


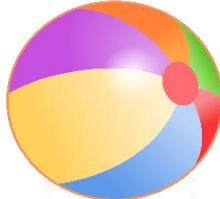


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:00a-4:00p MASSAGES BY APPT Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Cards with Jane 1:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00</p>	<p>2 9:00a-4:00p MASSAGES BY APPT Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Caregivers Group 2:30 Drum with Jen 3:00</p>	<p>3 9:00a-4:00p Foot Reflexology Yahtzee 10:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30</p>	<p>4 9:00a-4:00p MASSAGES BY APPT Strong Bones 10:00 Obie 10:45 Yoga w/ Cassie 11:00 Social Lunch 12:00 MoveWell 1:00 Popcorn & Movie 2:00 -Mrs. Doubtfire</p>	<p>5 CLOSED</p> 
<p>8 9:00a-4:00p MASSAGES BY APPT Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00 Dance Committee 2:30</p>	<p>9 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 Social Kitchen 1:00 Drum with Jen 3:00</p>	<p>10 9:00a-4:00p Foot Reflexology Yahtzee 10:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30</p>	<p>11 9:00a-4:00p MASSAGES BY APPT Strong Bones 10:00 Obie 10:45 Yoga w/ Cassie 11:00 Social Lunch 12:00 MoveWell 1:00 Seniors Matter 2:00</p>	<p>12 CLOSED</p> 
<p>15 9:00a-4:00p MASSAGES BY APPT Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00</p>	<p>16 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>17 9:00a-4:00p Foot Reflexology Yahtzee 10:00 Social Lunch 12:00 Dominoes 1:00 Drum with Jen 1:00 Tai Chi with Julie 2:30</p>	<p>18 9:00a-4:00p MASSAGES BY APPT Strong Bones 10:00 Obie 10:45 Yoga w/ Cassie 11:00 Social Lunch 12:00 MoveWell 1:00 Popcorn & Movie 2:00 -The Princess Bride</p>	<p>19 CLOSED</p> 
<p>22 9:00a-4:00p MASSAGES BY APPT Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00</p>	<p>23 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 Spice Club 1:00 Drum with Jen 3:00</p>	<p>24 9:00a-4:00p Foot Reflexology Yahtzee 10:00 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>25 9:00a-4:00p MASSAGES BY APPT Strong Bones 10:00 Obie 10:45 Yoga w/ Cassie 11:00 Social Lunch 12:00 MoveWell 1:00 Seniors Matter 2:00</p>	<p>26 CLOSED</p> 
<p>29 9:00a-4:00p MASSAGES BY APPT Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Social Lunch 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00</p>	<p>30 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>	<h1>June 2026</h1>		

Equestrian (Horse Riding) Class!

Offering a horse-riding class in conjunction with
Nottawa Paint Horses at
8300 12 Mile Rd, Marshall, MI 49068.
Additional details coming soon!

INSTRUCTOR-LED EXERCISE CLASSES!

Cardio Drumming

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

MoveWell with Colleen & Move with Marty/Vicki

Mondays and Thursdays 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 Cassie

Thursdays at 11:00am

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

Centenarian Celebration!

An event celebrating those 99 years and older in Calhoun County.

Thursday, July 16th, 2:00 pm-4:00 pm

Marshall United Methodist Church

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

SOCIAL KITCHEN!

Moved to 2nd Tuesday

June 9th – Berry Good Baking

SPICE CLUB!

Moved to 4th Tuesday

June 23rd – Curry and Harissa

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.*

Welcome!

There are 2 new faces at Heritage Commons Senior Enrichment Center.

Paula Riegle, Senior Center Assistant

She is glad to be here to greet you in the mornings and to help. Paula has lived in Marshall all her life. She loves cooking, gardening, sewing, and singing Christian music. She has 2 daughters, 1 son, 8 grandchildren, and 6 great-grandchildren.

Cassie Lucas-Moore, Manager

Cassie is a lifelong Marshallite. She graduated from Marshall High School and later earned her Bachelor's in Business Administration and Human Resources from American Intercontinental University. Outside of working hours, you can find Cassie onstage or backstage with Marshall Civic Players. She has participated in 5 shows and is currently in rehearsals for her 6th show. Her family is also involved in theater, with one of the shows boasting 6 of the Lucas-Moore family, including her husband, children and stepmom. Cassie has also co-produced two youth shows. Cassie has a 12-year-old son and a 15-year-old daughter who keep her busy with their activities as well.