



The  November 2016
Messenger

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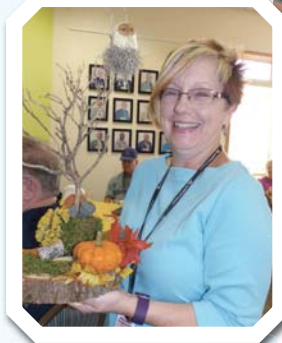
www.CassCOA.org

Whooooo...
Makes A
Difference?

Volunteers Like Yooou!!!



Volunteer Fall
Breakfast



Photos by Terina Miller

COA Staff

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Bob Cochrane

In-Home Care/
Meals on Wheels:
Adrienne Glover

Adult Day Services/
Support Groups:
Keryl Conkright

Charitable Giving:
Heather Carter

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& Wendy Sanders**

Volunteers:
Leslie Vargo



Honoring Our Veterans

By Kelli Casey
Front Street Crossing Manager

Veterans Day is November 11 and is an official United States public holiday that honors military veterans who have served in the United States Armed forces. It coincides with other holidays, including Armistice Day and Remembrance Day, celebrated in other countries that mark the anniversary of the end of World War I. Major hostilities of WWI were formally ended at the 11th hour of the 11th day of the 11th month in 1918, when the Armistice with Germany went into effect.

The United States previously observed Armistice Day until 1945 when WWII veteran Raymond Weeks had the idea to expand Armistice Day to celebrate all veterans, not just those who died in WWI. Weeks led a delegation to General Dwight Eisenhower, who

supported the idea of a National Veterans Day. The first national celebration of this annual holiday was in 1947 and the bill was signed into law on June 1, 1954.

The observance of Veterans Day not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day which is a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

On Friday, November 11 the Cass County COA would like to recognize our local veterans at both of our facilities with a FREE hot lunch. Meals are served at the Lowe Center in Cassopolis from 11:45 a.m. to 1:15 p.m. and at Front Street Crossing in Dowagiac from 11:30 a.m. to 1:30 p.m. Please call (269) 445-8110 for reservations and specify Cassopolis or Dowagiac to reserve your meal.

COVER PHOTO

Virginia Kraft prepares the quilt to be sewn together. The Quilting Club meets the 1st and 3rd Mondays of every month and is open to both skilled and new quilters alike. For more programs and activities like this one, be sure to check out the What's Happening section on pages 12 - 15.

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Messenger Staff

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Cass County COA
(269) 445-8110 or (800) 323-0390
www.casscoa.org

Lowe Center
60525 Decatur Rd.
Cassopolis, MI 49031

Front Street Crossing
227 S. Front Street
Dowagiac, MI 49047

The COA is proud to partner with...



Anyone attending programs and events associated with the Cass County COA may be photographed and/or video recorded. These items may be used in The Messenger or for other promotional purposes. Those wishing not to consent must kindly notify a COA staff member.



Holiday Gatherings and Dementia

By Keryl Conkright, R.N.
Care Services Team Leader

As the holidays approach, caregivers for those living with dementia may have a different view of these “special family times”. Planning the event and wanting everything to be “perfect” may cause an increased stress level. However, holidays can still be enjoyable and hold memory building opportunities.

Take an objective look at what your person can realistically do and tolerate in a larger holiday event setting. What seems to cause too much stimulation for your person? Does the size of the group cause an issue for him/her? Do you notice an increase in confusion when they are exposed to these types of social events? Can your person travel to another location for the event or should it be held at your home where the surroundings are comfortable and familiar? Is morning a better time of day for your person than later afternoon due to an increase in afternoon fatigue or perhaps ‘sundowner’ symptoms which may occur in late afternoon?

Regular traditions for family holiday times do not have to stop although they might need to be modified. It is important for families to include the person with dementia in the get-

together. Also, giving consideration to small changes in the normal traditions might well still accomplish the same goal. Would a brunch or an earlier lunch work better than the later afternoon or evening meal?

Some families find if they allow the person to eat in another room with only two or three others, the time is beneficial and totally enjoyable. Grandchildren can even take turns spending time with the grandparent and read to them or play a game. Adult children can also take turns spending quality time with the parent while still enjoying the holiday gathering. If your person takes a daily afternoon nap, allow for that regular routine which will help avoid over-stimulation from fatigue. Share the responsibilities for the preparation of the get together to avoid any one person becoming overwhelmed and exhausted.

While caregiving for someone with dementia is indeed the hardest job you will ever do, don't give up on the holidays. Please talk with family members and develop a plan to make this time meaningful. Continue to make memories, celebrate and enjoy the family times together. These special moments will be yours to treasure in your hearts. We never know what the next year will hold. Don't miss the opportunity to make this holiday a memorable experience for everyone.

Cass County COA

Don't let your loved one get away



If you have someone in your life who may be at risk for wandering away from safety, Project Lifesaver can help.

The program provides law enforcement officials the ability to track and find people who are enrolled in the program if they are reported missing. Enrollees wear a wristwatch-sized transmitter. If they are reported missing, law enforcement officials can activate their receivers to find the missing person.

The program is particularly useful for people with dementia, memory loss, autism, and other conditions that may cause them to wander away.

For more information on enrolling your loved one, contact Deputy MaKenzie Kreiner at the COA at 445-8110.

The Council on Aging and the Cass County Sheriff's Office work together to ensure the safety of older adults, especially those who may be the most vulnerable.



My Life. My Choice.

We can help you know your options and get the support you need to live as independently as possible in the setting of your choice.

Call (800) 654-2810
www.AreaAgencyonAging.org



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Enhancing Life



Help Available for Medicare Open Enrollment

The Cass County COA is taking appointments for anyone with questions for the Medicare Advantage and Medicare Drug Plan open enrollment period, which runs now through Dec. 7. This is the time for those in the plan to change or cancel drug coverage for 2017.

If you're in a Medicare Advantage plan, you may unenroll during the Medicare Advantage Disenrollment Period and return to Original Medicare. This period runs from January 1 to February 14, 2017.

It's wise to check the plans to be sure that you are still in the one that benefits you the most. Choosing or changing a plan can be a difficult decision because there are a wide variety of plans available. Since individual needs vary widely, finding a good match is essential.

Anyone wishing to receive assistance with finding information and choosing a new plan can call the COA at (269) 445-8110 or (800) 323-0390. The COA has three Medicare/Medicaid Assistance Program representatives available to help sort out the options and guide you through enrollment. Please make an appointment early with Adrienne, Dora or Wendy to avoid any last-minute rush.

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(800) 323-0390 or (269) 445-8110

Avoid Being Scammed at Home

By Deputy MaKenzie Kreiner
Senior Safety Coordinator

Please be careful when people approach you at your home trying to sell you items, want to do repairs on your roof, fix or clean your driveway, etc. Usually the individual(s) do not come alone but they come in "teams" to essentially scope out what you have in and around your residence and then steal what you have. They usually distract you all while another person comes in to steal items even when you are there or they come back later while you are gone and take your treasured belongings.

NEVER let anyone in your house regardless of how pushy they are or how they seem to relate to you because this is a SCAM and they are trying to steal from you.



Tips that you can do to help yourself and your loved ones:

1. Do not answer the door if you do not recognize the vehicle or person
2. If you do answer the door do not let them in your house
3. Be stern with them that you are not interested in what they are selling
4. Tell them if they do not leave you are calling the police

By following these few simple advices you will avoid being scammed and keep your possessions safe.

Deputy MaKenzie Kreiner,
Senior Safety Coordinator
promotes safety and protection of older adults
through the
COA and Cass County Sheriff's Office.

www.casscoa.org & www.facebook.com/CassCOA

Volunteers

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Donna Colley
Greg Connelly
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Alice Curry
Vergil Danner
Grace Darrow
Mike Davidson
Sue Decker
Kay Diehl
Carol Dierickx
Beth Dodge
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Sue Dunlap
Sheila Evans
Mervin Falor
Wilma Falor
Cindy Ferguson
Dolores Flora
Harry Flora
Norma Fokey
Margo Foreman
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Marcia Gregg
Barbara Green

Joyce Greenwood
Cheryl Groner
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Ron Jones
Polly Judd
James Karasek
Mary Karasek
Carol Keim
Kay Keith
Gretchen Kelley
John Kelley
Grace Kenyon
Ellen Kingsley

Virginia Kraft
Sandy Krager
Dean Lambert
Eleanore Langheinrich
Cecelia Littman
Saron Lyn
Frank Maley
Vicki Maley
Mary Malsch
Roselyn Marcyan
Phyllis Mason
Stanley Mason
Elaine McKeough
Pam Mechling
Delores Minisee
Carol Modigell
Jane Moraw
Eddie Mose
George Pabreza
Diane Palmer
Terry Proctor
Rosalie Puckett
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Sandra Randle
Jennifer Ray
Terry Ray
Rita Reed
Robert Reed
Joyce Rentfrow
Mike Rockwell
Annette Rotolo
Sharon Seiler
Larry Settle
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Jill Shank
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Walter Smiles
Joy Smith
Judy Smith
Charles Sprague
Irmgard Stange
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Jerry Stults
Lorna Suits
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James Toth
Joe Underwood
Donald Van Hulle
Julie Weaver
Tim Wiggins
Sue Wilder
Karen Williams
Don Wilcox
Claire Wolford
Roberta Woodruff
Fran Yeager
Mary Jane Young

Volunteers listed are for the month of September, during which we had 146 active volunteers who contributed 2,424 hours of work. This would be equal to more than 15 full time staff positions.




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 Newly Renovated Assisted Living

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nilesal.com





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 145 Stone Lake Street, Cassopolis

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Community room with fireplace and full kitchen, library, craft and fitness rooms. Spacious one- and two-bedroom apartments are loaded with every amenity:

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- Elevator
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- 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.




Apology

By Bob Cochrane
Chief Executive Officer

In preparing for last year's Annual Meeting and Volunteer Dinner, we ordered a publication with the COA name and logo printed on the cover. These were distributed at the dinner and also handed out at various public events since then.

Two weeks ago, it was brought to our attention that the publication contains a word that is offensive to our community. As soon as we found out about this, we stopped using the book, and we contacted the publisher to express our concern that they would produce such a book.

This week we received a response from the publisher which indicates that they were also unaware of the offensive word. They have removed the book from the list of products, put together a team to search all their publications for other instances of offensive language, and informed the producer of the book of their concerns.

As an organization, we certainly do not want to offend the people we are here to serve. We apologize to anyone who received one of the books and was disturbed to find that kind of language in a publication with the COA name on the cover.

Wood Carving Show

The Fruitbelt Woodcarvers annual wood carving show is Nov. 4 and 5 at the Cass County Fairgrounds.

The show features all types of wood carving and burning. Vendors will demonstrate, display, and some will sell their work.

The show runs from 10 a.m. to 5 p.m. Saturday, Nov. 5, and from 10 a.m. to 3 p.m. on Nov. 6. Admission is free and parking is available in the fairgrounds lot off O'Keefe Street. Some refreshments will be available for purchase.

The Fruitbelt Woodcarvers meet at the COA twice a month. On the first Thursday of the month they meet from 2:30 to 5 p.m., and on the third Thursday they meet from 5 to 7 p.m. The group includes experienced carvers and welcomes newcomers to the art.

Cocoon

Monday, Nov. 14
(Lowe Center)

What would you do if you discovered the Fountain of Youth in your neighbor's pool? Perhaps a dip in the magic waters will make you feel like a kid again. So what could possibly be wrong with a little trespassing? That's the dilemma presented to our trio of retirees, living the good life on the Florida Coast.

And that's the premise for our November movie, the 1985 classic "Cocoon" starring Steve Guttenberg, Don Ameche, Jessica Tandy and a host of Hollywood icons. The movie was directed by Ron Howard,

yes the same Ron Howard who was Opie Taylor on the Andy Griffith Show and Richie Cunningham on Happy Days! This was Howard's fifth effort as a director and it proved his talent on either side of the camera.

Made with a budget of \$17 million, "Cocoon" was extremely popular, bringing in box office receipts of over \$85 million. There was also critical acclaim as the movie won two Oscars, including a Best Supporting Actor for Don Ameche.

So come join your friends at the COA to hear a little of the story behind the story before the movie. Maybe you too will be dipped in those magic waters.



Photo courtesy of Twentieth Century Fox



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23770 Hospital Street, Cassopolis, MI

MI Choice: A Program Offered by Region IV Area Agency on Aging

MI Choice services, funded through the MI Choice Waiver program, are for adults 18 and older who have nursing-home level of care needs, but who prefer to live at home or another residential setting.

Individuals who meet income, asset, and level of care criteria, can receive a range of services and supports. Options might include help with bathing, dressing and transferring, light housekeeping, laundry, home-delivered meals, specialized equipment, caregiver relief, adult day care, nursing services, non-medical transportation, a personal emergency response system, electronic medicine dispenser, or help moving from a nursing home.

If you, a friend or loved one has nursing-home level of care needs and wants to live at home, call Region IV AAA.

Call the Info-Line at (800) 654-2810 to speak with a trained specialist who can answer questions about the MI Choice program. You can also visit the link on our website, <http://www.areaagencyonaging.org/programs-services/home-based-care-options/1330-mi-choice-waiver>



Q&A

Q: I am new to the area. How do I find a new physician who takes my insurance?

A: If you have internet access, you can look up which type of provider you are seeking. Many practices post their hours and names of physicians who provide services to their patients. There may also be a patient review link which may give you valuable information. Also consider calling the office to ask if they accept your insurance.

Q: Should I get a flu shot?

A: Please check with your physician to ensure there are no valid reasons for not getting a flu shot. Influenza can cause complications which may be life-threatening. Unless you are advised to not receive a flu shot or are allergic to the components of the vaccine, you should receive a flu shot yearly.

Please feel free to submit your questions
(you will remain anonymous) to:

COA "Q & A"
c/o The Messenger
PO Box 5
Cassopolis, MI 49031



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Family Clinic Network**
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Cassopolis Family Clinic
261 M-62 North, Cassopolis, MI 49031

Medical (269) 445-3874
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Fri. 8 a.m. - 5 p.m.
Saturday 9 a.m. - 1 p.m.

Dental (269) 228-8500
Mon. - Thurs. 7:30 a.m. - 6:30 p.m.
Fri. 7:30 a.m. - 5 p.m.

Pharmacy (269) 228-8505
Mon. - Thurs. 9 a.m. - 6 p.m.
Fri. 9 a.m. - 5 p.m.

The Cassopolis Family Clinic Network is an
Equal Opportunity Provider and Employer.

Looking for the perfect gift for someone?

Be sure to check out the
Lowe Center gift shop
for all your
Holiday Gifts & Decorations.



A Permanent Legacy for Future Generations

Planning for the future. The Cass County Council on Aging would be honored to be included in your estate planning. Many who have benefited from our services have left a bequest to the COA. They wanted to help ensure a bright future for all who follow in their footsteps.

If you would like to consider a bequest to the COA, we have provided wording that may assist you in legal discussions. A gift of any amount is a legacy that will live on in your memory.

A Specific Bequest to the COA

"I give, devise and bequeath (___ % percent) or (\$_____ a fixed dollar amount) of my estate to the Cass County Council on Aging, or other such organization as may replace such similar functions, a qualified 501(c)(3) charitable institution, located in Cassopolis, Michigan, to be used for services, programs, operations or capital needs of the organization."

Residual Of Estate Bequested to the COA

"I give, devise and bequeath (all, a ___% percent) (or ___ shares) [please select one] of the rest, residue, and remainder of my estate both real and personal property, wherever situated, which I may own or be entitled to at my death, to the Cass County Council on Aging, or other such organization as may replace such similar functions, a qualified 501(c)(3) charitable institution, located in Cassopolis, Michigan, to be used for services, programs, operations or capital needs of the organization."

PLEASE NOTE: The above wording is to assist you in your planning. You may wish to consult an attorney to ensure that your bequest is properly endowed to the Cass County Council on Aging.

I want to support the Cass County Council on Aging

DONATION AMOUNT

\$1000 \$500 \$250 \$100 \$50 \$25 Other \$ _____

PAYMENT METHOD

Cash Check *(made payable to Cass County Council on Aging)* Credit Card

Please indicate type: Visa MasterCard Discover American Express

Credit Card Number _____ Expiration Date _____

Name on Card _____ Signature _____

DONOR INFORMATION

Name _____

Address _____ City _____ State _____ ZIP _____

E-mail Address _____ Daytime Phone _____

I/We would like my/our names to be listed among donors as follows:

Please list me/us as an anonymous donor.

My gift is in Memory/Honor of: _____

I want my gift to benefit Home Care.

HELP MAKE A BETTER COMMUNITY!

Fill out above information and return with your donation to: **Cass COA, PO Box 5, Cassopolis, MI 49031-0005**

You may also donate online at schedulesplus.com/cass

10 November 2016 at Front Street Crossing

227 S. Front St.
Dowagiac, MI

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10 - 11:15 a.m. Yoga 1-2 p.m. Home Safety While You're Away	2 8-8:45 a.m. Cardio Challenge 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo	3 8 a.m.-Noon Computer Support 10 - 11:15 a.m. Yoga 1 p.m. Euchre 1-3 p.m. Free Memory Screening	4 8-8:45 a.m. Cardio Challenge 9-9:45 a.m. Vim & Vigor 9-11 a.m. Computer Asst. 10-10:45 a.m. S.E.A.T. Class Noon FSC Musicians	5
7 8-8:45 a.m. Cardio 9 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo 1:30 p.m. Champagne Flutes 5:30-7:30 p.m. Creating Confident Caregivers	8 10 - 11:15 a.m. Yoga	9 8-8:45 a.m. Cardio Challenge 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo	10 10 - 11:15 a.m. Yoga 1 p.m. Euchre	11 8-8:45 a.m. Cardio Challenge 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11:30 a.m.-1:30 p.m. Veteran's Day Meal Noon FSC Musicians	12
14 8-8:45 a.m. Cardio 9 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo 1:30 p.m. Champagne Flutes	15 10 a.m.-Noon Holiday Ornaments 10 - 11:15 a.m. Yoga 1-3 p.m. Holiday Wine & Appetizer Pairings	16 8-8:45 a.m. Cardio Challenge 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Birthday Bingo	17 8 a.m.-Noon Computer Support 10 - 11:15 a.m. Yoga Noon Thanksgiving Dinner 1 p.m. Euchre	18 8-8:45 a.m. Cardio Challenge 9-11 a.m. Computer Asst. 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class Noon FSC Musicians	19
21 8-8:45 a.m. Cardio 9 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo 1:30 p.m. Champagne Flutes	22 10 - 11:15 a.m. Yoga	23 8-8:45 a.m. Cardio Challenge 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo	24 CLOSED for Thanksgiving Day	25 CLOSED for the Thanksgiving Holiday	26 CLOSED for the Thanksgiving Holiday
28 8-8:45 a.m. Cardio 9 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo 1:30 p.m. Champagne Flutes	29 10 - 11:15 a.m. Yoga 12:30-4 p.m. Color Your World (Watercolor)	30 8-8:45 a.m. Cardio Challenge 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo			



Aqua-Fitness: A fitness solution for anyone who needs to be gentle on their joints or just enjoys the water. Classes meet at the Baymont Inn & Suites in Dowagiac on Tuesdays and Thursdays at 9 a.m. Cost is \$55 for 10 sessions.

Marcellus Moves: This class provides a variety of fitness options for those in the Marcellus area. Meets Tuesdays and Thursdays from 8:30 to 9:15 a.m. at the United Methodist Church in Marcellus, 197 W. Main. Cost is \$20 per month, \$5 for walk-ins.

Marcellus Meets: No meeting in November or December.

Union Neighbors: Meet and greet your friends and neighbors at the Cass County Conservation Club in Union. Thursday, Nov. 10, blood pressure checks at 10 a.m., Bingo begins at 10:45 and the potluck starts at noon (please bring \$1 for the entrée and a dish to pass).

Traveling Euchre Tournament: Many of our Euchre Club members follow this traveling tournament which will be held in Buchanan Saturday, Nov. 19 at 1 p.m. Call Sandi at the COA to reserve your spot.

Shopping: Cass County 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. Cost is \$5. Thursday, Nov. 10.

November 2016 at the COA Lowe Center M-60 & Decatur Rd. 11 Cassopolis, MI

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>10 a.m.-1 p.m. Brain Worx Club 10 a.m.-Noon Fiction Writers Workshop 10-11:30 a.m. Basic Sign Language 11 a.m.-2 p.m. Chess Club 1 p.m. Euchre 1-3 p.m. Stroke Support 3 p.m. Line Dance 6-6:45 p.m. Cardio Dance</p>	<p>2</p> <p>Hot Breakfast 9:45-10:30 a.m. S.E.A.T. / Stretch Class 10 a.m.-Noon Chronic Disease Caregivers Supp. 11 a.m.-3 p.m. Low Vision Support 1-2 p.m. Bingo 1-2 p.m. Home Safety While You're Away 1-3 p.m. Pinochle</p>	<p>3</p> <p>9 a.m.-Noon Dance Club 9-11 a.m. Free Memory Screening 10 a.m.-Noon Drug Drop 12:30-2:30 p.m. Ceramics 2:30-5 p.m. Woodcarvers 6-6:45 p.m. Cardio Drumming</p>	<p>4</p> <p>9 a.m.-Noon Knit/Crochet 9:30-11:30 a.m. What's Going On? 11-11:30 a.m. Sing-A-Long 1-2 p.m. Bingo 1-3 p.m. Diabetes Support</p>	<p>5</p> <p>9 - 10:15 a.m. Yoga</p>
<p>7</p> <p>9:45-10:30 a.m. S.E.A.T. / Stretch Class 10 a.m. Quilting 12-12:30 p.m. R.A.D. Practice Class 1-3 p.m. Computer Asst. 1-4 p.m. Mah Jongg 5:45-7 p.m. Yoga</p>	<p>8</p> <p>10 a.m.-1 p.m. Brain Worx Club 10-11:30 a.m. Basic Sign Language 11 a.m.-2 p.m. Chess Club 1 p.m. Euchre 1-3 p.m. Parkinson's Support 3 p.m. Line Dance 6-6:45 p.m. Cardio Dance</p>	<p>9</p> <p>1 p.m. Cribbage Club 1-3 p.m. Dementia Caregivers Support 1-3 p.m. Pinochle</p>	<p>10</p> <p>8 a.m.-Noon Computer Support 9 a.m.-Noon Dance Club 10 a.m.-Noon Grief Supp. 10 a.m.-Noon Veterans Affairs 12:30-2:30 p.m. Ceramics 1-2 p.m. Blue Cross Blue Shield Price Change Seminar 6-6:45 p.m. Cardio Drum.</p>	<p>11</p> <p>9 a.m.-Noon Knit/Crochet 11-11:30 a.m. Sing-A-Long 11:45 a.m.-1:15 p.m. Veteran's Day Meal 1-2 p.m. Bingo</p>	<p>12</p> <p>9 - 10:15 a.m. Yoga</p>
<p>14</p> <p>9 a.m.-1 p.m. Foot Clinic 9:45-10:30 a.m. S.E.A.T. / Stretch Class 1-3 p.m. Hollywood Treasures (Movie) 1-4 p.m. Mah Jongg 5:45-7 p.m. Yoga</p>	<p>15</p> <p>10 a.m.-Noon Fiction Writers Workshop 10-11:30 a.m. Basic Sign Language 11 a.m.-2 p.m. Chess Club 1 p.m. Euchre 1-3 p.m. MS Support 3 p.m. Line Dance 6-6:45 p.m. Cardio Dance</p>	<p>16</p> <p>Hot Breakfast 9:45-10:30 a.m. S.E.A.T. / Stretch Class 10 a.m.-Noon Holiday Ornaments 1-2 p.m. Bingo 1-3 p.m. Holiday Wine & Appetizer Pairings 1-3 p.m. Pinochle 1:30-4:30 p.m. Legal Clinic</p>	<p>17</p> <p>9 a.m.-Noon Dance Club Noon Thanksgiving Dinner 12:30-2:30 p.m. Ceramics 3:30 p.m. Cass Area Artists 5-7 p.m. Woodcarvers 6-6:45 p.m. Cardio Drumming</p>	<p>18</p> <p>9 a.m.-Noon Knit/Crochet 9:30-11:30 a.m. What's Going On? 11-11:30 a.m. Sing-A-Long 1-2 p.m. Birthday Bingo 1-2:30 p.m. Book Club</p>	<p>19</p> <p>9 - 10:15 a.m. Yoga</p>
<p>21</p> <p>9:45-10:30 a.m. S.E.A.T. / Stretch Class 10 a.m. Quilting 1-4 p.m. Mah Jongg 5:45-7 p.m. Yoga</p>	<p>22</p> <p>10-11:30 a.m. Basic Sign Language 11 a.m.-2 p.m. Chess Club 1 p.m. Euchre 3 p.m. Line Dance 6-6:45 p.m. Cardio Dance</p>	<p>23</p> <p>9:45-10:30 a.m. S.E.A.T. / Stretch Class 1-2 p.m. Bingo 1 p.m. Cribbage Club 1-3 p.m. Pinochle</p>	<p>24</p> <p>CLOSED for Thanksgiving Day</p>	<p>25</p> <p>CLOSED for the Thanksgiving Holiday</p>	<p>26</p> <p>CLOSED for the Thanksgiving Holiday</p>
<p>28</p> <p>9 a.m.-1 p.m. Foot Clinic 9:45-10:30 a.m. S.E.A.T. / Stretch Class 1-4 p.m. Mah Jongg 5:45-7 p.m. Yoga</p>	<p>29</p> <p>10-11:30 a.m. Basic Sign Language 11 a.m.-2 p.m. Chess Club 1 p.m. Euchre 3 p.m. Line Dance 6-6:45 p.m. Cardio Dance</p>	<p>30</p> <p>9:45-10:30 a.m. S.E.A.T. / Stretch Class 12:30-4 p.m. Color Your World (Watercolor) 1-2 p.m. Bingo 1-3 p.m. Dementia Caregivers Support 1-3 p.m. Pinochle</p>			

What's Happening at the COA



Fitness & Dining Hours

Fitness Center: Adults of any age can get healthy with our fitness memberships. Discounts available for those over age 60.

Low Center Fitness hours:

Monday – Thursday

7 a.m. to 7 p.m.

Friday

7 a.m. to 5 p.m.

Saturday

8 a.m. to noon

Front Street Crossing hours:

Monday – Friday

7 a.m. to 4 p.m.

Membership Prices –

1 year – \$140 (60+) or \$165

3 months – \$55 (60+) or \$65

1 month – \$35 (60+) or \$45

Walk-ins – \$6

Specialized Needs: Individuals who need assistance to use our Fitness Centers can get one-on-one help with one of our personal trainers for only \$10 for a 30 minute session. Call today for more information or to set up your schedule.

Dining at the COA: We strive to provide fresh, nutritious options for adults of all ages. Prices vary. Lunch menu options are listed on page 18.

Low Center

- **Breakfast:** Continental Breakfast served Monday – Friday 7:30 to 10 a.m. Hot breakfast served Nov. 2 & 16.

- **Lunch:** Monday - Friday from 11:45 a.m. to 1:15 p.m.

Front Street Crossing

- **Lunch:** Monday - Friday from 11:30 a.m. to 1:30 p.m.

Chestnut Towers

(100 Chestnut Street, Dowagiac)

- **Lunch:** Monday through Friday main entrée by reservation only.



Active Living

Bingo: Follow the lunch hour by playing for fun and prizes Wednesdays and Fridays from 1 to 2 p.m., cost is \$1.25, and birthday bingo is Friday, Nov. 18. No Bingo Nov. 9.

Book Club: The “Read & Share” club has selected “Flight Behavior” by Barbara Kingsolver for Friday, Nov. 18 from 1 to 2:30 p.m. Read ahead for December is “Dakota” by Matt Braun.

Cass Area Artists: Meets the 3rd Thursday of each month, Nov. 17 at 3:30 p.m. Everyone welcome.

Ceramics Made Easy: Learn and create ceramics with volunteer instructors Joyce Greenwood and Lorna Suits. Thursdays from 12:30 to 2:30 p.m. Cost is \$8 per month plus firing fees.

Chess Club: Chess is about strategy and thinking ahead. It has been shown to enhance cognitive ability. Club members will welcome and teach new players. Tuesdays from 11 a.m. to 2 p.m.

Cribbage Club: Open to Cribbage players of all skill levels. Wednesdays, Nov. 9 & 23 at 1 p.m.

Dance Club: The Dance Club is always looking for new members and is open to both couples and singles. Join the group and dance to a variety of musical styles while enjoying the fellowship of friends. Thursdays at 9 a.m.

Euchre Club: Euchre is one of the most popular card clubs. Tuesdays at 1 p.m.

Fruitbelt Wood Carvers: All types of wood crafters are welcome. The group loves to share their knowledge. Those new to the craft are welcome. Thursdays, Nov. 3, 2:30 to 5 p.m. and Nov. 17, 5 to 7 p.m.

Hollywood Treasures: November’s feature is “Cocoon.” Residents of a Florida retirement community stumble across a “fountain of youth” and soon discover the pool’s power is caused by aliens. Starring Wilford Brimley, Don Ameche, & Jessica Tandy. Free movie (closed captioned), popcorn, and water at 1 p.m. Monday, Nov. 14.

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. Fridays, 9 a.m. to noon.

Mah Jongg: Originated in China this fascinating rummy-like game uses tiles rather than cards. Join the fun every Monday from 1 to 4 p.m.

Open Studio: No Open Studio in November.

Pinochle Club: Play your best cards and enjoy making friends. Wednesdays at 1 p.m.

Quilting Club: All quilters and learners are welcome to join. The group creates, teaches and shares their wares by donating them to local charities. Mondays, Nov. 7 & 21 from 10 a.m. - 4 p.m.

Sing Along: Join volunteer leaders Bev Smith, George Purlee & Jannette Rafferty for a musical journey down memory lane Fridays at 11 a.m.

What's Happening at the COA



SPECIAL EVENT

Thanksgiving Dinner: Stuff yourself early with our Thanksgiving Dinner Thursday, Nov. 17 at noon, including entrainment by Mike Talbot. Entertainment is free and lunch is \$5 regardless of age. Sign up requested.

HONORING VETERANS

Veteran's Meal: As our way to say thank you, the COA would like to offer veterans a free meal on Wednesday, Nov. 11, 11:45 to 1:15 p.m. Please call to reserve your meal. Regular meal prices will apply to all non-veterans.

Health & Wellness

NEW FITNESS CLASS

Cardio Class: Dance along to new and old dance hits while getting a great aerobic workout with easy to follow choreography and strength training incorporated throughout. Cost is \$5 per class. Tuesdays, 6 - 6:45 p.m.

RELEASE YOUR INNER ROCK STAR

Cardio Drumming: Let your body feel the beat with this combination of light resistance, cardio and drumming in a fun and energetic environment. Only \$5 per class. Thursdays, 6 - 6:45 p.m.

Drug Drop: Turn in expired or unwanted pills, capsules, and tablet medications for proper disposal. Please note, no liquids, inhalers or needles can be taken. Drugs are only accepted from 10 a.m. to noon, Thurs., Nov. 3. Drugs can be dropped off at the Cass County Sheriff's Office at any time.

Foot Clinics: Take good care of your feet - get toe nails trimmed (except for people with diabetes), calluses filed, and a foot massage. Cost is \$20 for first visit, \$17 for follow-up visits. By appointment only, Mondays, Nov. 14 & 28.

Line Dance: Line dancing is a fun way to get exercise with your favorite music. Join us Tuesdays at 3 p.m. for free.

Massage: No massage in November.

R.A.D. Practice Class: Donna Dominiak of the Sheriff's Office will hold a practice class on Monday, Nov. 7 from 12 to 12:30 p.m. This is only for those who have completed the 3-day R.A.D. course.

S.E.A.T. / Stretch Class: Designed for those with limited functional ability so that you 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. Only \$10 per month. Mondays & Wednesdays, 9:45 - 10:30 a.m.

Yoga (Monday): Let yoga help fight the stress of the workday with instructor Karen Sommers. Mondays 5:45 to 7 p.m. \$8 per class.

Yoga (Saturday): Enjoy the increased flexibility that yoga can provide. Registered instructor Margaret Filchak welcomes newcomers. Saturdays, 9 to 10:15 a.m. \$8 per class.

Lifelong Learning

LEARN TO SIGN

Basic Sign Language: Come and learn how to sign for free each week with Lori Johnson. Tuesdays, 10 - 11:30 a.m.

LEARN TO WATERCOLOR

Color Your World (Watercolor Class): Join us as instructor Roy Hruska, teaches the basics of watercolor. Participants will create a piece of art work to take home; similar to a wine and canvas event minus the wine. November's watercolor is "Covered Bridge." Wednesday, Nov. 30, 12:30 - 4 p.m. Cost is \$15. Registration is required one week in advance.

Computer Support: Are you having computer issues? Help is available Thursday, Nov. 10 from 8 a.m. to noon by appointment only.

Computer Use and Assistance: Several public-use computers are available for use during normal business hours. Get personalized assistance from volunteers Monday, Nov. 7 from 1 to 3 p.m.

		6				1	2
			5	3		6	
2				9		5	
7			4				
	5	9				2	7
					9		5
		1		4			7
	3			1	7		
8	4					6	

SUDOKU

BY

1sudoku.com

The aim of Sudoku is to enter a number from 1 through 9 in each cell of a grid, most frequently a 9x9 grid made up of 3x3 subgrids. Each row, column and region must contain only one instance of each number.

See page 17 for the solution.



What's Happening at the COA

Lifelong Learning *(cont.)*

Fiction Writers Workshop: We all have stories to tell, so join the group and share your tales. First and third Tuesday of every month, Nov. 1 & 15, 10 a.m. to noon.

PROTECT YOURSELF AND HOME

Home Safety While You're Away: Learn how to keep your home safe while you are on vacation or all winter long. Also discover ways to protect against identity theft. Deputy MaKenzie Kreiner, Cass County Sheriff's Office. Wednesday, Nov. 2, 1 to 2 p.m.

CRAFT TIME

Holiday Ornaments: Go step-by-step to create beautiful and unique glass ornaments. Cookies and cocoa are included. Wednesday, Nov. 16, 10 a.m. - noon. Cost is \$5 for 2 ornaments (4 different ornaments can be made). Registration is required by Nov. 11. Please specify quantity when registering.

WHAT TO SERVE

Holiday Wine & Appetizer Pairings: Join us as Chef Kevin teaches delicious appetizer recipes and explains which wine works best with what food. Recipes & food samples (no wine) will be passed out. Wednesday, Nov. 16, 1 - 3 p.m. Registration is required.

What's Going On?: If you are interested in what's going on in the world today, then join your peers on this open discussion group about the world. Fridays, Nov. 4 & 18, 9:30 to 11:30 a.m.

Support & Assistance

SPECIAL TALK

Blue Cross Blue Shield Price Change Seminar: Come hear about this year's changes. Thursday, Nov. 10 from 1 - 2 p.m. Space is limited. Registration is required.

Cass County COA

Chronic Disease Caregiver Support

Group: Unlike our other caregiver support group, this one focuses more on those who care for someone with heart disease, high blood pressure, Parkinson's, MS, diabetes and many others. Wednesday, Nov. 2, 10 a.m. to noon.

Dementia Caregiver's Support Group:

Family members and friends are welcome as we provide education and support for those caring for someone with dementia. Care can be provided for your loved one free of charge in our Adult Day Service during this meeting if prior arrangements are made. Wednesdays, Nov. 9 & 30, 1 to 3 p.m.

Diabetes Support Group: Please join us as we discuss better strategies for self-care in your life with Diabetes. First Friday of every month, Nov. 4, 1 to 3 p.m.

SPECIAL EVENT

Free Memory Screening: In honor of "National Memory Screening Day," participants can walk in for this important test. Thursday, Nov. 3, from 9 to 11 a.m.

Grief Support: Open to those who have experienced a loss of any kind. Thursday, Nov. 10 from 10 a.m. - noon.

Legal Clinic: Local attorneys volunteer time to answer legal questions. Appointments are required. Wednesday, Nov. 16.

Low Vision Support Group: Low vision affects more than just a person's ability to see. Come learn and share with others. Wednesday, Nov. 2, from 11 a.m. - 3 p.m.

MS Support Group: People with Multiple Sclerosis and their loved ones share support and learning opportunities in this free group. Tuesday, 1 to 3 p.m. Nov. 15.

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. Tuesday, Nov. 8, 1 to 3 p.m.

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. Tuesday, Nov. 1, from 1 to 3 p.m.

Veteran's Affairs: Cass County's Veterans Affairs representative Tom Green is at the Lowe Center this month to help answer questions about veterans' benefits, including medical prescription benefits. Thursday, Nov. 10, 10 a.m. to noon. No appointment required.



Active Living

Bingo: Follow the lunch hour by playing for fun and prizes Mondays and Wednesdays beginning at 12:45 p.m., cost is \$2.25, and birthday bingo is Wednesday, Nov. 16.

Champagne Flutes: If you play a flute, then this is the group for you. This musical group plays for nursing homes and other venues. Practices are every Monday at 1:30 p.m.

Euchre Club: Get your card playing fix Thursdays at 1 p.m.

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

What's Happening at the COA



SPECIAL EVENT

Thanksgiving Dinner: Stuff yourself early with our Thanksgiving Dinner Thursday, Nov. 17 at noon. Lunch is \$5 regardless of age. Sign up requested.

HONORING VETERANS

Veteran's Meal: As our way to say thank you, the COA would like to offer veterans a free meal on Wednesday, Nov. 11, 11:30 to 1:30 p.m. Please call to reserve your meal. Regular meal prices will apply to all non-veterans.

Health & Wellness

Cardio Challenge: This low-impact, high-energy class will challenge your entire body with a combination of mat exercises, cardio, strength training, and balance exercises. Cost is \$25 per month or \$5 for walk-ins. Meets 8 to 8:45 a.m. every Monday, Wednesday, and Friday.

S.E.A.T. (Sit, Exercise, and Tone): This chair-based fitness class is great for anyone concerned with balance and stability. The focus is on maintaining flexibility and strength. Cost is \$25 per month or \$5 for walk-ins. Meets every Monday, Wednesday, and Friday, 10 to 10:45 a.m.

Tai Chi: 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. Mondays and Wednesdays at 11 a.m. Cost is \$20 per month.

Vim & Vigor Transitions: This class begins with a stand-up energizing aerobic workout and ends with a chair cool down and stretch. The focus is on heart health, strength, flexibility and balance. Meets every Monday, Wednesday, and Friday from 9 to 9:45 a.m. Cost is \$25 per month or \$5 for walk-ins.

Yoga: The class focuses on basic yoga postures, healthy alignment of the spine, as well as strengthening the muscles. It is to both beginners and experienced alike. Instructor Addie Heidenreich. Tuesdays and Thursdays, 10 to 11:15 a.m. \$8 per class.

Lifelong Learning

LEARN TO WATERCOLOR

Color Your World (Watercolor Class):

Join us as instructor Roy Hruska, teaches the basics of watercolor. Participants will create a piece of art work to take home; similar to a wine and canvas event minus the wine. November's watercolor is "Amish Sleigh." Tuesday, Nov. 29, 12:30 - 4 p.m. Cost is \$15. Registration is required one week in advance.

Computer Support: Are you having computer issues? Help is available Thursdays, Nov. 3 & 17 from 8 a.m. to noon by appointment only.

Computer Use and Assistance: Several public-use computers are available for use during normal business hours. Get personalized assistance from volunteer Tim Wiggins on Fridays, Nov. 4 & 18 from 9 to 11 a.m.

CRAFT TIME

Holiday Ornaments: This class will guide you step-by-step in creating beautiful and unique ornaments. Cookies and cocoa are included. Tuesday, Nov. 15, 10 a.m. - noon. Cost is \$5 for 2 ornaments (4 different ornaments can be made). Registration is required by Nov. 11. Please specify quantity when registering.

PROTECT YOURSELF AND HOME

Home Safety While You're Away: Learn how to keep your home safe while you are on vacation or all winter long. Also discover how to better protect yourself against identity theft. Instructor is Deputy MaKenzie Kreiner, Cass County Sheriff's Office. Tuesday, Nov. 1, 1 to 2 p.m.

WHAT TO SERVE

Holiday Wine & Appetizer Pairings:

Join us as Chef Kevin teaches delicious appetizer recipes and explains which wine works best with what food. Recipes & food samples (no wine) will be passed out. Tuesday, Nov. 15, 1 - 3 p.m. Registration is required.

Support & Assistance

SPECIAL EVENT

Free Memory Screening: In honor of "National Memory Screening Day," participants can walk in for this important test. Thursday, Nov. 3, from 1 to 3 p.m.

Program Information

COA programs are held at several locations throughout Cass County. Most are held at the Lowe Center and Front Street Crossing. If a program takes place at any other location it will be noted in the program description.

All programs are subject to change; please call 269-445-8110 to confirm dates, times and locations prior to attending.

Lowe Center:

60525 Decatur Road, at the corner of M-60 and Decatur Road in Cassopolis.

Monday - Thursday: 7 a.m. to 7 p.m.

Friday: 7 a.m. to 5 p.m.

Saturday: 8 a.m. to noon.

Front Street Crossing, Dowagiac:

227 S. Front St.

Monday - Friday 7 a.m. to 4 p.m.

Donations & Support

Includes donations received between September 11, 2016 – October 10, 2016. Donations received after that date will be acknowledged in the next edition of the Messenger.

In Memory & Honor of...

In Memory of Dick Boyles
Virginia Boles

In Memory of Carolyn Gorham
Susan Dobrich
Mary Poehlman

In Memory of Helen Ortyl
Louise Walczak

More Donors & Supporters:

Computer Area
Alma McClelland

General Donation toward Greatest Needs
Frederick Dean

Handy Helpers Ramp
JoAnn Ausra

Messenger/Newsletter
Anna Miller

Donation of a Wheelchair
Shirley Dreher

Blue Cross Blue Shield Price Change Seminar

Nearly 200,000 Michigan seniors can expect to pay more for their Medigap supplemental health insurance plans next year when Blue Cross Blue Shield of Michigan implements a long-awaited rate increase. Taking effect Jan. 1, 2017, these increases will be the first for Blue Cross' Legacy Medigap plans since 2011. Seniors can expect to pay an additional \$48 to \$177 per month on BCBS Medigap plans.

On Thursday, November 10 from 1 to 2 p.m. at the COA Lowe Center you have your chance to hear what changes will be made and exactly how they will affect you. Registration is required

and class size is limited, so please call Adrienne Glover or Dora "Penny" Moore at (269) 445-8110 today to reserve your spot.



**Blue Cross
Blue Shield
Blue Care Network
of Michigan**

What's for lunch?

Did you know that we offer lunch at both of our locations daily? The lunches are nutritionally balanced meals and at a price that you cannot get anywhere else in the area. At our beautiful café in Dowagiac you can even enjoy live music on Fridays while you are there. We would love for you to come and give us a try. I guarantee you will be back.

The COA serves lunch at the Lowe Center in Cassopolis from 11:45 a.m. to 1:15 p.m. and at Front Street Crossing in Dowagiac between 11:30 a.m. to 1:30 p.m. Please visit page 18 in this volume of the Messenger for a breakdown of when we will be serving your favorite meal. Mark your calendars and join us for lunch.

Our wonderful lunch prices for all registered individuals:
\$3.50 for anyone over the age of 60 years old
\$5.50 for anyone 59 years of age and younger

If you are not currently registered with us do not worry as registration is free and only takes a few seconds to process. You can register and purchase your lunch all in the same day.

So grab a friend or two and head to your local Cass County COA and start enjoying a well-balanced lunch today. We look forward to being able to serve you.

Cassopolis: Lowe Center 60525 Decatur Rd.
Dowagiac: Front Street Crossing 227 S. Front St.





Free Memory Screening

On Thursday, November 3, the COA is offering Free Memory Screenings at both its Cassopolis and Dowagiac locations. Starting at 9 a.m. and going until 11 a.m. anyone can stop in at the COA's Lowe Center at the corner of M-60 and Decatur Rd. in Cassopolis. Then, from 1 until 3 p.m. the screenings will be offered at the COA's Front Street Crossing in Dowagiac. The screenings are free and the results are confidential.

Why are screenings important? They are a significant first step toward find out if a person may have a memory problem. It is reported that 5.1 million Americans have Alzheimer's Disease. The risk of dementia doubles every 5 years between ages 65 and 95.

So, be sure to mark your calendar for November 3 to get your memory tested. There is no appointment needed.

Yarn Needed

The Knitting and Crocheting group is in need of yarn so they may continue making items to donate to area organizations.



Volunteer Victory

Carol Keim has been volunteering at the COA's Lowe Center since last October. She faithfully shows up every week to help out in the dining room. Carol also participates in the Pen Pal program, writing letters several times a year to a fifth grader in one of our local schools.



Carol Keim Photo by Terina Miller

SUDOKU SOLUTION

From puzzle on page 13.

5	9	6	7	8	4	3	1	2
1	8	4	5	3	2	7	6	9
2	7	3	1	9	6	5	8	4
7	1	2	4	5	3	8	9	6
4	5	9	8	6	1	2	7	3
3	6	8	2	7	9	1	4	5
6	2	1	3	4	8	9	5	7
9	3	5	6	1	7	4	2	8
8	4	7	9	2	5	6	3	1

Employee Spotlight

Regina Greenway has been with the COA as an aide for Home Care for over 18 years. She is very dedicated to making sure that her clients receive the best care. Regina also is an excellent mentor to new home care aides. She brings lots of energy to everything she does and both her clients and the COA appreciate her and her happy attitude.



Regina Greenway Photo by Terina Miller

DAILY MENU (Menu is subject to change without notice. Daily vegetarian option available. Please see cashier first.)

Date	SNS Main Entrée*	Café Entrée	Café Fresh Salad
Tue, Nov 1	HOT BREAKFAST / 8 - 9:30 a.m. (Lowe Center Only)		
	Salmon Patty w/ Dill Sauce	Italian Steak Sandwich	House Salad
Wed, Nov 2	Chicken Provolone	Pesto Chicken Pizza	Flatbread Salad
Thu, Nov 3	Baked Macaroni & Cheese	Burger	Italian Provolone Salad
Fri, Nov 4	Smothered Pork Cutlet	Pepperoni Pizza	Fruit Bowl
Mon, Nov 7	Fall Harvest Maple Chicken	Deli Sandwich	Crab Salad
Tue, Nov 8	Broccoli Quiche	Chicken Wrap	Grilled Chicken Salad
Wed, Nov 9	LC Dining Room CLOSED - Pot Roast (FSC ONLY)	LC Dining Room CLOSED - Pita Melt (FSC ONLY)	LC Dining Room CLOSED - House Salad (FSC ONLY)
Thu, Nov 10	Stuffed Pepper	Fish Sandwich	Signature Salad
Fri, Nov 11	Veterans Day Meal - BBQ Pork Chop	Grilled Ham & Cheese	Diner Salad
Mon, Nov 14	Goulash	Curried Chicken Salad Sandwich	Fruit Bowl
Tue, Nov 15	Greek Chicken	Roast Beef & Cheddar Sandwich	Crunchy Chicken Salad
Wed, Nov 16	HOT BREAKFAST / 8 - 9:30 a.m. (Lowe Center Only)		
	Beef Stroganoff over Noodles	Pita Melt	Garden Salad
Thu, Nov 17	Thanksgiving Meal - Roasted Turkey	Thanksgiving Meal - No Café Entrée	Thanksgiving Meal -No Café Salad
Fri, Nov 18	Spaghetti w/ Meat Sauce	Italian Steak Sandwich	Chicken Taco Salad
Mon, Nov 21	Ham & Beans	BBQ Pork	Cattlemen's Salad
Tue, Nov 22	BBQ Chicken	Bacon Grilled Cheese	Cheese / Fruit / Nuts Plate
Wed, Nov 23	Soft Shell Taco	Egg Salad Sandwich	Signature Salad
Thu, Nov 24	Closed for Thanksgiving	Closed for Thanksgiving	Closed for Thanksgiving
Fri, Nov 25	Closed for the Thanksgiving Holiday	Closed for the Thanksgiving Holiday	Closed for the Thanksgiving Holiday
Mon, Nov 28	Sweet & Sour Meatballs	Chicken Salad Sandwich	Flatbread House Salad
Tue, Nov 29	Italian Baked Chicken	Polish Sausage	Grilled Chicken Salad
Wed, Nov 30	BBQ Pulled Pork	Deli Turkey Sandwich	Asian Salad

LOCATIONS & HOURS

Low Center (LC)

Continental Breakfast
7:30 - 10 a.m. (weekdays)

Lunch** (Provided by SNS*)
11:45 a.m. - 1:15 p.m. (weekdays)

**Daily vegetarian option available.
Please see cashier first.

Chestnut Towers Apartments

SNS* meals served daily by
reservation only - call the
COA for more information.

Front Street Crossing (FSC)

Café Hours
10 a.m. - 2 p.m. (weekdays)

Coffee available during business hours.

Lunch** (Provided by SNS*)
11:30 a.m. - 1:30 p.m. (weekdays)

Grab and go selections available!

**Daily vegetarian option available.
Please see cashier first.



Grilled Ham & Cheese

Meals are funded by



Along with
Participant Contributions
& Community Donations



* Senior Nutrition Services meals are for
seniors 60 and older.
They provide a complete meal.



Under the Harvest Moon Festival

By Kelli Casey
Front Street Crossing Manager

On October 8, Dowagiac celebrated Michigan's glorious autumn with its annual Under the Harvest Moon Festival. Families, friends, students and businesses were invited to make whimsical scarecrows to decorate the beautiful downtown. Now in its sixth year, Dowagiac's festival included a display of vintage farm tractors, an open-air marketplace of antiques, fall produce, handmade products and sweet delicacies, as well as street entertainment and family events.

This year, Front Street Crossing presented "The Minions" as their scarecrows for the festival. Families enjoyed posing with their children in front of our version of these fun loving movie characters. A huge thanks goes out to Ellen Kingsley, a volunteer and frequent attendee at FSC, for making the adorable Minion's outfits.



iPad & iPhone 101



Basic Sign Language



Monogram Mugs

Photos by Heather Carter & Terina Miller



The Messenger

Cass County Council on Aging
P.O. Box 5
Cassopolis, Michigan 49031

Non Profit Organization
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Permit #43

www.casscoa.org

Holiday Wine & Appetizer Pairings

1 - 3 p.m.

Tuesday, November 15 *(Front Street Crossing)*

Wednesday, November 16 *(Lowe Center)*

***Are you planning to host a holiday party?
Would you like to but have no idea what food to serve?***

If so, then join us for this very fun program as Chef Kevin teaches us delicious appetizer recipes that will be great for holiday parties. He will also help participants decipher which wine works best with different foods and why. Participants will be able to try several different appetizers and take home the recipes as well. Sorry, no wine will be sampled.

Registration is required and space is limited.

Call (269) 445-8110 to impress your guests this holiday season.