

January 2026

15885 West Michigan Avenue, Marshall
Front Desk: 269-558-6150

Monday	Tuesday	Wednesday	Thursday	Friday
5 9:00a-4:00p MASSAGES BY APPT Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Bingo 1:00 Move with Marty 1:00 Knit/Crochet 2:00	6 9:00a-4:00p MASSAGES BY APPT Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Caregivers Group 3:00 Drum with Jen 3:00	7 9:00a-4:00p Foot Reflexology Yoga with Erin 9:30 Yahtzee 10:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	8 9:00a-4:00p MASSAGES BY APPT the Uzzle 9:30 Strong Bones 10:00 Social Lunch 12:00 Cribbage 12:00 MoveWell 1:00 Billiards Club 2:00	9 9:00a-4:00p Yahtzee 10:00 Spinners 10:00 Social Lunch 12:00 Pinochle 12:00 Mahjong 12:30 Journaling 1:00 Move with Vicki 1:00 Drum with Becki 3:00
12 9:00a-4:00p MASSAGES BY APPT Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Bingo 1:00 Move with Marty 1:00 Social Kitchen 1:00 Knit/Crochet 2:00	13 9:00a-4:00p MASSAGES BY APPT Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 3:00	14 9:00a-4:00p Foot Reflexology Yoga with Erin 9:30 Yahtzee 10:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	15 9:00a-4:00p MASSAGES BY APPT the Uzzle 9:30 Strong Bones 10:00 Social Lunch 12:00 Cribbage 12:00 MoveWell 1:00 Billiards Club 2:00 Seniors Matter 2:00	16 9:00a-4:00p Yahtzee 10:00 Spinners 10:00 Social Lunch 12:00 Pinochle 12:00 Mahjong 12:30 Journaling 1:00 Move with Vicki 1:00 Drum with Becki 3:00
19 CLOSED In observance of Martin Luther King Junior Day	20 9:00a-4:00p MASSAGES BY APPT Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 3:00	21 9:00a-4:00p Foot Reflexology Yoga with Erin 9:30 Yahtzee 10:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	22 9:00a-4:00p MASSAGES BY APPT the Uzzle 9:30 Strong Bones 10:00 Social Lunch 12:00 Cribbage 12:00 MoveWell 1:00 Billiards Club 2:00	23 9:00a-4:00p Yahtzee 10:00 Spinners 10:00 Social Lunch 12:00 Pinochle 12:00 Mahjong 12:30 Journaling 1:00 Move with Vicki 1:00 Drum with Becki 3:00
26 9:00a-4:00p MASSAGES BY APPT Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Bingo 1:00 Move with Marty 1:00 Spice Club 1:00 Knit/Crochet 2:00	27 9:00a-4:00p MASSAGES BY APPT Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 3:00	28 9:00a-4:00p Foot Reflexology Yoga with Erin 9:30 Yahtzee 10:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30	29 9:00a-4:00p MASSAGES BY APPT the Uzzle 9:30 Strong Bones 10:00 Social Lunch 12:00 Cribbage 12:00 MoveWell 1:00 Billiards Club 2:00 Seniors Matter 2:00	30 9:00a-4:00p Yahtzee 10:00 Spinners 10:00 Social Lunch 12:00 Pinochle 12:00 Mahjong 12:30 Journaling 1:00 Move with Vicki 1:00 Drum with Becki 3:00



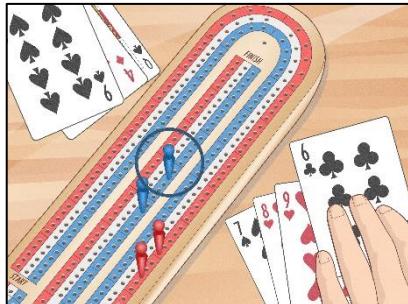
In Michigan, winter doesn't build character - it builds stronger opinions about snow.

New Activities!

Cribbage

Thursdays at 12:00pm

For all our card players, join us to start playing cribbage! If you have a peg board, please bring it to ensure everyone can play. New to the game? Join us and learn as we go!



the Uzzle

Thursdays at 9:30am

For those who enjoy puzzles and the challenge of putting them together comes "the Uzzle"! The basic concept is to be the first to match the blocks in front of you with the pattern shown on a drawn card. While you might think that the person with the best puzzle solving skills would be the winner, you'll be surprised that it's much more like a sport where you've got to stay calm and collected to win!



Stay Home if Sick!

As we enter cold and flu season, please remember that our staff has the authority to prohibit you from the building if they perceive that you are not well. Seniors often have weaker immune systems, making them more susceptible to severe complications from common illnesses. By remaining at home, you minimize the risk of transmitting infections in community spaces. This responsible action not only aids your recovery but also protects the health of friends, family, and fellow Heritage Commons members.



Reminder:

When the Marshall Public Schools close due to inclement weather, so does Heritage Commons. Follow us on social media, call the front desk, or watch WWMT Channel 3 for closing notices.

SOCIAL KITCHEN!

The *Social Kitchen* is a monthly gathering designed to bring members together around a shared love of food, stories, and connection. Each session features a new theme that celebrates comfort foods, family favorites, seasonal dishes, or cultural cuisines, giving everyone the chance to share treasured recipes and culinary memories. Participants are encouraged (but not required) to bring recipes to exchange, discuss cooking tips, and swap creative twists on well-loved dishes. Most importantly, the group offers a relaxed, friendly space where conversation flows as easily as the coffee — building friendships and strengthening community one recipe at a time.

Every meeting also includes a *Nutrition Tip of the Month* and a *Budget Tip of the Month* to help members make healthier choices and stretch their food dollars further. Topics may include heart-healthy cooking, reducing sodium and sugar, easy meal planning, shopping smart on a fixed income, and cooking for one or two. Whether you love to cook or simply enjoy talking about food, Social Kitchen is a welcoming group where learning, laughter, and connection are always on the menu.

JANUARY 12th – Cozy Winter Meals for Two

FEBRUARY 9th – Sweet & Simple Treats

SPICE CLUB!

Our new Spice Club is a warm, welcoming monthly gathering designed to spark curiosity, conversation, and the joy of cooking in a relaxed, social setting. Each session features **two featured spices** - one familiar favorite that most members already recognize and enjoy, and one unusual or lesser-known spice that introduces something new and exciting. Participants learn about the flavor profiles, history, and everyday uses of each spice, creating a fun learning experience that feels more like a visit with friends than a class.

Members also receive ideas for simple recipes, practical cooking tips, and serving suggestions they can easily try at home. Gentle hands-on elements, like smelling, sampling, or touching the spices, make each meeting interactive without being overwhelming. Beyond the food, the Spice Club builds community by encouraging storytelling, shared memories, and laughter around the table. Whether someone is an experienced home cook or just enjoys good conversation, the Spice Club provides a low-pressure way for members to stay engaged, learn something new, and enjoy a flavorful social experience each month.

JANUARY 26th – Cinnamon and Za'atar

FEBRUARY 23rd – Cumin and Sumac