

## Lansing Parks and Recreation



DID YOU KNOW??? Lansing parks and recreation has several activities in the fall and spring specifically for seniors in this area. Most activities are only a few dollars, if not free. They offer senior holiday gatherings such as, a Halloween party, Thanksgiving Day dinner and even a Christmas Celebration. Now if you are more into fitness, they offer such activities as pickleball, senior open recreation at the community centers, exercise classes and a walk club. Perhaps, you enjoy crafts or socializing. They have a craft club, pizza & talk Mondays, there's even a senior picnic and movie showings. Whether you enjoy individual activities or team sports, you are bound to find something you might enjoy. If you would like more information or to register for an event, please visit [lansingmi.gov/parks](http://lansingmi.gov/parks).

## 5 Things to Know About Carbon Monoxide Alarms

Let's start at the source. What is carbon monoxide? Carbon monoxide (CO) is a colorless, odorless, and tasteless gas that is poisonous to humans. It is known as the "silent killer" because humans cannot tell when they are around it, but it is very dangerous and deadly. The carbon monoxide detector is a device that can alert homeowners of a CO leak and escape a potentially life threatening situation.

When considering purchasing and installing CO alarms there are a few things you should know beforehand:

1. Carbon monoxide alarms detect the poisonous gas and provide early warning. In the event of a carbon monoxide leak, it is critical that you get to fresh air as soon as possible. Every second counts, and First Alert CO alarms can provide you and your family the advanced warning necessary to escape your home during an emergency.
2. Carbon monoxide can be produced by any fuel-burning device. Three main sources are your home's furnace, dryer vent in a drying machine, and fireplace or chimney. It is important to have these sources regularly serviced and cleaned by a professional to help prevent any issues.
3. You should have them on every level of your home and in every bedroom, sleeping area, and common room for extra safety while you and your family are sleeping.
4. Carbon monoxide alarms can be placed anywhere in the room. Contrary to popular belief that CO is heavier than air, CO alarms can be placed on the wall or the ceiling and will be just as effective.
5. It is important to test your alarms regularly, but it is best to test at least monthly. If your alarm has replaceable batteries they should be changed at least every 6 months. Although you replace your batteries, carbon monoxide alarms don't last forever. They have a lifetime of anywhere between 5 to 7 years, but it is important to check the specific product for lifetime.

## A LIL' PUMPKIN TRIVIA

1. Pumpkins are a:
  - a. Fruit
  - b. Vegetable
  - c. Mineral
2. Who is the avid believer in the Great Pumpkin on "It's the Great Pumpkin, Charlie Brown" cartoon?
  - a. Lucy
  - b. Charlie Brown
  - c. Linus
3. Pumpkins are made up of how much water?
  - a. 30%
  - b. 50%
  - c. 90%
4. The largest pumpkin ever grown weighed how much?
  - a. 844 lbs.
  - b. 1,140 lbs.
  - c. 2,624 lbs.
5. Pumpkins contain significant amounts of:
  - a. Potassium and Vitamin A
  - b. Magnesium and Vitamin C
  - c. Folate and Vitamin D
6. Pumpkins are grown on how many continents?
  - a. 2
  - b. 5
  - c. 6
7. The largest pumpkin pie ever made was:
  - a. 35 lbs. and 1.5 feet in diameter
  - b. 400 lbs. and 7 feet in diameter
  - c. 3,699 lbs. and 20 feet in diameter
8. What variety is the traditional Halloween pumpkin?
  - a. Autumn Gold
  - b. Connecticut Field
  - c. Baby Boo
9. Pumpkins were once recommend for:
  - a. Removing freckles and curing snake bites
  - b. Reducing swelling and removing wrinkles
  - c. Curing chicken pox and repelling spiders
10. 95% of the nations pumpkins are grown in what state?
  - a. California
  - b. Alabama
  - c. Illinois

Please enjoy this month's activity. All residents can stop in to the office and fill out a drawing slip for a chance to win a Meijer Gift Card. Drawing will be held on October 11th.

**Congratulations to Our September Winners!!!**  
Jerry & Sandy Vaughn  
Randy & Pam Gilman  
**We hope you enjoy the concert.**

ANSWERS: 1(a)2(c)3(c)4(c)5(a)6(c)7(c)8(b)9(a)10(c)

# October Newsletter



## CFA OCTOBER PRESIDENTS NEWSLETTER

Happy Fall to you all!! It seems that fall has arrived without much fanfare which is a good thing. Some changes are in the works. Denise is starting a new exercise class on the 7<sup>th</sup> of October, see her insert for details. Thank you DENISE!!

I wish to take a moment and thank everyone who brought a dish to pass and to those who helped to set-up and clean-up after the memorial for Cindy Shaw. It was very heartwarming to see all of the residents who showed up as well as all her other friends and Family.

Thanks to Jack Tingle and all the people who helped and to those who came to the Pancake Breakfast. It was another great turn out.

I guess that Golf and Shuffle board will continue until the weather forces us to give it up for this year, although Shuffle board will continue in the club house lower level as soon as the new court can be moved down there!

Don and Marilyn Williams are again having their annual Lasagna Dinner on October 10<sup>th</sup> at 5:30. See the bulletin board for details and where to purchase the tickets, which are \$4.00.

On a sad note we lost Hillary Miller in Sept. another long time member of our community.

Remember if you would like to volunteer for any event, or to sponsor or have an event, come to the CFA Association meeting on Oct.3<sup>rd</sup> at 7pm.

### MARK YOUR CALANDERS!!!

### CADGEWITH FARMS

### ANNUAL CRAFT SHOW

**SATURDAY OCTOBER 26TH 9AM TO 3PM**

LARGE VARIETY OF CRAFT ITEMS WILL BE AVAILABLE AS WELL AS FACE PAINTING.

ALSO LUNCH WILL BE AVAILABLE, COME AND SEE ALL THE DIFFERENT TYPES OF CRAFTS.

Respectfully yours Frank McBride.

### ATTENTION! ATTENTION! ATTENTION ALL RESIDENTS!!!

**IT IS MANDATORY YOU HAVE A WATER STICK PLACED AT/NEAR YOUR WATER SHUT OFF BEFORE YOU LEAVE TOWN OR AFTER YOU GIVE YOUR YARD THE LAST MOW OF THE SEASON. YOU MUST DO THIS BEFORE THE GROUND FREEZES FOR THE WINTER.**

**Letter from the Office: Hello October! Soon many residents will be heading south, please remember to let us know when to shut off your water.** If you will be staying in town, we want to make everyone aware about Wednesdays. Wednesdays the office will be opening a little later (closer to 9:30). Racheal and Emily both need to get kids to school and can not get into the office at 9. Glenna may or may not be around so if no one is there at 9am, we will be in shortly. Thank- you all for understanding our busy mom lives.

**NOTICE: Plummer's Environmental will be out again this year. They are here to clean the sewage lines and video monitor them. This is the 2nd year of our 4 year plan with SCCUMA (Southern Clinton County Municipal Utility Authority). Plummer's will place a door flyer before they start work advising what to expect and do. This year Cadgewith East will be getting the clean-out. If you have questions, please contact the office at 517-371-1101.**

## Dewitt Charter Township Property Taxes

### Did you know???

ACH Autopay can now be set up for tax payments. Dewitt Township residents interested in ACH Autopay for the 2019 tax season (summer and/or winter), can obtain a form in the Treasurer's Office or on the Township website ([dewitttownship.org](http://dewitttownship.org)), under Documents and Forms. ACH Autopay is a free service for Township residents. **Snowbirds**, this makes your tax payments easy and on time. Any questions please call the Deputy Treasurer 517-668-1411.

### A Message from Mike Shaw...

I would like to thank all of the Cadgewith friends for the enormous outpouring of love at Cindy's memorial. The food was plentiful to say the least. Our family and friends were truly amazed. Cindy was very glad and proud to know such wonderful and caring people. All I can say is thank you for all of the support through this very trying time.

### Neighborhood Watch News: It's been quiet

around the community, please don't let your guard down. Close the garage doors at night, keep the porch light or outside garage lights on. This helps deter any crime. Also keep windows closed at night. Criminals love open windows, so please close them and don't become a victim. The annual Flu clinic has finally been scheduled. Please join us on October 4th, from 9:30 am to noon at the clubhouse for your 2019 fall season flu shot. This clinic is being hosted by Sam's Club Pharmacy. The fall garage sale was a big hit too, looking forward to next year. Some of our residents actually sold out. Everyone did a great job, residents and customers alike.  
-Pam Jackson



# EVENT INFORMATION

## Annual Lasagna Dinner

Join us on October 10th at 5:30pm  
**\$4.00**

Lasagna, Garlic Toast, Salad, Drinks and Dessert Included

For Tickets Call: Beverly Keys (517)599-1454 or Marilyn Williams (517)316-3702



Hosted By  
**Don & Marilyn Williams**

## Shuffleboard

We will continue outdoors as weather permits, then for the winter, we plan to play down in the clubhouse basement on the new court. We plan to start playing down there by playing down there on Mondays at 1pm. Then we may decide to go for more days each week as the group wishes. Everyone is welcome to come join in.  
 -Ray Snyder

## Coffee & Chat

is officially over for the winter season. We hope to see all of you again in the spring/summer. Keep an eye out in the newsletter for any information regarding it's return. Thanks to everyone who joined us.

-Jerry & Sandy Vaughn

## Euchre

In October we will be changing the time from 7-9 pm to 2-4 pm. Come and enjoy time with your neighbors and friends. Bring along your favorite snacks and make a day of it. All are welcome to join in on the 1st and 3rd Fridays of the month.

-Ray Snyder & Lana Hough



## Bible Study

We plan to meet on Mondays from 10am—11:30am for the winter. We will be studying The Book of Genesis. Open to everyone who wants to join.

-Ray Snyder

## Book Club

We will be meeting on October 16 at 7pm to discuss "City of Girls" by Elizabeth Gilbert. This story is about an independent-minded woman navigating the crosscurrents of cultural upheaval.

Hope to see you all there.  
 -Suzanne Phelps

## Bingo

Please join us on the 1st and the 15th between 2-4pm for an afternoon of Bingo fun.

Hope to see you all there.  
 -Mike Shaw

## Craft Class

Thank you to all that have joined in on all the fun at the craft class these past couple months. September we explored decoupage pumpkins. Join us on Monday October 21st at 6pm. The cost for this class will be \$10.00 and all supplies will be furnished.

We will be making an "Wooden Thanksgiving Sign". Hope to see you all there.  
 Call Sue to sign up at 517-749-7244.



## FALL EXERCISE CLASS BEGINNING OCTOBER 7

I will be starting up and leading a fall exercise/walking class in the Clubhouse on Monday, October 7 and Wednesday, October 9 @ 10:30 am and will go through Wednesday, December 4. Due to my abnormal work schedule, I've had to change things up a bit, but hopefully this time slot will work for a lot of the residents. This class will begin with a stretching and light warm-up for the first 15 minutes and then a two-mile walk to a video of my choice. As always, you should go at your own pace. This class is free and all residents are welcome. Be sure to wear loose clothing and a clean pair of walking shoes as we are on carpet in the Community Center. Also, you may want to bring a bottled water with you to hydrate. Walking offers numerous health benefits, such as improving heart health, lowers blood sugar after eating, can reduce pain, promotes social engagement and boosts your overall mental health. I look forward to seeing you all there!

**Denise Hartman at 517-420-1438**  
**denisenartkerhartman@gmail.com**

# OCTOBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8 am Men and Women Breakfast Flap Jack 10:30 am Chair Yoga 2 pm Bingo	2 1 pm Shuffle Brd.	3 10:30 am Chair yoga 7 pm CFA Brd. Mtg.	4 8 am Men's Breakfast FTC 9:30 am Flu Shot Clinic @ Clubhouse 1 pm Shuffle Brd. 2-4 pm Euchre	5 8-9:30 am Pancake Breakfast
6 9 am Water Shut off 9:30 am Golf P.C. ??? 10 am Bible Study 10:30am Fall Exercise 1 pm Shuffle Brd.	7 9 am Water Shut off 9:30 am Golf P.C. ??? 10 am Bible Study 10:30am Fall Exercise 1 pm Shuffle Brd.	8 10:30 am Chair yoga	9 10:30am Fall Exercise 1 pm Shuffle Brd.	10 10:30 am Chair yoga 5 pm Lasagna Dinner	11 8 am Men's Breakfast FTC 1 pm Shuffle Brd.	12 8-9:30 am Pancake Breakfast
13 9:30 am Golf P.C. ??? 10 am Bible Study 10:30am Fall Exercise 1 pm Shuffle Brd.	14 9:30 am Golf P.C. ??? 10 am Bible Study 10:30am Fall Exercise 1 pm Shuffle Brd.	15 10:30 am Chair yoga 2 pm Bingo	16 10:30am Fall Exercise 1 pm Shuffle Brd. 7 pm Book Club	17 10:30 am Chair yoga 11:30 am Ladies Lunch Flap Jack	18 8 am Men's Breakfast FTC 1 pm Shuffle Brd. 2-4 pm Euchre	19 8-9:30 am Pancake Breakfast
20 9:30 am Golf P.C. ??? 10 am Bible Study NO FALL EXERCISE 1 pm Shuffle Brd. 6 pm Craft Class	21 9:30 am Golf P.C. ??? 10 am Bible Study NO FALL EXERCISE 1 pm Shuffle Brd. 6 pm Craft Class	22 10:30 am Chair yoga	23 10:30am Fall Exercise 1 pm Shuffle Brd.	24 10:30 am Chair yoga	25 8 am Men's Breakfast FTC 1 pm Shuffle Brd.	26 9-3 pm ANNUAL CRAFT SHOW Don't miss it!!!
27	28 9:30 am Golf P.C. ??? 10 am Bible Study 10:30am Fall Exercise 1 pm Shuffle Brd.	29 10:30 am Chair Yoga	30 10:30am Fall Exercise 1 pm Shuffle Brd.	31 10:30 am Chair Yoga		