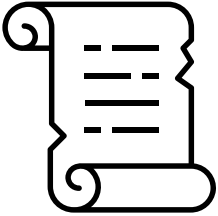


February 2025

Heritage Commons Senior Enrichment Center
 15885 West Michigan Avenue, Marshall
 Front Desk: 269-558-6150

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00a-4:00p Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 10:00 Euchre 10:45 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	4 9:00a-8:00p Scale Tippers 9:00 Table Massages (by appt) Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Gratitude Journal 2:00 Drum with Jen 3:00 Caregivers Group 3:00 Craft 6:00 Euchre 6:00	5 9:00a-4:00p Foot Reflexology (by appointment) Euchre 10:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	6 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Craft 1:00 Billiards 2:00	7 9:00a-4:00p Fiber Arts 10:00 Social Lunch 12:00 Mahjong 12:30 Move with Vicki 1:00 Drum with Becki 3:00
10 9:00a-4:00p Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 10:00 Euchre 10:45 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	11 9:00a-8:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Gratitude Journal 2:00 Drum with Jen 3:00 Craft 6:00 Euchre 6:00	12 9:00a-4:00p Foot Reflexology (by appointment) Euchre 10:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	13 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Craft 1:00 Billiards 2:00	14 9:00a-4:00p Foot Care (by appt) Fiber Arts 10:00 Chair Massages (by appt) Social Lunch 12:00 Mahjong 12:30 Move with Vicki 1:00 Sourdough Club 2:00 Drum with Becki 3:00
17 CLOSED  In honor of Presidents' Day	18 9:00a-8:00p Scale Tippers 9:00 Table Massages (by appt) Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Gratitude Journal 2:00 Drum with Jen 3:00 Craft 6:00 Euchre 6:00	19 9:00a-4:00p Foot Reflexology (by appointment) Euchre 10:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	20 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Craft 1:00 Billiards 2:00	21 9:00a-4:00p Fiber Arts 10:00 Social Lunch 12:00 Mahjong 12:30 Move with Vicki 1:00 Drum with Becki 3:00
24 9:00a-4:00p Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 10:00 Euchre 10:45 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	25 9:00a-8:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Gratitude Journal 2:00 Drum with Jen 3:00 Craft 6:00 Euchre 6:00	26 9:00a-4:00p Foot Reflexology (by appointment) Euchre 10:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	27 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Craft 1:00 Billiards 2:00	28 9:00a-4:00p Fiber Arts 10:00 Chair Massages (by appt) Social Lunch 12:00 Mahjong 12:30 Move with Vicki 1:00 Sourdough Club 2:00 Drum with Becki 3:00

Arts & Crafts (preregistration required at front desk):

Puzzle Wreath with Kathy

February 4th at 6:00pm – Create a Valentine-themed wreath using jigsaw puzzle pieces

Valentine’s Day Infinity Cards with Meagan

February 6th at 1:00pm – Make a never-ending card with a Valentine’s Day theme

Heart Picture Holder with Kathy

February 11th at 6:00pm – Craft a fun Valentine’s themed picture holder

Paper Dolls with Meagan

February 13th at 1:00pm – Together we will craft paper dolls, including drawing off a template, coloring, cutting, and assembling the pieces

The Art of Zentangle with Kathy

February 18th at 6:00pm – Learn this meditative art form that involves drawing structured patterns (“tangles”) to create detailed artwork

Penguin Painting with Meagan

February 20th at 1:00pm – Paint a penguin or two!

Wall Pocket with Kathy

February 25th at 6:00pm – Use a miniature cutting board to make a small wall pocket

Yayoi Kusama with Meagan

February 27th at 1:00pm – Learn about the artist Yayoi Kusama and create a piece inspired by her work

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.

Social Lunches

Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays at noon (lunch provided by Milestone Senior Services). 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), menu selections must be made no later than 11:00am the weekday prior at the front desk or by calling 269-558-6150.

Wellness:

Cardio Drumming

Tuesdays at 3:00pm & Wednesdays at 1:00pm with Jen
Fridays at 3:00pm with Becki

Join us for a high energy workout to your favorite tunes (oldies and current!)...customizable for all abilities and beginners are welcome!

MoveWell with Colleen & Move with Marty/Vicki

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

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.

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.

Yoga with Erin

Thursdays at 11:00am - Join Erin for a full mind and body exercise. Beginner friendly and all abilities are welcome!

Fitness Room

Our fitness room is open anytime the center is open. If you need help using one of the machines, please see a staff member!