

# Heritage Commons

## Happenings



July 2022, Vol. 5 Issue 7

*Our monthly newsletter alerting members to new programs and opportunities to engage.*

**New Location: 15885 W. Michigan Ave in the Marshall Plaza**

## Join us for our Grand Opening & 5 Year Anniversary



We have so much to offer older adults in the Marshall and surrounding area! Come in, recharge, relax and enrich your life with Heritage Commons. We have volunteer opportunities for people to engage with others at the center. Teach a class or help with operations. Come in and find out

more! We are now located at 15885 W. Michigan Avenue in Marshall at the Marshall Plaza next to Dollar Tree.

Heritage Commons' new facility features a pool table and exercise equipment. Heritage Commons now has several treadmills, and elliptical bike and regular exercise bike. Bingo, euchre and exercise classes are still in the mix. With our new "digs" we have more space for more programming. New activities are upcoming and in development.

Come in and be a part of our growth! We have an Open House and 5 Year Anniversary coming up July 21 from 3 to 6 p.m. Ice cream is on us! If you are a prospective member, a member, or just simply curious, come by Thursday, July 21 and take a tour and find out more about Heritage Commons. Celebrate with us.

## Legal Aid for July

Legal Aid of South Central Michigan's senior outreach will take place on July 20, from 11am to noon, over the telephone. Please call (269) 224-5040 if you wish to speak to an attorney. You may leave a voicemail message if the line is busy.

Legal Aid is funded in part by Calhoun County Senior Millage, CareWell Services Southwest through the Michigan Aging & Adult Services Agency under the Older American's Act of 1965.

# THANK YOU FOR HELPING US GROW



Thanks to over  
125 generous donors,  
over \$315,000 was raised for the new  
Heritage Commons Senior Enrichment Center

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## July Lunch and Learns

*Our lunch and learns will return for July. Please register by Tuesday morning of the scheduled week for lunch and learn. Please register whether or not you have lunch. We often have presenter materials to share and would like an accurate count of participants. Lunch is \$6.00 per person for members. All lunch and learns are from 12 to 1pm. Please take precautions, such as wearing masks and social distancing, at our events. Register by calling (269) 558-6150.*

### ***Wednesday, July 13: Veteran Services with Duaine Justice.***

Learn more about the various services and the procedure for applying for benefits. There are updates on various programs for veterans and their families, so check it out.

### ***Wednesday, July 20: Legislative Platforms for Older Americans Month***

Join Jen Rice from CareWell Services to learn about the five legislative action items endorsed by the Michigan Areas on Agencies Association that affect all of us and hear about her travels to Lansing for Older Michiganians Day on May 11, 2022.

### ***Wednesday, July 27: Human Rights Discussion with Dr. Carrie Walling***

Learn more about current issues in human rights. There are issues today that you may need to know about and gaining a better understanding the issues will help us address them better as a community.



## Learn Zoom at the Library

Bring your laptop computer, smartphone or iPad for a short course on using Zoom on Tuesday, July 12, from 11am to noon at Heritage Commons. Zoom is the electronic software that you can use to attend meetings, classes or use to see your friends and family.

During the class we will learn some great tips for easier use. It can be challenging to learn to use it without a hands-on approach. Often people don't know the technical terms for each step. Learn by doing with this class.

Mat Harmon and his crew from the Marshall District Library will be available for hands on learning. This is a beginner class, and no question is a "dumb question." Please register by July 11. Call 558-6150.

## Join us for Acrylic Painting with Melanie Wheeler

Join us on Thursdays in July to explore the use of acrylic paints for painting landscapes and figures. Artist Melanie Wheeler will present techniques and tips for acrylic painting. Each week we will develop a strategy to plan and use acrylic paints to create a realistic image.

- July 7 - Use a pencil to establish a composition on a canvas and block in large color areas.
- July 14 - Adjust color values, shades and tints to best enhance the composition and move the eye around the surface in a way you wish to show your images.
- July 21 - Use glazing to create depth and color in the painting.
- July 28 - Finish any details with fine brushes and varnish. Frame if you wish.

Please either bring or purchase the following materials for the Acrylic Painting Class:

- Photo references. Bring photos you wish to use for a painting so we can talk about what makes a good subject and a good composition.
- Pencil. First week we will establish a composition and talk about elements of a good composition, so will need to paint a ground with gesso and then draw a composition on paper then on the dried canvas.
- Canvas of any size. Should fit the easel you may bring or borrow. There are tabletop easels for canvases up to 11 x 14. You may also wish to bring a free-standing easel to stand and paint. I will bring a stand-up easel and a tabletop easel for anyone to borrow.
- Brushes.
- Bring a large flat brush 2" or wider to apply a gesso ground for the first lesson.
- Bring an assortment of brushes flat, round, thin and large.
- Palette. You can use a Styrofoam platter, or plate. You can throw Styrofoam away each session as acrylics dry very fast and cannot be re-used by the next week.
- Cup or bowl.
- Bring something for water as acrylics are a water based.
- Acrylic Paints. Sets are available at such stores as Michaels, and Hobby Lobby. You may purchase supplies from Melanie directly for \$5.00 for sets and \$2.50 for gesso.



## Join us for Donuts & Coffee!

Everybody loves donuts and coffee, right? Join us for donuts and coffee weekly on Mondays, Wednesdays and Fridays from 9:00am to 10:00am. Drop in and say hi and socialize.

*Heritage Commons is made possible by support from CareWell Services Southwest, Calhoun County Senior Services, Oaklawn Hospital, the City of Marshall, and other community partners. Steering Committee: Kitty Knoll, Manager; Stacy Wines and Paulette Porter, CareWell Services; Gregg Beeg, Oaklawn Hospital; Helen Guzzo, Calhoun County Senior Services; Jack Reed, Chair, Vicki Laupp, Vice-Chair; Rodna Stealy, Secretary; Marsha Powers, Sue Rosko, Nancy Vandenburg, Barb Rosene, Jill Simpson, Shirley Coulter, Connie Viland, Joe Bonato, and Diane Peters.*