

October 2023

The Messenger



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Communications Assistant
Terina Miller

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Breast Cancer Awareness as You Age



As you get older your body isn't the only thing that's changing, so are the guidelines for taking care of it. Breast cancer screenings are a case in point. The question of when to stop breast cancer screenings is a murky one. The confusion stems partly from a lack of data and differing approaches from health authorities. Breast cancer studies, like medical research in general, have often excluded older adults. The data on whether mammography improves survival is minimal in women ages 70 to 74 and nonexistent for those over 75. However, there is evidence that most breast cancers detected in older women are relatively slow-growing and easily treated.

Nancy Pallas is an advocate for continuing regular mammogram screenings over age 70. In the fall of 2020, Nancy was diagnosed with breast cancer after having her first 3D Mammogram. This advanced technology allows radiologists to examine breast tissue one layer at a time, which makes fine details more visible. The imaging results revealed a tumor the size of a pea. "Finding out I had cancer was out of the blue," said Nancy. "I truly believe the 3D mammogram made all the difference and allowed my care team to detect the tumor at stage 1A."

Immediately following her diagnosis, Nancy met with a general surgeon who would perform a lumpectomy surgery. At the same time the cancerous cells were being removed, a targeted single dose of radiation was delivered to the tumor site. Since having surgery, Nancy has continued to have regular mammograms. She is encouraged to share her story because many women often stop getting mammograms as they age.



*Nancy Pallas
Breast Cancer Survivor*

Many major health organizations, including the American Cancer Society, recommend that women ages 70 and older get mammograms regularly, as long as they are in good health. Breast cancer risk increases with age, and mammography doesn't appear less effective in women over 70. However, there are risks of mammography in older women, including over-diagnosis and over-treatment.

If you aren't sure whether you should continue getting mammograms, talk with your healthcare provider to decide what is best for you.

For more information on breast cancer, be sure to join us Friday, October 13 for an educational presentation and open discussion on Breast Health. In recognition of October's Breast Cancer Awareness month, Linda Choler, RN, Coordinator of Beacon Health System Breast Center, will be discussing how to recognize the natural breast changes that occur as we age, the importance of annual mammograms and early detection of breast cancer, and the signs and symptoms of breast cancer.

Cover Image

It was a beautiful day for a hike at Indiana Dunes State Park, followed by a lovely boat ride along the Lake Michigan shoreline. For more great events like this one, be sure to check out pages 12 - 22.

Front Row: Kathy Graham, Pam Montgomery, & Noel Rykowski

Back Row: Kathy Bienick, Shirley Guilford, Susan Shelton, Elizabeth Lee, Elizabeth Robinson, Tracey Maleski, & Taylor Lee

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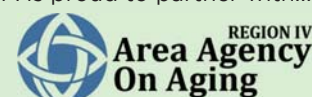
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The COA is proud to partner with...



The Crisp Taste of Fall

by SHELLY PURUCKER
Operations Assistant

With apples in peak season here in Michigan, how can they not be on our minds right now. There are so many great and wonderful things that can be made out of apples and one of those things just so happens to be a delicious dessert of baked apples topped with flour, butter, sugar, cinnamon, and nutmeg called Apple Betty. And yes, there is a National Day that celebrates this apple baked dessert on October 5.

Despite the dessert most likely being created back in colonial times, it didn't get its current name until 1864, when it was mentioned in the "Yale Literary Magazine." This simple but delicious dessert was also a favorite of Ronald and Nancy Regan while in the White House.

An apple a day keeps the doctor away, even if your name isn't Betty.

Studies tell us that a daily intake of apples decreases

the risk of cardiovascular disease.

Apples are known as "Functional Food" and not a "Super Food." Apples contain natural dietary fibers, such as fiber pectin, found in the pulp of an apple. Pectin functions to reduce the sugar and fat absorbed into our body, thus helping to reduce risk of diabetes and heart disease.

They are also good for stabilizing blood sugar, lowering cholesterol, reducing blood pressure, easing inflammation, boosting the microorganisms that live in your gut, and satisfying hunger. Research that was done on eating a daily dose of apples claims that they also just might help you live longer.

Apples do show up in many different forms throughout the month on our lunch menus. Check out page 23 to view this month's meal options. Also,



be sure to join us weekdays at either our Cassopolis or Dowagiac locations from 11:30 a.m. to 1:30 p.m. to partake in one of our delightful meals.

If you are homebound and no longer able to get out and enjoy the beautiful fall days or prepare various comfort dishes, we have you covered. Our warm hearted and friendly volunteers would love to deliver a daily hot meal prepared by our professional kitchen staff right to your door.

If you wish to learn more about our Meals on Wheels Program, become a volunteer driver, or give your time in another area at the COA, please contact us at (269) 445-8110 or stop in to see us.

TRIVIA NIGHT

October 13

Doors Open - 5:30 p.m.
Trivia Starts - 6:30 p.m.

Cost - \$200 (Table of 8)

Enjoy food, cash bar, & of course trivia

Call (269) 445-8110 to sign up today!



269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

www.ccmcf.org

CASS COUNTY
MedicalCareFacility

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**NOW ACCEPTING
NEW PATIENTS!**

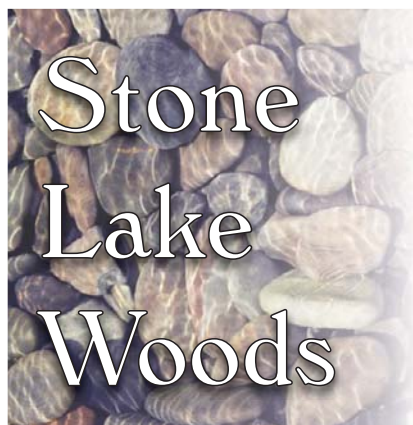
Call Rie or Matt for information
or an appointment

269-445-3801

Annual Cookout



Indiana Dunes State Park & Boat Tour



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



We are sorry that the traditional Native American headdress replica used at our recent event was worn inappropriately, and we sincerely apologize, as we had no intention to offend anyone. Out of respect, we will not include this fashion at any event, in marketing materials, or in any other way.

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 Konkright
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
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
Sandra Randle
Jennifer Ray
Terry Ray
Joyce Rentfrow
Melvin Reynolds
Kirsten Rhoades
Helga Richards
Kim Sak
Audrey Salesberry
Erin Schultz
John Seculoff
Fred Shank
Nicolette Shea
Erma Skipper
Jessica Slough
Marie Slough

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

Volunteers listed are for the month of August, during which we had 151 active volunteers who contributed 1985 hours of work. This would be equal to more than 12 full time staff positions.

Ice Cream Social

Dowagiac
Sponsored by Honor Credit Union



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.

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.



Keep Activities Up as Temperatures Go Down

by KY'SHA JOHNSON
Certified COA Fitness Trainer

Looking for ways to stay active now that summer is gone? As it gets colder outside our activity level can decrease while settling in for the winter. The rainy, cloudy, snowy, slushy, cold, freezing days make getting out to be active and socialize seem impossible. For some of us, it can be the fear of falling that keeps us from being active. Unfortunately, being inactive even for a few months can cause our health to rapidly decline.

The risk of heart disease, unhealthy blood sugar levels, stroke, hypertension, loss of strength, mental dullness, and other concerns that are associated with inactivity make it necessary to find ways to stay active all year long.

In the quest to stay healthy, it is important that you do have the proper gear in order to keep you moving and not cause any injuries. To do so, ensure that you have appropriate footwear with the ability to handle various terrains, use a walking cane during certain weather conditions, and don eyewear to prevent glares.

There are many great fall activities, inside and out, that you can do to keep both you and your brain moving such as visit farmers markets, apple and pumpkin picking, visit a corn maze, have a board game night, learn a new language, make seasonal crafts and or baked goods, and of course take exercise classes. Also staying up to date with technology is a great way to help stay connected and active when leaving home is not an option.

Don't forget that the COA has plenty of programs, events, and exercise options to help you stay and keep active all year round.

A HALLOWEEN TREAT

Get in the Halloween spirit in Dowagiac as Front Street Cafe' Presents: A Live Skit of Alice in Wonderland - The Tea Party Scene. Have your day brightened by the Front Street staff and your COA friends as you enjoy this a bit of fun.

So join us for the skit beginning at 12:15 p.m. and for lunch and games on October 31 at our Halloween Party. Come dressed in your favorite Halloween costume or as one of the many characters from Alice in Wonderland.

The Lowe Center will also be celebrating Halloween with lunch and games from 11:30 a.m. - 1:30 p.m. and a costume contest that starts shortly after noon.

Be sure to join us at either location for a fab-BOO-lously good time.





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.



Donations & Support

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

Adult Day Services

Cass County Mental Health
Foundation

Greatest Need

Linda Frisbie
Little Fish Lake Association

Handy Helpers

Richard Huffman

Meals on Wheels

Cheryl Albright
Norman Barney
Bonnie Cuthbert
Mary Everman
Larry Fredricks
John Gould & Lydia Gould
Carol Harvey
Amberson Huff
Joyce Redding
Morris Redding

Meals on Wheels (cont.)

Thomas Rutherford
Anita Sparks
Ed Thornburgh
Susan Wiltse

In Memory of Ann Biek

Shirley Andrews

In Memory of Don Brouard

George Purlee

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

Lon & Ginger Carlisle began driving for our Meals on Wheels program back in 2019. They enjoy giving back to their community and building relationships with the recipients on their meal route. We appreciate their dedication and their hard work.



Employee Spotlight

Larry Ledger is the COA's Facilities and Fleet Manager. He keeps our buildings and grounds looking beautiful and in tip top shape and also enjoys helping to deliver Meals on Wheels.

When not at work, Larry can be found cheering on his Blackhawks or doing outdoor activities like boating, hiking, kayaking, and camping with friends and family. He also loves going to Florida to visit with his grandkids.



OCTOBER 2023 Front Street Crossing

Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	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	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	8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	
9	10	11	12	13	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	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	8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	
16	17	18	19	20	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	9:00 am Parkinson's Power Punchers 10:00 am Diabetes Support Group 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 9:00 am Flu Shots 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 1:00 pm Beauty Update	
23	24	25	26	27	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	9:00 am Parkinson's Power Punchers 10:00 am Estate & Elder Law Planning 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 9:30 am Financial Scams in the Banking World 10:00 am Range of Motion & Mobility 10:00 am Scrabble 11:00 am Tai Chi 12:45 pm Bingo	8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Parkinson's Support Group 1:00 pm Brain & Body 1:30 pm Euchre Off Site Marcellus Moves (8:30 am)	8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Acoustic Guitar Lessons 10:00 am Range of Motion & Mobility 11:00 am FSC Musicians 11:00 am Tai Chi 12:30 pm Ceramics	
30	31				Front Street Crossing
8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	9:00 am Parkinson's Power Punchers 12:00 pm Halloween Party 1:00 pm Brain & Body 1:00 pm Hand & Foot Off Site Marcellus Moves (8:30 am)				Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI
					All Programs / Events REQUIRE Registration

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00 am Yoga 10:00 am Quilting 10:30 am Savvy Caregiver Class 1:00 pm Mah Jongg	3 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, Stretch, Stability 1:00 pm Book Club 1:00 pm Stroke Support 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	4 9:00 am Fall Volunteer Breakfast 9:00 am Walking Club 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	5 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 11:00 am This Lit is Your Lit 12:00 pm Ceramics 2:30 pm Woodcarvers Off Site Shopping	6 9:00 am Flu Shots 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	7 9:00 am Yoga
9 9:00 am Foot Clinic 9:00 am Yoga 10:30 am Savvy Caregiver Class 12:00 pm Color Your World (Watercolor) 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie)	10 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	11 9:00 am Walking Club 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	12 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 11:00 am This Lit is Your Lit 12:00 pm Ceramics 1:00 pm Grief Support Group	13 9:00 am Knitting / Crochet 10:00 am Breast Health 1:00 pm Hand & Foot 5:30 pm Trivia Night	14 9:00 am Yoga
16 9:00 am Yoga 10:00 am Quilting 10:30 am Savvy Caregiver Class 1:00 pm Congestive Heart Failure Support Group 1:00 pm Mah Jongg	17 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, Stretch, Stability 1:00 pm MS Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	18 9:00 am Walking Club 10:00 am Whimsical Gnomes 1:00 pm Panama Canal Cruise Q&A 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session Off Site The Ring of Fire at Drury Lane Theatre (9:30 am)	19 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 11:00 am This Lit is Your Lit 12:00 pm Ceramics 2:30 pm Woodcarvers	20 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	21 9:00 am Yoga
23 9:00 am Foot Clinic 9:00 am Yoga 10:30 am Savvy Caregiver Class 1:00 pm Mah Jongg	24 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 Visual Arts Class 1:15 pm Euchre 2:00 pm Estate & Elder Law Planning 3:00 pm Line Dance	25 7:30 am Breakfast Buffet 9:00 am Walking Club 1:00 pm Financial Scams in the Banking World 1:00 pm Pinochle 1:15 pm Bingo 1:30 pm Fit 30 5:00 pm Lawless Jam Session	26 9:00 am S.E.A.T./Stretch 9:00 am Yoga 10:00 am Strong & Stable 11:00 am Balance, Stretch, Stability 11:00 am This Lit is Your Lit 12:00 pm Ceramics	27 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	28 9:00 am Yoga
30 9:00 am Yoga 10:00 am Quilting 10:30 am Savvy Caregiver Class 1:00 pm Mah Jongg	31 9:00 am S.E.A.T./Stretch 10:00 am Strong & Stable 10:30 am Chess 11:00 am Balance, Stretch, Stability 12:00 pm Halloween Party 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance		 <p>Breakfast Buffet October 25 7:30 - 9 am Cost: \$5</p>		Lowe Center Monday - Thursday 7 am - 7 pm Friday 7 am - 4 pm Saturday 7:30 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

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.



October's watercolor is "Sunflower."

Instructor: Roy Hruska

Lowe Center

Monday, Oct. 9
12 - 3 pm



LC CRAFTY CREATIONS

Cost: \$5 per set

**Registration is required
by October 6.**

Get a chance to make a craft each month in this new crafting class.

This month's featured craft is a set of gnomes just in time for the Thanksgiving holiday. These whimsical Pilgrim and Turkey Gnomes will give your guests something to talk about as they fill their bellies with delicious food.

Instructor: Judy Brown

Lowe Center

Wednesday, Oct. 11
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, Oct. 5 & 19
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 SILVER SCREEN CINEMA (Movie)

October's feature is
The Boat Builder

A crotchety old man is bound and determined to build his own boat and sail out to sea one last time, despite what the town thinks. He wants nothing to do with anyone, that is until he starts forming an unlikely bond with a local orphan boy as they work on the boat together.

Starring Christopher Lloyd, Tekola Cornet, & Jane Kaczmarek

Free movie, individual bag of popcorn, and water.

Lowe Center

Monday, Oct. 9
1 pm

Front Street Crossing

Tuesday, Oct. 10
1 pm

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Zoom
Online / Zoom

LC QUILTING

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

Lowe Center

Mondays, Oct. 2, 16, & 30
10 am - 4 pm

LC WHIMSICAL GNOMES

Cost: FREE

Registration is required by October 11.

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 Gnome Wall Hanging. Adorn your wall or door with this festive hanging gnome or make it as a gift for that gnome lover in your life.

Instructor: Judy Brown

Lowe Center

Wednesday, Oct. 18
10 am



LC VISUAL ARTS CLASS

Cost: \$15 (Per Class)

All supplies are provided. No registration is required and you can attend when it is convenient.

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

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

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

Instructor: Sharron Ott

Lowe Center

Tuesdays
1 - 3 pm

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

BRAIN & BODY

Cost: FREE


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

Instructor: Ky'sha Johnson

Front Street Crossing

Tuesdays & Thursdays
1 - 1:30 pm

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

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

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

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

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

 Lowe Center

 Front Street Crossing

 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 STRONG & STABLE

Cost: \$20 (Monthly)

Registration is required

Take your balance and stability to the next level with this challenging yet low impact class.

Exercises will include hand weights, body weight, and kettlebells to focus on developing strength and stability.

Instructor: Taylor Lee

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
10 - 10:45 am



FSC TAI CHI

Cost: \$25 (Monthly)

Registration is required

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

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

Instructor: Glenda Gibson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
11 am - 12 pm

LC WALKING CLUB

Cost: FREE

Registration is requested

Socialize, stay active, and get a good stretch in with the COA's Walking Club. This club will include a couple laps around the walking trail/downtown (about 1.5 miles, 30 minutes) followed by a 5-10 minute stretch session with a fitness instructor.

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

Leaders: Taylor Lee (LC)

Ky'sha Johnson (FSC)

Lowe Center (Walking Trail)

Wednesdays
9 am

Front Street Crossing (Downtown)

Thursdays
8 am

LC YOGA

Cost: \$8 (Per Class)

Registration is required

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

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

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

Lowe Center & Online / Zoom

Mondays
9 - 10:15 am

Thursdays
9 - 10:15 am

Saturdays
9 - 10:15 am

JUST FOR FUN

LC BINGO

Cost: \$2.75 (LC)

\$2.25 (FSC)

Follow the lunch hour with this fun and engaging game that provides some healthy competition with a dash of luck. This all-inclusive game is enjoyed by people of all ages and is a great way to spend an afternoon.

If a program is scheduled, Bingo will follow afterward.

Lowe Center

Wednesday & Fridays
1:15 pm

Front Street Crossing

Mondays & Wednesdays
12:45 pm

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

JUST FOR FUN



LC CHESS

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

Lowe Center

Tuesdays
10:30 am - 1 pm

Front Street Crossing

Mondays
10 am - 12 pm

LC EUCHRE

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

If a program is scheduled, Euchre will follow afterward.

Lowe Center

Tuesdays
1:15 pm

Front Street Crossing

Thursdays
1:30 pm

FSC FSC MUSICIANS

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

Front Street Crossing

Fridays
11 am

LC HAND & FOOT

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

Lowe Center

Fridays
1 - 4 pm

Front Street Crossing

Tuesdays
1 - 4 pm

LC LAWLESS JAM SESSION

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

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

Lowe Center

Wednesdays
5 - 6:30 pm

LC MAH JONGG

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

Lowe Center

Mondays
1 - 4 pm

LC PINOCHLE

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

Lowe Center

Wednesdays
1 - 3 pm

FSC SCRABBLE

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

Front Street Crossing

Wednesdays
10 am

LC SING-A-LONG

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

Lowe Center

Fridays
10:30 am - 12 pm

LISTEN & LEARN

FSC ACOUSTIC GUITAR LESSONS

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

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

Instructor: Max Davis

Front Street Crossing

Fridays
10 - 11 am



LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

FSC BEAUTY UPDATE

Cost: \$5
Registration
is required by
October 13



Join in the fun during this informative and interactive class to learn tips, tricks, and ways to update your look and routine with your current items from a professional product/beauty expert.

This 2 hour class will go over skin care, eye and face shapes, skin undertones, how to pick the perfect lip color, product names and ingredients, and more.

Please bring your everyday beauty products and tools to play, discover, learn, and have a good time. *Some supplies will be provided.*

Instructor: Ky'sha Johnson

Front Street Crossing

Friday, Oct. 20
1 pm

LC BREAST HEALTH

Registration is required

Join us for this informative Breast Cancer Awareness talk to learn how to recognize the natural breast changes that occur as we age, the importance of annual mammograms for early detection of breast cancer, and the signs and symptoms of breast cancer. Also get a chance to ask questions.



Presenter: Linda Choler, RN,
Beacon Health
Breast Center

Lowe Center

Friday, Oct. 13
10 am



LC ESTATE & ELDER LAW PLANNING

Registration is required
by October 20

What is Estate Recovery? How does it impact my planning? What is a Lady Bird Deed? Should I put my home into a Living Trust? How are my property taxes impacted if I give my home to my child? What if I give my home to my son and he gets into a divorce? What if I go into a Nursing Home?

Attend this presentation to learn about important considerations in planning as it relates to your primary residence.

Presenter: William Westerbeke,
Westerbeke Law
Firm, PLLC

Lowe Center

Tuesday, Oct. 24
2 pm

Front Street Crossing

Tuesday, Oct. 24
10 am



LC FINANCIAL SCAMS IN THE BANKING WORLD

Registration is required
by October 20

How safe is your money? Join us for this free seminar to learn how to protect your identity and your finances from new and ongoing scams identified in the banking industry.

Presenter: Janie Reifenberg,
Honor Credit Union

Lowe Center

Wednesday, Oct. 25
1 pm

Front Street Crossing

Wednesday, Oct. 25
9:30 am

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

Wednesday, Oct. 18
1 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

LISTEN & LEARN



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

"From Riches to Power to War"

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

Don't miss out on this ongoing journey of good writing, discovery, and reminiscence.

Instructor: Elaine McKeough

Lowe Center

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

SERVICES & SUPPORT

LC CAREGIVER'S SUPPORT GROUP

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

Lowe Center

Wednesday, Oct. 11
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, Oct. 16
1 - 3 pm

LC FSC DIABETES SUPPORT GROUP

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

Lowe Center

Friday, Oct. 6
1 - 3 pm

Front Street Crossing

Tuesday, Oct. 17
10 - 11:30 am

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, Oct. 5
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, Oct. 9 & 23
Call for Times

LC GRIEF SUPPORT GROUP

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

Lowe Center

Thursday, Oct. 12
1 - 3 pm

LC FSC HEARING CLINIC

Appointment ONLY

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



Lowe Center

Tuesdays, Oct. 10 & 24
9 am - 4 pm

Front Street Crossing

Tuesday, Oct. 3
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, Oct. 17
1 - 3 pm

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

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, Oct. 10
1 - 3 pm

Front Street Crossing

Thursday, Oct. 26
10 - 11:30 am



LC SAVVY CAREGIVER CLASS

Registration is required by calling (269) 982-7731

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

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

Lowe Center

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

LC STROKE SUPPORT GROUP

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

Lowe Center

Tuesday, Oct. 3
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, Oct. 5

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.

October's Discussion Book

Something in the Water by Catherine Steadman



November's Discussion Book

The Four Winds by Kristin Hannah



Lowe Center

Tuesday, Oct. 3
1 - 3 pm

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, Oct. 3 & 17
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.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

SOCIAL SESSIONS

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.

September's Bean Spiller

Vicky Conrad, Assistant Branch Manager of 1st Source Bank in Dowagiac, will be sharing what's new in banking, the latest banking frauds, and how to get the most from your bank.

November's Bean Spiller

TBA

Front Street Crossing

Wednesday, Oct. 11
10 am

SPECIAL EVENTS

LC FALL VOLUNTEER BREAKFAST

**Registration
is required**

Fall into volunteering at the COA. Whether you are a new volunteer or have been one for years, be sure to join us for a delicious breakfast honoring you.

Lowe Center

Wednesday, Oct. 4
9 am

LC FLU SHOTS

FSC Cost: \$45 (18+)
\$94 (High Dose - 65+)
Appointment ONLY

Protect yourself from the flu. The Van Buren/Cass Health Department will be administering the shots.



- Do NOT come if you are sick.
- Do NOT come before your appointment time.
- Bring a photo ID and your Health Insurance card(s)

We can bill Medicare Part B & Medicare Advantage Plans, Michigan Medicaid & Medicaid Health Plans as well as some Private Insurance carriers. *We CANNOT bill your private insurance HMO, contact your primary provider for your vaccine options.

Lowe Center

Friday, Oct. 6
9 - 11 am

Front Street Crossing

Friday, Oct. 20
9 - 11 am

LC HALLOWEEN PARTY

FSC Cost: \$3 - \$7 (Meal)
FREE (Party)
Registration is requested

Join us for a spooktacular event as we celebrate Halloween during lunch. Dine with us and delight in a festive themed meal. Make sure you are there at noon to watch and participate in the costume contest.



Lowe Center

Tuesday, Oct. 31
11:30 am - 1:30 pm
12 pm (Costume Contest)

Front Street Crossing

Tuesday, Oct. 31
11:30 am - 1:30 pm
12 pm (Costume Contest)

LC THE RING OF FIRE AT DRURY LANE THEATRE

N Cost: \$140 (Nonrefundable)
**Registration is required
by October 4**



Enjoy dinner and a show at the Drury Lane Theatre for the feature presentation of Ring of Fire - The Music of Johnny Cash.

Hear the story of Johnny Cash's remarkable life story told through his music.

Trip includes non-wheelchair accessible transportation, lunch, musical, and all taxes and gratuity. Payment REQUIRED at registration.

Lowe Center & In Your Neighborhood

Wednesday, Oct. 18
9:30 am (Bus Departure)
8 pm (Approx. Bus Return)

LC TRIVIA NIGHT

Cost: \$200
(Table of 8)
Registration is required



Put together a team of 8 for a fun filled night of trivia hosted by local Jeopardy! Champion Jennifer Quail. Dinner is included and there will be drinks for purchase.

Limited spaces still available!

Proceeds go to support the COA's Handy Helpers program

Contact Kelli Casey at 269-445-8110 or kellie@casscoa.org to reserve your spot!

Lowe Center

Friday, Oct. 13
5:30 pm (Doors Open)
6:30 pm (Trivia Starts)

LC
Lowe Center

FSC
Front Street
Crossing

N
In Your
Neighborhood


Online / Zoom

OCTOBER 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Main Entrée* Sweet & Sour Chicken Rice Sugar Snap Peas Fortune Cookie Café Entrée Pulled Pork Nachos Café Fresh Salad Beef Taco Salad	3 Main Entrée* Rosemary Garlic Pork Chop Redskin Mashed Potatoes Corn / Pork Gravy Wheat Bread Apple Pie Slice Café Entrée Grilled Cheese Café Fresh Salad Mediterranean Salad	4 Main Entrée* Tilapia Rosemary Redskins Broccoli Hush Puppy Fruit Café Entrée Deli Sandwich Café Fresh Salad Fruit Salad	5 Main Entrée* Beef Shepherd's Pie Mashed Potatoes Mixed Vegetables Whole Grain Roll Cake Café Entrée Chicken Sandwich Café Fresh Salad Greek Salad	6 Main Entrée* Baked Spaghetti Tossed Salad w/ Choice of Dressing Breadstick Peaches Café Entrée Loaded Baked Potato Café Fresh Salad COA Salad
9 Main Entrée* Grilled Chicken Sandwich w/ Lettuce & Tomato Minestrone Soup w/ Saltines Tater Tots Cookie Café Entrée Grilled Ham & Cheese Café Fresh Salad Very Veggie Salad	10 Main Entrée* Salisbury Steak Baked Potato w/ Sour Cream Broccoli Whole Grain Roll Applesauce Café Entrée Loaded Mac & Cheese Café Fresh Salad Cottage Cheese w/ Fruit	11 Main Entrée* Parmesan Chicken Noodles Italian Vegetables Garlic Bread Pudding Café Entrée Rubeen Café Fresh Salad Cobb Salad	12 Main Entrée* Turkey à la King Biscuit Mixed Vegetables Wheat Bread Jello Cake Café Entrée Chef's Special Café Fresh Salad Turkey Craisin Salad	13 Main Entrée* Soft Shell Beef Tacos w/ Lettuce / Tomato / Sour Cream Corn Black Beans Fruit Café Entrée Sloppy Joes Café Fresh Salad Fruit Salad
16 Main Entrée* Roast Beef Baked Potato Peas & Pearl Onions Whole Grain Roll Black Forest Brownie Café Entrée Mostaccioli Café Fresh Salad COA Salad	17 Main Entrée* Chicken Alfredo w/ Fettucine Noodles Capri Blend Vegetables Breadstick Pears Café Entrée Turkey Melt Café Fresh Salad Taco Salad	18 Main Entrée* Cinnamon French Toast w/ Maple Syrup Turkey Sausage Egg Patty Banana Café Entrée Hamburger Café Fresh Salad Mediterranean Salad	19 Main Entrée* Tuna Noodle Casserole w/ Penne Pasta Carrots Whole Grain Roll Fruit Café Entrée BLT Wrap Café Fresh Salad Salad Trio	20 Main Entrée* Baked Glazed Ham Maple Sweet Potatoes Green Beans Wheat Bread Pumpkin Pie Café Entrée Veggie Wrap Café Fresh Salad Chicken Taco Salad
23 Main Entrée* Pork Chop w/ Gravy Mashed Potatoes Green Beans w/ Mushrooms Whole Grain Roll Apple Crisp Café Entrée Tuna Melt Café Fresh Salad BLT Salad	24 Main Entrée* Vegetable Lasagna California Vegetables Cottage Cheese Breadstick Fruit Café Entrée Chef's Special Café Fresh Salad Mini Chef Salad	25 Hot Breakfast (LC) Main Entrée* Barbecue Chicken Baked Beans Corn Wheat Bread Apple Café Entrée Nachos Café Fresh Salad Oriental Salad	26 Main Entrée* Chicken à la King Tossed Salad w/ Choice of Dressing Biscuit Blueberry Crisp Café Entrée Soup in a Bread Bowl Café Fresh Salad Mediterranean Salad	27 Main Entrée* Cheesy Beef Pasta w/ Elbow Noodles Italian Blend Vegetables Wheat Bread Fruit Café Entrée Patty Melt Café Fresh Salad Fruit Salad
30 Main Entrée* Beef Stir-Fry Fried Rice Oriental Vegetables Fortune Cookie Café Entrée Italian Melt Café Fresh Salad Mini Garden Salad	31 Halloween Meal Main Entrée* Ghoulish Roasted Treetops Mixed Witches Greens Vampire Stake w/ Marinara Eye of Newt Pudding Café Entrée Grilled Finger on a Bun Café Fresh Salad Grilled Bat Wing Salad		LOCATIONS & HOURS Low Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (October 25) 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.	

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

FIGHT FLU

Lowe Center (Cassopolis)

Friday, October 6
9 – 11 a.m.

Cost

Flu Vaccine (18+): \$45

High Dose (65+): \$94

On the Day of the Appointment

- Do NOT come to your appointment if you are sick.
- Do NOT come before your scheduled appointment time.
- Bring a photo ID (i.e. Driver's license, etc.) and your Health Insurance card(s)

Your insurance will be billed for your flu shot. We can bill Medicare Part B & Medicare Advantage Plans, Michigan Medicaid & Medicaid Health Plans as well as some Private Insurance carriers.

**We CANNOT bill your private insurance HMO. Contact your primary provider.*

Front Street Crossing (Dowagiac)

Friday, October 20
9 – 11 a.m.



Please call the COA at (269) 445-8110 to schedule an appointment.