onions Sour Cream Cornbread Cookie Café Entrée Grilled Cheese Café Fresh Salad Greek Salad	5 Main Entrée* Chicken Lasagna Italian Vegetables Garlic Breadstick Fruit Café Entrée Rachel Sandwich Café Fresh Salad Tuna Salad	6 Main Entrée* Pork Chop Mashed Potatoes w/ Gravy Peas & Pearl Onions Wheat Roll Pudding Café Entrée Chef's Special Café Fresh Salad Custom Salad	7 Main Entrée* Tilapia Roasted Sweet Potatoes Green Beans Wheat Bread Fruit Café Entrée Tamales Café Fresh Salad COA Salad	Nat. Chocolate Brownie Day 8 Main Entrée* Hot Dog on a Bun Potato Salad Baked Beans Chocolate Brownie Café Entrée Loaded Baked Potato Café Fresh Salad Very Veggie Salad
11 Main Entrée* Barbecued Chicken Coleslaw Corn Wheat Roll Jello Café Entrée Hamburger Café Fresh Salad Cottage Cheese w/ Fruit	National Pho Day 12 Main Entrée* Baked Penne w/ Meat Sauce Garlic Toast California Medley Fruit Café Entrée Pho Café Fresh Salad Tuna Salad	13 Main Entrée* Pork Stir-Fry White Rice Oriental Vegetables Fortune Cookie Café Entrée Patty Melt Café Fresh Salad Turkey Craisin Salad	National Bouillabaisse Day 14 Main Entrée* Turkey à la King Mixed Vegetables Biscuit Fruit Café Entrée Bouillabaisse Café Fresh Salad Beef Taco Salad	Christmas Meal (11 am) 15 Main Entrée* Glazed Baked Ham Sweet Potatoes Brussels Sprouts Wheat Roll Cupcake Café Entrée No Café Entrée Café Fresh Salad No Café Salad
National Maple Syrup Day 18 Main Entrée* French Toast w/ Syrup Turkey Sausage Egg Patty Pudding Café Entrée Hot Beef Sandwich Café Fresh Salad Chicken Salad	National Hard Candy Day 19 Main Entrée* Chicken Alfredo Green Beans Breadstick Fruit Café Entrée BLT Sandwich Café Fresh Salad COA Salad	National Fried Shrimp Day 20 Main Entrée* Pork Loin Brown Rice Carrots & Peas Wheat Bread Cake Café Entrée Fried Shrimp Café Fresh Salad Custom Salad	21 Main Entrée* Tilapia Rosemary Redskins Roasted Corn & Black Beans Wheat Roll Fruit Café Entrée Meatloaf Café Fresh Salad BLT Salad	22 Main Entrée* Stuffed Peppers White Rice California Blend Vegetables Wheat Bread Peaches Café Entrée Corned Beef on Rye Café Fresh Salad Mediterranean Salad
25 CLOSED for Christmas	26 CLOSED for the Christmas Holiday	27 Main Entrée* Swiss Steak Mashed Potatoes w/ Gravy Corn Wheat Roll Cookie Café Entrée Italian Melt Café Fresh Salad Fruit Salad	28 Main Entrée* Chicken à la King Mixed Vegetables Biscuit Fruit Café Entrée Philly Cheesesteak Café Fresh Salad Mini Garden Salad	29 CLOSED for the New Year's Holiday

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



Christmas Dinner

Lowe Center & Front Street Crossing

Friday, December 15
11 a.m.

Celebrate the season at the COA.

Cost: \$5 *(Regardless of Age)*

*Payment is required with registration.
Names will not be added to sign up list
without prepayment.*

Registration is required by
Friday, December 8.

Call (269) 445-8110
for more information.