

Heritage Commons

15885 West Michigan Avenue #7, Marshall MI 49068

www.MarshallHeritageCommons.org Phone: **269-558-6150**

Legacy Journaling

The purpose of legacy journaling is to discover, communicate, and preserve your values, stories, wisdom, and blessings for future generations. It is a wonderful gift to your loved ones and yourself.

Join Jen every Tuesday in 2024 from 2:00pm-3:00pm for our new Legacy Journaling Group. Each week, we will have several writing prompts/questions, spanning all three stages of life (early life, mid life, and later in life/reflection). There will be time during the sessions for you to share your reflections if you're comfortable doing so. Sharing fosters a sense of community and provides an opportunity for feedback and connection.

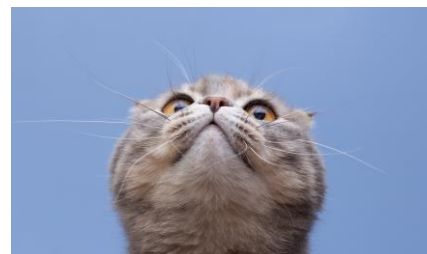
Hardcover journals with 150 lined pages are available to purchase at the front desk for \$10 each (or bring your own from home). Prior writing experience is not necessary, and if you miss a session, see Jen and she will get you caught up on the writing prompts for that week.

By the end of the year, you will have written and reflected on over 150 thought-provoking questions about your life, your memories, and your legacy.



Advertise with us!

Call Jen at 269-558-6151 or jrice@carewellservices.org and tell your friends and local business owners... advertising with us is a great way to show their support for our senior community!



Wish List:

- Disinfecting wipes
- Hand sanitizer
- Facial tissues
- Stamps
- Copy paper
- Notepads
- Paperclips
- Scotch tape rolls
- Batteries (AA and AAA)
- Liquid hand soap
- Dawn dish liquid
- Paper plates
- Paper towels
- Plastic cutlery
- Acrylic paints (FolkArt brand)
- Foam craft brushes
- Playing cards



If the Marshall Public Schools are closed due to inclement weather, Heritage Commons will also be closed

Weather-related closings will be on WWMT Channel 3, on Heritage Commons social media, and on the front desk voicemail!

Heritage Commons Classifieds (\$5/line per issue)

FOR SALE: New "Reborn Baby" that has never been out of box. Paid \$325 but for you only \$175. Call Lorna at 269-788-2607

SUPPORT GROUP FORMING: If you'd like more info on an AA group at HC, drop your name and phone number in the suggestion box by the coffee station

SOCIAL LUNCHES: Mondays, Tuesdays, Thursdays Heritage Commons. Call the weekday prior by to sign up 269-558-6150 (ages 60+ and caregivers welcome)

Interested in placing an ad? See Jen at the center or email jrice@carewellservices.org (Classified ad deadline is the 10th of every other month)



The Healing Art of Foot Reflexology

Foot reflexology is a therapeutic technique that aims to restore balance and promote overall health. At the core is the concept that our feet are miniature maps of our entire body. Each area on the foot corresponds to a specific organ or system, and by applying pressure to these points, practitioners believe they can stimulate energy flow, release tension, and encourage the body's natural healing process.

Benefits include: stress reduction, improved circulation, pain relief, enhanced sleep, and detoxification. As individuals seek natural and non-invasive methods to support their health journey, foot reflexology is as a timeless practice that offers both relaxation and therapeutic benefits.

Trained foot reflexologist and Heritage Commons member, Angie Norton, will be offering appointments **Wednesdays between 10am-2pm** at the center beginning in January. The cost per session is \$20 payable directly to Angie. Please reserve your day/time at the front desk.

Do you have your



in a row ?

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Senior Millage funded services
for Calhoun County residents
age 60 years and older.

269-781-0846
315 W. Green St, Marshall
www.calhouncountymi.gov



Save the Date for our second annual Kentucky Derby Party!

Saturday, May 4 (5:00pm-7:00pm)
Free for members, \$5 for member guests

Light appetizers and refreshments will be served

Fancy hats and Derby attire are encouraged!

Our fun "betting board" will be up again...win bragging rights!

"Read It and See It" Book Club

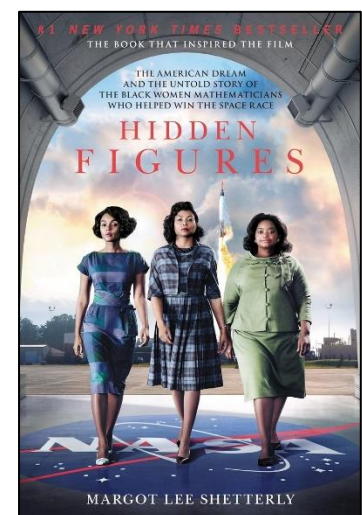
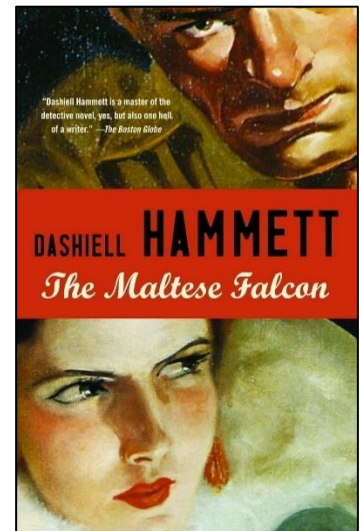
Sign up at the front desk by the 10th of each month, we will order everyone a copy of the book (yours to keep for free). The Read It & See It Book Club will meet on the third Friday of the following month at 10:00am to watch the movie adaptation of the book, have lunch, and discuss!

January 2023 Book:

The Maltese Falcon by Dashiell Hammett (Movie: February 16th)
Sam Spade is hired by the flagrant Miss Wonderley to track down her sister, who has eloped with a louse called Floyd Thursby. But when Spade's partner is shot while on Thursby's trail, Spade finds himself both hunter and hunted: can he track down the jewel-encrusted bird, a treasure worth killing for, before the Fat Man finds him?

February 2023 Book:

Hidden Figures by Margot Shetterly (Movie: March 15th)
Set amid the civil rights movement, the true story of NASA's African American female mathematicians who played a crucial role in America's space program. Moving from World War II through NASA's golden age, Hidden Figures interweaves a rich history of mankind's greatest adventure with the intimate stories of five courageous women whose work forever changed the world.



Open Music Jam!



Join us on Thursdays at 2:00pm for our new Open Music Jam!

Bring an instrument from home (or your voice!)... or just sit back and enjoy!

Heritage Commons members and non-member guests are welcome. The sessions will be casual meet ups to enjoy live music with others and meet new friends!

Did you know...?

Listening to familiar tunes or playing instruments stimulates brain activity and helps to maintain cognitive function and memory

Participating in music making activities reduces stress and anxiety levels

Physical activity linked to music helps improve coordination, balance, and mobility



Weekly Activities

No need to sign up ahead of time for the following exercise classes and social activities...just drop in, punch in, and join us!

Bingo

Mondays at 9:00am

Wednesdays at 1:00pm

Fridays at 1:00pm

Billiards and Shuffleboard

Thursdays at 2:00pm – Come enjoy our rec room with others who like to have fun! Make new friends and learn new skills!

Dominoes

Tuesdays at 1:00pm – Beginners welcome! Be the first player to get rid of your dominoes (bones) to score points!

Euchre

Mondays at 11:00am

Tuesdays at 6:30pm

Wednesdays at 9:30am

Exercise: MoveWell with Colleen & Move with Marty

Mondays & Thursdays at 1:00pm – Work through several different exercises using weights and bands, standing and sitting. A versatile class with a calming cool down.

Exercise: Strong Bones with Colleen

Mondays & Thursdays at 10:00am – Repetitive movements with weights, standing and sitting. Designed to strengthen bodies for better fitness and to increase bone density to prevent osteoporosis.

Exercise: Tai Chi with Julie

Wednesdays at 2:30pm – Participants learn to breathe correctly, focusing on how they intake and release air while moving. Concentrating on each movement helps the mind to relax and relieves stress.

Exercise: Yoga with Erin

Thursdays at 11:00am

Join Erin for a full mind and body exercise. Beginner friendly and all abilities are welcome!

Knit & Crochet Group

Mondays at 2:00pm – Whether you are a seasoned knitter or crocheter...or a beginner without a clue, this is the group for you! Bring a project from home or learn a new skill with our supplies.

Line Dancing

Tuesdays at 11:00am – Join this casual group to learn the basic steps of line dancing! No experience necessary! Each week we move at a pace that everyone can enjoy.

Mahjong

Fridays at 12:30pm – Mahjong is a tile-based game that is played with 3-4 players. Beginners welcome!

Nordic Walking Group

Tuesdays at 12:30pm – Locations vary, call the center to see where the group is meeting if you are unsure. Walking poles not provided.

Scale Tippers

Tuesdays at 9:00am – Casual weight loss group

Social Lunches

Mondays, Tuesdays, and Thursdays at noon (lunch provided by Milestone Senior Services). Socialize and make new friends over the lunch hour. Both members and non-members are welcome for these social lunches (age 60+ and caregivers welcome). There is a \$3.00 suggested donation (but not required), and attendees must sign up no later than 11:00am the weekday prior at the front desk or by calling 269-558-6150.

Friday Live Music & Lunch!

Join us every Friday at noon for lunch and an hour of live music by a talented local musician! Bring a book or craft from home, grab some cards or a board game from our stash, or just sit back and enjoy the tunes!

- January 5: **Tom Bishop** (guitar) & Pizza
- January 12: **Scotty Butters** (guitar) & Soup
- January 19: **Doug Christlieb** (piano) & Pizza
- January 26: **Tom Whitesell** (keyboard) & Soup
- February 2: **Tom Bishop** (guitar) & Pizza
- February 9: **Scotty Butters** (guitar) & Soup
- February 16: **Doug Christlieb** (piano) & Pizza
- February 23: **Tom Whitesell** (keyboard) & Soup



Strong Bones:



Nordic Walking:



Friday Music Hour:



Scruffy (Heritage Commons):



Thank you to the following members who contributed to our scholarship fund last year:

Arloa Henry
Rodney Kinne
Cora Keiper
Patricia Taylor
Cliff Brunner
Patricia Carlton
Patricia Chamberlain
Tammy Hopkins
Meg Keller
Joan Kohn
Jeanne Mathie
Don Weberling
Mary Willis Mogg
Dennis Nelson
Marty Overhiser
Joan Rapp
Connie Viland

Thank you to the following members who helped lead programs and activities last year:

Kathy Nelson
Linda Warner
Jill Simpson
Judy Barnes
Joyce Schaffer
Jane Wheat
Marty Overhiser
Pat Herman
Deb Ward
Connie Viland
Earl Bisel
Georgia Ferguson
Paul Davis
Ricki Meyers

2023 Member Survey Results!

Thank you to those that returned the surveys that went out with your renewal packets last fall! We have already added cardio drumming to our weekly schedule, which was asked for many times on the returned surveys! We are working on additional programs of interest for 2024, including day trips, the return of cooking classes, game nights, and additional hours.

Satisfaction with Heritage Commons (top 5 responses):

1. Heritage Commons is clean and attractive
2. Staff is friendly and courteous
3. Staff is professional
4. Staff is knowledgeable of activities
5. Staff is responsive to my needs

How important Heritage Commons is to you (top 5 responses):

1. Having fun
2. Improving my quality of life
3. Improving my physical health
4. Participating in meaningful activities
5. Feeling I belong

Do you feel you have a voice in activities offered?

Yes (72 responses)
No (6 responses)
No opinion (20 responses)

How long have you been coming to Heritage Commons?

Less than 1 year (40 responses)
1-5 years (46 responses)
6-10 years (10 responses)

How often do you come to Heritage Commons?

Daily (4 responses)
2-4 times per week (41 responses)
1 time per week (24 responses)
1-3 times per month (18 responses)
Less than 1 time per month (8 responses)

We welcome your thoughts and comments year-round as we strive to make Heritage Commons the best it can be! Our Suggestion Box is located by the coffee station...feel free to drop us a note anytime!

Arts & Crafts

Preregister by calling 269-558-6150 or visiting the front desk. Unless otherwise indicated, classes are free for members or \$10 for non-members (plus \$5 refundable deposit to hold your spot).

Winter Landscape Paintings

January 11th at 1:00pm – Use paint to explore the winter season, landscapes, shadow, and texture.

Pattern Exploration

January 18th at 1:00pm – A mixed media exploration of color, texture, and repeat patterns.

Yarn Dying

January 23rd at 5:30pm – Dye your own two skeins of yarn, choice of fingering, DK, or worsted weight.

Found Objects Watercolor Painting

January 25th at 1:00pm – We will make a layout using a collection of everyday objects.

Valentine's Barn Quilt Painting

January 30th at 5:30pm – Paint a Valentine themed barn quilt on a 12x12 wood square

Valentine's Cards

February 1st at 1:00pm – Craft cards to send out to loved ones for Valentine's Day.

Ukulele Building

February 6th at 6:00pm – Build your own ukulele! Choice of soprano (\$20 kit fee) or concert (\$30 kit fee). Please pay when signing up.

Colorful Collage

February 8th at 1:00pm – With paper and mixed media, create a collage using contrast, design composition, and white space.

Afternoon Tea

February 15th at 1:00pm – Join us to sip tea while we paint unique tea pots and cups.

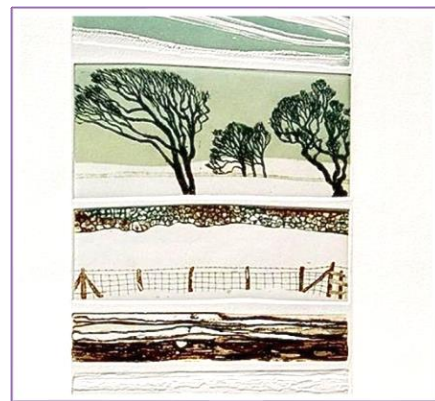
Impressionistic Florals

February 22nd at 1:00pm – A meditative painting session on organic and floral forms.

Ceramic Plant Stakes

February 29th at 1:00pm – Use ceramic clay to make garden/house plant stakes. Projects will be fired and returned mid-March.

Winter Landscape:



Valentine's Barn Quilt:



Afternoon Tea:



Ceramic Plant Stakes:



Welcome New Members!

Thomas Boers
Ginny Boers
Eva-Maria Hunter
Diane Holibaugh
Patricia Warden
Marcia Ranger
Barbara Green
Janet Miles

Current Membership Count: 322

We have a special event planned for when we get to 500 members...encourage your friends to join us and help reach this milestone!

In consideration of the health and well-being of our members and guests, we kindly ask that you refrain from using perfume, cologne, or other strongly scented products prior to your visit. This will ensure the comfort and accessibility of everyone, including those with sensitivities or allergies to strong fragrances.

Lunch & Learns (Wednesdays at noon)

Register by Tuesday afternoon of the scheduled week for lunch and learns by calling **269-558-6150** or visiting the front desk. Lunch is provided and is \$5 for members or \$10 for non-members.

Falls Prevention: It Isn't Just "Watch Your Step"!

January 3rd – Join us to learn about other issues (besides tripping) that can affect your safety and some tips to best prevent falls. Presented by Jodi Piper, CareWell Services Southwest.

Calhoun County Senior Services

January 10th – Meet the new Senior Services Director, Rod Auton, and hear about millage programs and events for 2024!

Voting Changes for the Presidential Primary Election

January 17th – Kimberly A Hinkley, Calhoun County Clerk and Register of Deeds, will be sharing information about the upcoming 2024 Election Cycle. This will include the implementation of Early Voting in Michigan and specifically what that will look like for Calhoun County voters.

Mindful Laughter

January 24th – Learn the importance of mindful laughter and how it benefits you physically, emotionally, and socially. Presented by MSU.

Decluttering Your Home to Improve Health

January 31st – When you declutter, it allows you to enjoy your home more and get rid of the bogged down feeling that comes when you're surrounded by stuff and clutter. Join Jen to learn some helpful tips!

CareWell 101

February 7th – CareWell Services Southwest is your Area Agency on Aging that provides a number of services and supports for seniors. Join Cassandra Lucas-Moore to learn more about the various programs!

League of Women Voters Day

February 14th – Join Lori Kline-Closson and Sue Rosko to learn the history of the League of Women Voters and their mission.

An Introduction to Artificial Intelligence (AI)

February 21st – From ChatGPT to self-driving cars, artificial intelligence is on the rise and in the news. If you've ever wondered what AI is or how it works, this Lunch & Learn from the Marshall District Library technology department is for you! No prior knowledge required!

Classic TV Shows & Movies Trivia

February 28th – Trivia with Jen over the lunch hour!