

September 2023



The Messenger



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Time

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The Messenger,

Volume 32 Issue 9,
published monthly by the

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

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notify a COA staff member.

September is Fall Prevention Awareness Month

by TAYLOR LEE
Certified COA Fitness Trainer

It is estimated that one in four Americans aged 65+ takes a fall every year in the United States. This statistic is significant because a fall can potentially have a detrimental effect on an individual's health, safety, and financial independence. Here's the good news: falls are avoidable. They're not an inevitable reality of the aging process, but age does increase the risk associated with a fall.

Understanding risk factors and implementing fall prevention strategies into a daily routine can be extremely beneficial. Risk factors are defined as something that increases a person's chance of falling. Below is a short list compiled by the Centers for Disease Control of common types of risk factors.

Biological

- Muscle Weakness
- Balance Problems
- Chronic Conditions
- Vision Loss or Changes
- Problems with Feet

Behavioral

- Substance Abuse
- Inactivity
- Engaging in Risky or Unsafe Behavior

Environmental

- Poor Lighting
- Tripping Hazards
- Unsafe Public Areas
- Lack of Railings or Grab Bars

There are simple and inexpensive ways to decrease the risk of a falls in the home. Make sure to clear any clutter from walkways and eliminate any potential tripping hazards such as small rugs. Increasing the lighting throughout the house will be beneficial, especially at the top and bottom of stairs. All stair cases should have two secure rails, and grab bars can be useful in the bathroom near the toilet and in the shower.

Working on improving balance and building strength are also crucial to preventing falls. Here at the Cass County COA we have a variety of programs focused on building strength and balance, as well as a fitness center specially equipped to meet the needs of seniors. If you're looking for a more personalized approach, stop by one of the fitness centers at either location to speak with one of our fitness instructors.



Whether we are concerned about our own fall risk or that of someone we are caring for, it's important to know the risk factors and how to prevent a fall. It is never too late to make steps towards improving balance.

Check Your Risk for a Fall

1. Have you fallen in the last 6 months?
2. Do you use, or have you been advised to use, a cane or walker to get around safely?
3. Do you sometimes feel unsteady when you are walking?
4. Do you have to steady yourself by holding onto furniture when walking at home?
5. Do you worry about falling?
6. Do you need to push yourself up with your hands to stand up from a chair?
7. Do you have trouble stepping up onto a curb?
8. Do you often have to rush to the toilet?
9. Have you lost any feeling in your feet?
10. Do you take medication to help you sleep or improve your mood?
11. Do you take medication that sometimes makes you feel lightheaded or more tired than usual?
12. Do you often feel sad or depressed?
13. Do you have difficulty avoiding hazards in your path because you don't see well?

TOTAL SCORE: Add up the number of YES answers (*Questions 1 & 2 are worth double*). If the total is 4 or more, you may be at risk of falling.

List developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and adapted by the Centers for Disease Control & Prevention

Cover Image

Kelly Phillips (left) and Sheryl Johnson were just two of the over 500 that enjoyed Night Moves: The Bob Seger Ultimate Tribute Band during the outdoor Summer Concert Series. Be sure to check out pages 12 – 21 so that you don't miss out on great events like this one.

Cass County COA Staff Contacts

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Marty Heirty

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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

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Lifelong Learning

Patty Gremaux

Meals on Wheels / In-Home Care /

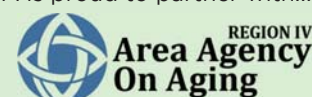
Medicare Medicaid Assistance

Adrienne Glover

Operations

Danielle Dilts

The COA is proud to partner with...



A Neighbor to Lean On

by SHELLY PURUCKER
Operations Assistant

Would you consider yourself to be a good neighbor? No matter how you answered, there is always room for improvement. That is why every year on September 28 National Neighbor Day is celebrated. This event applauds kindness and the importance of being a good neighbor while contributing to your community and one another. This day also reminds us to be great neighbors by checking on those who live close to us and pitching in to help if we can.

Could a good neighbor really be as easy as borrowing a cup of sugar or milk? Many neighbors like to share amongst one another. Sometimes the sharing is an overabundance of vegetables from a garden or maybe a new dessert recipe.

Not only can you share items, but you can also share your time. This can be as simple as making some small talk over a glass of tea on the porch to something even bigger like helping out with a project they need done. It's a great feeling to know your neighbor can

depend on you and likewise.

Getting to know your neighbor also promotes safety not only in your neighborhood, but also throughout the community. You will have more eyes and ears to alert one another when an issue arises.

Even if you and your neighbor are more like the Hatfields and McCoys, this day is the perfect day to put the past behind and make amends. Take the extra step and extend out your hands filled with kindness.

Being a good neighbor can strengthen relationships. It increases social ties and helps create stability. Friends, neighbors, and family can make us feel whole, increase our ability to be empathic, and help us to figure out who we are.

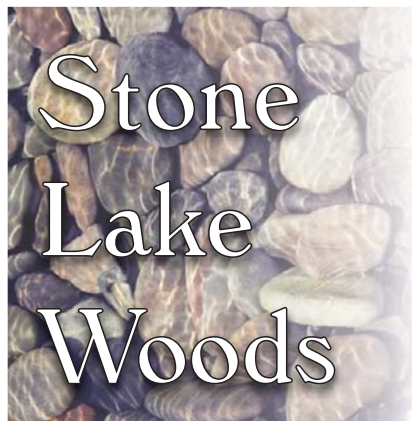
Many of our neighbors throughout Cass County have a desire to meet new people and would likely embrace an opportunity to develop a new friendship. We can all be that good neighbor and volunteer our time to help one another.

The COA has ways to be a better neighbor in the form of volunteering. Consider being a



Medical Transportation Driver by driving your fellow neighbor from the community to a much needed out of county doctor's appointment. Perhaps you would enjoy meeting more of your neighbors by delivering meals to Cass County residents. Maybe you have a neighbor who would like your company while working on your knitting or crochet project. Truly the options are endless and more can be discovered by stopping in or calling the COA at (269) 445-8110.

Fred Rogers once said, "All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors—in our own way, each one of us is a giver and a receiver."



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



Yoga with Mother Nature

by AMY CRENNELL
Yoga Instructor

Sometimes the weather conditions are perfect for practicing yoga outdoors. This is the ideal time of year to breathe in the fresh air on the patio, in the yard, or under the pavilion.

The COA Lowe Center's courtyard has a large tree that provides abundant shade, sunshine, or somewhere in-between. Stand barefoot on the grass or use a yoga mat or blanket for comfort. Enjoy doing Tree Pose while gazing at a resident tree or a flowering plant. Relax and delight in the sounds of nature during class and let the gentle morning breeze help instill a peaceful, relaxed mood.

Yoga can be a great way to begin the day. Classes are offered at the Cassopolis COA Monday, Thursday, and Saturday mornings from 9 – 10:15 a.m. for \$8 per class.



THE RING OF FIRE AT DRURY LANE THEATRE

Wednesday, October 18

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. His iconic songs highlight the incredible struggles and triumphs of his life from love and faith, rowdiness and redemption, and the healing power of home and family. Don't miss out on this foot stompin', crowd-pleasin' salute to a unique musical legend.

Trip includes non-wheelchair accessible transportation, lunch, musical, and all taxes and gratuity.

Bus Leaves: 9:30 a.m.

Bus Returns: 8 p.m. (approx. time)

Cost: \$140 (Nonrefundable)

Register by October 4

Trip MUST be paid in full when booked

BUS TRIP



**Crafty
Creations**
Red Wagon

Upcoming Events

Check out these great upcoming events. Some of the following events require registration and/or have a cost. Call (269) 445-8110 for more information and to sign up.

Lowe Center

Savvy Caregivers

Mondays, Oct. 2 – Nov. 6
10:30 a.m. – 12:30 p.m.
Instructor: Keryl Conkright

Volunteer Breakfast

Wednesday, October 4
9 a.m.

Breast Health

Friday, October 13
10 a.m.
Presenter: Linda Choler, RN,
Beacon Health Breast Center

Trivia Night

Friday, October 13
Doors Open: 5:30 p.m.
Trivia Starts: 6:30 p.m.

Bus Trip - Drury Lane Theatre

Performance: Ring of Fire
Wednesday, October 18
9:30 a.m. – 8 p.m.

Get Your Estate in Order

Tuesday, October 24
2 p.m.
Presenter: Michael Westerbeke,
Elder Law & Estate Planning
Attorney

Financial Scams in the Banking World

Wednesday, October 25
1 p.m.
Presenter: Janie Reifenberg,
Honor Credit Union

Art Workshop:

The Psychology of Color
Friday, November 10
10 a.m. – 12:30 p.m.
Presenter: Sharron Ott

Front Street Crossing

Spill the Beans

October 11
10 a.m.
Guest Speaker: Victoria
Conrad, 1st Source Bank

Beauty Update

Friday, October 20
1 – 3 p.m.
Instructor: Ky'sha Johnson

Get Your Estate in Order

Tuesday, October 24
10 a.m.
Presenter: Michael Westerbeke,
Elder Law & Estate Planning
Attorney

Financial Scams in the Banking World

Wednesday, October 25
9:30 a.m.
Presenter: Janie Reifenberg,
Honor Credit Union

Volunteer Spotlight

Sue Bingham became the volunteer leader for ceramics at Front Street Crossing earlier this year. Since then, she has stepped into additional volunteer duties where needed.

Sue also goes above and beyond to share ideas and gather info from her peers. She has a caring personality and is always pleasant to work with. Kudos, Sue!



Employee Spotlight

Adrienne Glover began her COA career as a Client Specialist over 27 years ago and is currently the Director of Community Living Support for our Care Services Department.

Adrienne describes her work at the COA as a “learning journey with our local seniors.” She has often been the face of the COA in the Cass County area through her community work and dedication to our Meals on Wheels and home care clients, as well as the home care staff.



Volunteers

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
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
Berry Clark
Anne Colgan
Joe Colgan
Keryl Conkright
Sue Cook
Judy Coon
Jeff Corey
Dan Dahmen

Grace Darrow
Max Davis
Floyd Deahl
Kay Diehl
Sue Decker
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
Debbie Hartman
Sue Heinrich
Jim Hershberger
James Karasek
Sheryl Johnson
Mary Jones
Linda Keeler
April Kerber
Mike Klute
Gwendolyn Klyce
Penny Knepple
Virginia Kraft
David Kring
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
Sharon Ott
Nancy Pallas
Diane Palmer
Susan Parker
Karen Pellow
Phyllis Peterson
Michael Peterson
Ray Phillips
Terry Proctor
George Purlee
Jannette Rafferty
Sandra Randle
Jennifer Ray
Terry Ray
Joyce Rentfrow
Melvin Reynolds
Helga Richards
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 July,
during which we had
145 active volunteers
who contributed
1211 hours of work.
This would be equal to
more than 7 full time
staff positions.

Fall Volunteer Breakfast

Wednesday,

October 4

9 a.m.

Lowe Center Dining Room

All volunteers are welcome, both new and seasoned

R.S.V.P. by **September 25**

Summer Concert

with Night Moves: The Bob Seger
Ultimate Tribute Band
Sponsored by Sunset Coast





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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.



IT'S TRIVIA TIME

The COA's annual Trivia Night is almost here. Have you purchased your table yet? If you haven't, time is ticking away to get in on all the fun with your friends and smart enemies. The fun begins on Friday, October 13 at the COA Lowe Center with doors opening at 5:30 p.m. and play starting around 6:30 p.m.

Start the evening off with fun, food, cash bar, and of course trivia with our special guest host, JEOPARDY! winner Jennifer Quail.

This entertaining evening is our primary fundraising event for our Handy Helpers program. With your support, we can serve our senior neighbors throughout Cass County by building custom wheelchair accessible ramps and installing both grab bars and handrails at no cost.

Tables for teams of 8 are now available for \$200 as well as sponsorship opportunities.

For more information, please contact Kelli Casey at (269) 445-8110 or KelliC@casscoa.org.

Savvy Caregiver®

Mondays, October 2 – November 6
10:30 a.m. – 12:30 p.m.

Caregivers, are you feeling exhausted, frustrated, or don't know where to turn for help? Well, help is here with this six-week class held on Mondays at the COA Lowe Center. You will gain valuable information regarding memory loss, how to care for yourself, planning activities, using resources, and so much more.

This class is offered just before the stressful and busy holiday season and is sure to provide the knowledge you will need to manage them more successfully.

Free respite care is offered while one attends the class but must be mentioned at the time of registration. To register or to find out more information, please call Tracy Manning at 1-800-654-2810.

Sponsored by Region IV Area Agency on Aging.



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.



269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

www.ccmcf.org

Senior Day at the Fair



SEPTEMBER 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				1 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	2
All Programs / Events REQUIRE Registration					
4 CLOSED for Labor Day	5 9:00 am Hearing Clinic 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body Hand & Foot 1:00 pm Off Site Marcellus Moves (8:30 am)	6 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	7 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body Euchre 1:30 pm Off Site Marcellus Moves (8:30 am)	8 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
11 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	12 9:00 am Parkinson's Power Punchers 12:00 pm Color Your World (Watercolor) 1:00 pm Brain & Body Hand & Foot 1:00 pm Silver Screen Cinema (Movie) Off Site Marcellus Moves (8:30 am)	13 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	14 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body Euchre 1:30 pm Off Site Marcellus Moves (8:30 am)	15 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
18 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	19 9:00 am Parkinson's Power Punchers 10:00 am Diabetes Support Group 1:00 pm Brain & Body Hand & Foot 1:00 pm Off Site Marcellus Moves (8:30 am)	20 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 Spill the Beans 11:00 am Tai Chi 12:45 pm Bingo	21 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body Euchre 1:30 pm Off Site Marcellus Moves (8:30 am)	22 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	23
25 8:00 am Cardio Challenge 9:00 am Balance, Stretch, Stability 10:00 am Chess 10:00 am Range of Motion & Mobility 11:00 am Tai Chi 12:45 pm Bingo	26 9:00 am Parkinson's Power Punchers 1:00 pm Brain & Body Hand & Foot 1:00 pm Off Site Marcellus Moves (8:30 am)	27 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	28 8:00 am Walking Club 9:00 am Parkinson's Power Punchers 10:00 am Parkinson's Support Group 1:00 pm Brain & Body Euchre 1:30 pm Off Site Marcellus Moves (8:30 am)	29 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

SEPTEMBER 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	 Breakfast Buffet September 27 7:30 - 9 am Cost: \$5			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 CLOSED for Labor Day	5 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 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	6 9:00 am Walking Club 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 Off Site Shopping	8 8:00 am Health Fair 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30 Off Site Historical Walking Tour (10:00 am or 12 pm)	9 9:00 am Yoga
11 9:00 am Foot Clinic 9:00 am Yoga 10:00 am Quilting 1:00 pm Mah Jongg 1:00 pm Silver Screen Cinema (Movie) Off Site Kayak Club (10:00 am)	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 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	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 10:30 am Sing-A-Long 1:00 pm Hand & Foot 1:15 pm Bingo 1:30 pm Fit 30 Off Site Historical Walking Tour (10:00 am)	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 Mah Jongg	19 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 1:00 pm MS Support Group 1:00 pm Visual Arts Class 1:15 pm Euchre 3:00 pm Line Dance	20 8:30 am Bridge Tournament 9:00 am Walking Club 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 9:00 am Yoga
25 9:00 am Foot Clinic 9:00 am Yoga 1:00 pm Mah Jongg Off Site Kayak Club (10:00 am)	26 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 3:00 pm Line Dance	27 7:30 am Breakfast Buffet 9:00 am Walking Club 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 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	30 9:00 am Yoga

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

FSC COLOR YOUR WORLD (Watercolor Class)

Cost: \$20

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

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

step-by-step instructions and demonstrations.

September's watercolor is "Dragonfly."

Instructor: Roy Hruska

Front Street Crossing

Tuesday, Sept. 12
12 - 3 pm



LC CRAFTY CREATIONS

Cost: \$5

**Registration is required by
September 8.**

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

This month's featured craft is Autumn Sock Pumpkins. Decorate your home with a little fall touch or add them to last month's Little Red Wagon to show off two things made by you.

Instructor: Judy Brown

Lowe Center

Wednesday, Sept. 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, Sept. 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

Monday, Sept. 18
10 am - 4 pm

LC VISUAL ARTS CLASS

Cost: \$15 (Per Class)

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

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

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

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

Instructor: Sharron Ott

Lowe Center

Tuesdays
1 - 3 pm



LC
Lowe Center

FSC
Front Street Crossing

N
In Your
Neighborhood


Online / Zoom



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

September's feature is
The King's Speech

When England's Prince Albert must ascend the throne, one big thing stands in his way of greatness...his stammer. Seeing his struggles and knowing that her husband needs to be able to communicate with elegance and grace, his wife hires a speech therapist to help him. Through unconventional means of teaching, find out if he is able to surpass his shortcomings and speak with confidence.

Starring Colin Firth, Geoffrey Rush, & Helena Bonham Carter

Free movie, individual bag of popcorn, and water.

Lowe Center

Monday, Sept. 11
1 pm

Front Street Crossing

Tuesday, Sept. 12
1 pm



LC WHIMSICAL GNOMES

Cost: FREE

Registration is required by September 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. It won't take long and you'll get to see your little gnome family grow.

Instructor: Judy Brown

Lowe Center

Wednesday, Sept. 20
10 am

COMPUTERS & TECHNOLOGY

LC COMPUTER USE

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

Lowe Center

Mondays - Fridays
8 am - 5 pm

Front Street Crossing

Mondays - Fridays
8 am - 4 pm

FITNESS & EXERCISE

LC FITNESS CENTER

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

Lowe Center

Mondays - Thursdays
7 am - 7 pm

Fridays
7 am - 4 pm

Saturdays
7:30 am - 12 pm

Front Street Crossing

Mondays - Fridays
7 am - 4 pm

Membership Prices

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

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

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

Walk-in \$5



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

Class Prices

M/W/F \$25 (Monthly)

T/Th \$20 (Monthly)

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

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

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

FITNESS & EXERCISE

LC BALANCE, STRETCH, AND STABILITY

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

Registration is required

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

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

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

Lowe Center & Online / Zoom

Tuesdays & Thursdays
11 - 11:45 am

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
9 - 9:45 am

FSC BRAIN & BODY

Cost: FREE

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

Instructor: Ky'sha Johnson

Front Street Crossing

Tuesdays & Thursdays
1 - 1:30 pm



FSC CARDIO CHALLENGE

Cost: \$25 (Monthly)

Registration is required

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

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
8 - 8:45 am

LC FIT 30

Cost: FREE

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

Instructor: Taylor Lee

Lowe Center

Wednesdays & Fridays
1:30 - 2 pm

LC LINE DANCE

Cost: FREE

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

Instructor: Fran Yeager

Lowe Center

Tuesdays
3 pm

N KAYAK CLUB

Cost: \$20 cash (Per Rental)
FREE (No Rental)

Registration is required

Get a chance to meet others, soak up some fresh air, and get a little exercise while doing it. With this bimonthly club you can paddle your own fun around Diamond Lake.

Kayaks and paddle boards will need to be rented or you are free to bring your own. Life jackets are required and all participants must be proficient swimmers. There is limited rental availability. Everyone, regardless of renting or not, is required to register.

Leader: Taylor Lee

In Your Neighborhood

Park Shore Marina
22230 Maple St.
Cassopolis, MI
Mondays,
Sept. 11 & 25
10 am - 12 pm

N MARCELLUS MOVES

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

Registration is required

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

Instructor: Rosemary Gillam

In Your Neighborhood

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



LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

FSC PARKINSON'S POWER PUNCHERS

Cost: FREE

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

Instructor: Coach Walter Swann,
Former Professional Boxer

Front Street Crossing

Tuesdays & Thursdays
9 - 10 am

FSC RANGE OF MOTION & MOBILITY CLASS

Cost: \$25 (Monthly)

Registration is required

Formerly the S.E.A.T. Class, this class is designed for those with limited functional mobility and range of



motion. Movements can be done in a seated position or by holding on to a chair/rail for support. Focus is on functional exercises to improve & maintain activities of everyday living.

Instructor: Ky'sha Johnson

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

Front Street Crossing & Online / Zoom

Mondays, Wednesdays, Fridays
10 - 10:45 am



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

Cost: \$20 (Monthly)

Registration is required

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

Instructor: Taylor Lee

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

Low Center & Online / Zoom

Tuesdays & Thursdays
9 - 9:45 am

LC STRONG & STABLE

Cost: \$20 (Monthly)

Registration is required

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

Instructor: Taylor Lee

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

Low 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)

Low Center (Walking Trail)

Wednesdays
9 am

Front Street Crossing (Downtown)

Thursdays
8 am

What's Happening
at the COA

Low Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

FITNESS & EXERCISE

LC 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



LC BRIDGE TOURNAMENT

Cost: \$25

Registration is required
Space is limited

Fill your day with bridge, bridge, and more bridge. Enjoy breakfast and lunch as well as get a chance to win cash prizes.

Lowe Center

Wednesday, Sept. 20
8:30 am - 3 pm
9 am (Bridge Starts)

LC CHESS



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

Lowe Center

Tuesdays
10:30 am - 1 pm

Front Street Crossing

Mondays
10 am - 12 pm

LC EUCHRE



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

If a program is scheduled, Euchre will follow afterward.

Lowe Center

Tuesdays
1:15 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



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
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

LC
Online / Zoom

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



N DOWNTOWN CASSOPOLIS HISTORICAL WALKING TOUR

**Registration is required
Tour size is limited**

Don't miss your chance to learn about historic downtown Cassopolis in one of three tours offered this month. Get a chance to share stories, learn about the history, explore inside some of the sites, and hear oral history from local residents.

Each walking tour should last no longer than an hour and a half. This free tour will start and end at the Cassopolis Historical Library and go up and back down Broadway Street. During this hour long walk, discover 10 historical sites located right in the heart of downtown.

Sign up today to step back in time to a part of local history.

Guide: Ky'sha Johnson

In Your Neighborhood

Cass District Library's
Local History Branch
145 N. Broadway St.
Cassopolis, MI

Friday, Sept. 8
10 am

Friday, Sept. 8
12 pm

Friday, Sept. 15
10 am

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

SERVICES & SUPPORT

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 (Location Change)

Monday, Sept. 18
1 - 2:30 pm

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, Sept. 13
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 **DIABETES SUPPORT GROUP** **FSC**

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

Lowe Center

Friday, Sept. 1
1 - 3 pm

Front Street Crossing

Tuesday, Sept. 19
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, Sept. 7
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, Sept. 11 & 25
Call for Times



LC **GRIEF SUPPORT GROUP**

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

Lowe Center

Thursday, Sept. 14
1 - 3 pm

LC **HEARING CLINIC**

FSC **Appointment ONLY**

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



Lowe Center

Tuesdays, Sept. 12 & 26
9 am - 4 pm

Front Street Crossing

Tuesday, Sept. 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, Sept. 19
1 - 3 pm

LC **PARKINSON'S SUPPORT GROUP** **FSC**

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, Sept. 12
1 - 3 pm

Front Street Crossing

Thursday, Sept. 28
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, Sept. 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, Sept. 7

LC
Lowe Center

FSC
Front Street Crossing

N
In Your Neighborhood

Online / Zoom

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

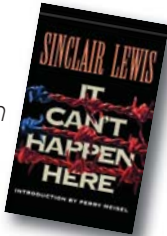
SOCIAL SESSIONS

LC READ & SHARE BOOK CLUB

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

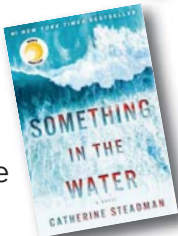
September's Discussion Book

It Can't Happen Here by Sinclair Lewis



October's Discussion Book

Something in the Water by Catherine Steadman



Lowe Center

Tuesday, Sept. 5
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, Sept. 5 & 19
9:30 am - 12 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

Join in the fun as Jordan Anderson from Baker's Rhapsody fills you in on what you need to know about the baking industry and what kinds of things to expect to be popping out of the oven in the next few months.

October's Bean Spiller

Victoria Conrad,
1st Source Bank
Assistant Manager

Front Street Crossing

Wednesday, Sept. 20
10 am

SPECIAL EVENTS



LC HEALTH FAIR

Appointments required for items marked with *

Join us for FREE screenings, tests and information are all located in one convenient place. A healthy breakfast will also be provided.

- Blood Pressure Checks
- *Cholesterol Testing
- *COVID-19 Vaccinations
- *Glucose Testing
- Hearing Screenings
- Information Booths
- Oral Cancer Screening
- *Skin Cancer Screening
- Teeth & Denture Checks
- Vision Screenings & Glaucoma Testing

Lowe Center

Friday, Sept. 8
8 - 11 am

What's Happening
at the COA

Lowe Center

60525
Decatur Rd.
Cassopolis, MI

Mon. - Thurs.
7 am - 7 pm

Fri.
7 am - 4 pm

Sat.
7:30 am - 12 pm

Front Street Crossing

227
S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

Donations & Support

*Includes donations received between
July 11 – August 10, 2023.*

*Donations received after that date will be
acknowledged in the next edition of the Messenger.*

Front Street Crossing Ice Cream Social Sponsor

Honor Credit Union

Greatest Need

Anonymous
Linda Frisbie
Bernice Gwilt
Michael Sutherland
David Tanis
Jeri Taylor

Meals on Wheels

Joanne Ackerman
Cheryl Albright
Bonnie Cuthbert
Connie Ellerbrook
Mary Everman
John and Lydia Gould
Betty Grames
Amberson Huff
Bill Mitchell
Anita Sparks
Ed Thornburgh
James Wilson
Mary Working

In Memory of John Bradke

Anonymous

In Memory of Linda Lorenz

Alpha Upsilon Master
Chapter

In Memory of Floyd Williams

Pamela Moore

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

Equipment for those in Need

The COA's Medical Loan Closet gives community members access to essential medical devices and supplies at no cost. Items on hand may include:

- Non-motorized wheelchairs
- Walkers

- Canes
- Crutches
- Shower Benches
- Bedside Commodes
- Toilet Risers
- Unopened Disposable Incontinence Underwear

If you are in need of a medical device or

have an item to donate, please contact us at (269) 445-8110 to schedule a time to pick-up or drop-off items.

We accept donations of new or gently used equipment that is clean and in working order.



SEPTEMBER 2023 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS & HOURS Lowe Center Hours (LC) Lunch** 11:30 a.m. - 1:30 p.m. (weekdays) Buffet Breakfast 7:30 - 9:00 a.m. (September 27) Chestnut Towers Apartments Meals* served daily by reservation only - call the COA for more information.				1 Main Entrée* Grilled Chicken Breast Mashed Potatoes & Gravy Fire Roasted Corn Wheat Roll Fresh Fruit Café Entrée Pulled Pork Nachos Café Fresh Salad Beef Taco Salad
4 CLOSED for Labor Day	5 Main Entrée* Beef Stew Rosemary Redskin Potatoes Stew Vegetables Wheat Bread Pumpkin Pie Café Entrée Deli Sandwich Café Fresh Salad Strawberry Chicken Salad	6 Main Entrée* Apple Pork Tenderloin Stuffing Peas & Pearl Onions Wheat Roll Fruit Café Entrée Sloppy Jose Café Fresh Salad Greek Salad	7 Main Entrée* Baked Penne Italian Breadstick Italian Green Beans Cookie Café Entrée Grilled Cheese Café Fresh Salad COA Salad	8 Main Entrée* Orange Chicken Rice Sugar Snap Peas Fortune Cookie Café Entrée Loaded Baked Potato Café Fresh Salad Very Veggie Salad
11 Main Entrée* French Toast Sausage Links Breakfast Potatoes Syrup Café Entrée Hot Dog Café Fresh Salad Cottage Cheese w/ Fruit	12 Main Entrée* Beef Chili w/ Beans Fire Roasted Tomatoes Cornbread Sour Cream Cookie Café Entrée Spicy Chicken Sandwich Café Fresh Salad Cobb Salad	13 Main Entrée* Seasoned Pork Chop Mashed Potatoes & Gravy Peas & Carrots Wheat Roll Fruit Café Entrée Chef's Special Café Fresh Salad Turkey Craisin Salad	14 Main Entrée* Spaghetti & Meatballs Winter Blend Vegetable Garlic Toast Cake Café Entrée Beef Tacos Café Fresh Salad Fruit Salad	15 Main Entrée* Turkey & Cheese Sandwich Coleslaw Potato Chips Fruit Café Entrée Ham Salad Sandwich Café Fresh Salad COA Salad
18 Main Entrée* Honey Dijon Chicken Breast Maple Roasted Sweet Potatoes Green Beans Wheat Bread Pudding Café Entrée Meatloaf Café Fresh Salad Chicken Salad	19 Main Entrée* Shepherd's Pie Mixed Vegetables Mashed Potatoes Wheat Roll Fruit Café Entrée Italian Melt Café Fresh Salad Mediterranean Salad	20 Main Entrée* Pork Roast Stew Vegetables Seasoned Rice Wheat Bread Cookie Café Entrée BLT Wrap Café Fresh Salad Salad Trio	21 Main Entrée* Tuna Noodle Casserole Mixed Vegetables Broccoli Wheat Roll Jello Café Entrée Veggie Wrap Café Fresh Salad Chicken Taco Salad	22 Main Entrée* Salisbury Steak Mashed Potatoes & Gravy Peas & Carrots Wheat Bread Applesauce Café Entrée Tuna Salad Sandwich Café Fresh Salad BLT Salad
25 Main Entrée* Chicken Sandwich on a Bun Rosemary Roasted Redskins Corn Cake Café Entrée Chili Dog Café Fresh Salad Michigan Chicken Salad	26 Main Entrée* Beef Stir-fry Rice Oriental Vegetables Fortune Cookie Fruit Café Entrée Grilled Ham & Cheese Café Fresh Salad Oriental Salad	Hot Breakfast (LC) 27 Main Entrée* Pork Chile Verde Rice Corn & Black Beans Crackers Pudding Café Entrée Soup in a Bread Bowl Café Fresh Salad Mediterranean Salad	28 Main Entrée* Cheese Ravioli Peas Garlic Bread Cookie Café Entrée Patty Melt Café Fresh Salad Fruit Salad	29 Main Entrée* Cheese Omelet Sausage Patty Breakfast Potatoes Cake Café Entrée Corned Beef on Rye Café Fresh Salad Mini Chef Salad

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

Friday, September 8

8 - 11 a.m.
COA Lowe Center

Join us for this **FREE** event.

**Marked items require appointments*

- Blood Pressure Checks
- Cholesterol Testing*
- COVID-19 Vaccinations*
- Glucose Testing*
- Healthy Breakfast
- Hearing Screenings
- Information Booths
- Oral Cancer Screenings
- Shoulder & Neck Massage
- Skin Cancer Screenings*
- Teeth & Denture Checks
- Vision Screenings & Glaucoma Testing

**Call the COA at (269) 445-8110 for
more information & to schedule**

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