

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

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>May 2026</h1>	 <p><b>Heritage Commons</b> Senior Enrichment Center</p>			<p>1 9:00a-4:00p  <b>Yahtzee 10:00</b>                      Spinners 10:00                      Social Lunch 12:00                      Pinochle 12:00                      Mahjong 12:30                      Move with Vicki 1:00                      Drum with Becki 3:00</p>
<p>4 9:00a-4:00p  <b>MASSAGES BY APPT</b>  <b>Yahtzee 10:00</b>                      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>5 9:00a-4:00p  <b>MASSAGES BY APPT</b>                      Scale Tippers 9:00                      Adv Line Dance 10:00                      Beg Line Dance 11:00                      Social Lunch 12:00                      Dominoes 1:00                      Caregivers Group 2:30                      Drum with Jen 3:00</p>	<p>6 9:00a-4:00p                      Foot Reflexology  <b>Yahtzee 10:00</b>                      Craft Hour 11:30                      Social Lunch 12:00                      Dominoes 1:00                      Drum with Jen 1:00                      Tai Chi with Julie 2:30</p>	<p>7 9:00a-4:00p  <b>MASSAGES BY APPT</b>                      Strong Bones 10:00  <b>Cribbage 10:45</b>                      Yoga with Erin 11:00                      Social Lunch 12:00                      MoveWell 1:00</p>	<p>8 9:00a-4:00p  <b>Yahtzee 10:00</b>                      Spinners 10:00                      Social Lunch 12:00                      Pinochle 12:00                      Mahjong 12:30                      Move with Vicki 1:00                      Drum with Becki 3:00</p>
<p>11 9:00a-4:00p  <b>MASSAGES BY APPT</b>  <b>Yahtzee 10:00</b>                      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>12 9:00a-4:00p  <b>MASSAGES BY APPT</b>                      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>13 <b>CLOSED</b></p> <p>Older Michiganians Day Bus Trip to Lansing</p> <p>(RSVP required)</p>	<p>14 9:00a-4:00p  <b>MASSAGES BY APPT</b>                      Strong Bones 10:00  <b>Cribbage 10:45</b>                      Yoga with Erin 11:00                      Social Lunch 12:00                      MoveWell 1:00                      Seniors Matter 2:00</p>	<p>15 9:00a-4:00p  <b>Yahtzee 10:00</b>                      Spinners 10:00                      Social Lunch 12:00                      Pinochle 12:00                      Mahjong 12:30                      Move with Vicki 1:00                      Drum with Becki 3:00</p>
<p>18 9:00a-4:00p  <b>MASSAGES BY APPT</b>  <b>Yahtzee 10:00</b>                      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>19 9:00a-4:00p  <b>MASSAGES BY APPT</b>                      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>20 9:00a-4:00p                      Foot Reflexology  <b>Yahtzee 10:00</b>                      Craft Hour 11:30                      Social Lunch 12:00                      Dominoes 1:00                      Drum with Jen 1:00                      Tai Chi with Julie 2:30</p>	<p>21 <b>CLOSED</b></p> <p>Calhoun County Senior Expo at Kellogg Arena 9:00am-1:00pm</p>	<p>22 9:00a-4:00p  <b>Yahtzee 10:00</b>                      Spinners 10:00                      Social Lunch 12:00                      Pinochle 12:00                      Mahjong 12:30                      Move with Vicki 1:00                      Drum with Becki 3:00</p>
<p>25 <b>CLOSED</b></p> <p>In observance of Memorial Day</p>	<p>26 9:00a-4:00p  <b>MASSAGES BY APPT</b>                      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>27 9:00a-4:00p                      Foot Reflexology  <b>Yahtzee 10:00</b>                      Craft Hour 11:30                      Social Lunch 12:00                      Trivia with Don 12:00                      Dominoes 1:00                      Drum with Jen 1:00                      Tai Chi with Julie 2:30</p>	<p>28 9:00a-4:00p  <b>MASSAGES BY APPT</b>                      Strong Bones 10:00  <b>Cribbage 10:45</b>                      Yoga with Erin 11:00                      Social Lunch 12:00                      MoveWell 1:00                      Seniors Matter 2:00</p>	<p>29 9:00a-4:00p  <b>Yahtzee 10:00</b>                      Spinners 10:00                      Social Lunch 12:00                      Pinochle 12:00                      Mahjong 12:30                      Move with Vicki 1:00                      Drum with Becki 3:00</p>

## Donations Needed!

Swiffer Wet Cloths  
Kleenex  
Dixie Cups  
Endust Spray



## SOCIAL KITCHEN!

May 11<sup>th</sup> – Meals on the Grill Pan (No Grill Required!)  
June 8<sup>th</sup> – Berry Good Baking

## SPICE CLUB!

May 25<sup>th</sup> – Closed for Memorial Day  
June 22<sup>nd</sup> – Curry and Harissa

## 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 improve 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 11:30!  
**Sign up on the craft bulletin board!**

## REMINDERS!

### STORAGE

Heritage Commons-owned supplies for exercise and wellness programs, craft classes, and some recreation activities are stored in the building. We ask that members and guests not store personal items at HCSEC. *HCSEC/CWS is not responsible for any personal items left at the facility.*

### OPERATING HOURS

HCSEC maintains regular hours for members to enjoy the Center. These hours may vary throughout the year. Members should not expect access to the facility outside of posted operating hours. *Participants are asked to vacate the facility 15 minutes before the posted closing time, allowing staff ample time for site security, room checks, and alarm programming.*

## SENIOR EXPO AT KELLOGG ARENA!

A **FREE** event featuring local business and services of special interest to older adults, their families, and caregivers.  
**Thursday, May 21<sup>st</sup> from 9:00am-1:00pm**

**FREE** parking in parking garage  
**FREE** coffee & donuts

**FREE** lunch  
**FREE** give-a-ways

**FREE** rides within Calhoun County: Call Community Action to reserve your seat  
**800-994-9876**

For details about the event, call 269-781-0846