

March 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:00a-4:00p MASSAGES BY APPT Yahtzee 10:45 Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00</p>	<p>3 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</p>	<p>4 9:00a-4:00p Foot Reflexology Yahtzee 10:00 Craft Hour 11:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30</p>	<p>5 9:00a-4:00p MASSAGES BY APPT Strong Bones 10:00 Cribbage 10:45 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Billiards Club 2:00 WERQ 3:00</p>	<p>6 9:00a-4:00p Yahtzee 10:00 Spinners 10:00 Social Lunch 12:00 Pinochle 12:00 Mahjong 12:30 Drum with Becki 3:00</p>
<p>9 9:00a-4:00p MASSAGES BY APPT Yahtzee 10:45 Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Social Kitchen 1:00 Knit/Crochet 2:00</p>	<p>10 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</p>	<p>11 9:00a-4:00p Foot Reflexology Yahtzee 10:00 Craft Hour 11:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30</p>	<p>12 9:00a-4:00p MASSAGES BY APPT Strong Bones 10:00 Cribbage 10:45 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Billiards Club 2:00 Seniors Matter 2:00 WERQ 3:00</p>	<p>13 9:00a-4:00p Yahtzee 10:00 Spinners 10:00 Social Lunch 12:00 Pinochle 12:00 Mahjong 12:30 Drum with Becki 3:00</p>
<p>16 9:00a-4:00p MASSAGES BY APPT Yahtzee 10:45 Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00</p>	<p>17 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</p>	<p>18 9:00a-4:00p Foot Reflexology Yahtzee 10:00 Craft Hour 11:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30</p>	<p>19 9:00a-4:00p MASSAGES BY APPT Strong Bones 10:00 Cribbage 10:45 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Billiards Club 2:00 WERQ 3:00</p>	<p>20 9:00a-4:00p Yahtzee 10:00 Spinners 10:00 Social Lunch 12:00 Pinochle 12:00 Mahjong 12:30 Drum with Becki 3:00</p>
<p>23 9:00a-4:00p MASSAGES BY APPT Yahtzee 10:45 Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Spice Club 1:00 Knit/Crochet 2:00</p>	<p>24 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</p>	<p>25 9:00a-4:00p Foot Reflexology Yahtzee 10:00 Craft Hour 11:00 Social Lunch 12:00 Irish Spring Trivia with Don 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30</p>	<p>26 9:00a-4:00p MASSAGES BY APPT Strong Bones 10:00 Cribbage 10:45 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Billiards Club 2:00 Seniors Matter 2:00 WERQ 3:00</p>	<p>27 9:00a-4:00p Yahtzee 10:00 Spinners 10:00 Social Lunch 12:00 Pinochle 12:00 Mahjong 12:30 Drum with Becki 3:00</p>

Move with Vicki will return on Fridays at 1:00 in April!

Donations Needed!

Swiffer Wet Cloths
Kleenex
Dixie Cups
Endust Spray



SOCIAL KITCHEN!

MARCH 9th – Pasta Night Made Easy
APRIL 13th – Spring Vegetables: Light & Fresh!

SPICE CLUB!

MARCH 23rd – Paprika and Fenugreek
APRIL 27th – Dill and Fennel

INSTRUCTOR-LED EXERCISE CLASSES

Cardio Drumming

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

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!

CRAFT HOUR!

Drop in and get creative during our Open Craft Hour with Alesha! This relaxed, come-and-go session invites you to explore a variety of simple craft projects, with supplies provided and friendly guidance available. Whether you're a seasoned crafter or just curious to try something new, this is a perfect time to unwind, socialize, and make something with your hands. Projects will vary each week, so there's always something fresh to enjoy! Wednesdays at 11:00!

Sign up on the craft bulletin board!

IRISH SPRING TRIVIA WITH DON!

Wednesday, March 25th at noon

Celebrate the season with a fun-filled hour of trivia focused on Ireland, Irish culture, and the fresh energy of springtime! Test your knowledge on shamrocks, St. Patrick's Day, Irish traditions, and folklore, then switch gears to questions about flowers, longer days, and all the signs of spring. Whether you're a trivia champ or just in it for the laughs, this themed game hour is a great way to connect with others, learn something new, and enjoy a little friendly competition. Come solo or bring a team – everyone's welcome!

OLDER MICHIGANIANS DAY – BUS TRIP!

Hop on a charter bus and join us on the capitol lawn in Lansing on **Wednesday, May 13th** to meet your representatives and hear aging experts from across the state talk about the importance of maintaining funding for seniors in the new state budget!

Funded by CareWell Services Southwest and Calhoun County Senior Services, this trip is free of charge and includes lunch and a goodie bag! *We will be closed for the day to encourage our members to attend this event!*

Space is limited! Sign up today at the Heritage Commons front desk or call 269-558-6150!

YAHTZEE!

In March, the person with the weekly high score in Yahtzee will win a gift card! Drop in and join this rapidly growing group! Mondays at 10:45, Wednesdays & Fridays at 10:00.