

Heritage Commons

15885 West Michigan Avenue #7, Marshall MI 49068
www.MarshallHeritageCommons.org Phone: **269-558-6150**

Membership Rates

Full year memberships (October-October) are \$75 single or \$130 buddy/couple. **Scholarships are available to cover membership fees!** Stop in or call 269-558-6150.

The joy of movement!

Dancing is BACK in Marshall! It's more than just a recreational activity, it's a powerful tool that contributes to a fulfilling and healthy life. From enhancing physical fitness and cognitive function to boosting emotional well-being and fostering social



connections, the benefits of dancing are extensive. Seniors can tap into the joy of movement, embracing the rhythm of life, and relishing the countless rewards that dancing brings. So, put on those dancing shoes and join us at any of the following activities and learn to dance your way to a happier and healthier you!

Line Dancing – Every Tuesday at 11:00am – Instructor led, beginner friendly, go at your own pace to lively music! – **Free for members**

Square Dancing – Thursdays at 2:00pm (8-week session begins September 7th) – Join caller Bill Cates for two hours of instruction and practice, bring a partner if you have one or we will find one for you! – **\$40 per person (register and prepay at front desk)**

Social Dance – Saturday, October 14th – Enjoy snacks and light refreshments while our resident DJ plays your favorite tunes (song requests welcomed)! More details to come in October newsletter.



Upcoming Events

September 15
Public Euchre Tournament

October 14
Fall Social Dance

Membership renewals due October 1st!

Continue to enjoy our programs, fitness room, and activities for as little as **\$5.41/month!**

Advertise with us!

Call Jen at 269-550-6151 or jrice@carewellservices.org
Tell your friends and local business owners...advertising with us is a great way to show your support for our senior community!



Welcome New Members!

Janice McPhail
Pauline Stone
Nancy Reincke
John Bizon
Debbie Bizon
Ellen Donovan
Jan Munson
Joyce Shaffer
Sharon Linklater
Sue Tracey
Ruth Keifer

Current Membership Count: 383

We have a special event planned for when we get to 500 members...encourage your friends to join us and help reach this milestone!



The more I live, the more I learn. The more I learn, the more I realize, the less I know.

Lunch & Learns (Wednesdays at noon)

Register by Tuesday afternoon of the scheduled week for lunch and learns by calling **269-558-6150** or visiting the front desk. Lunch is provided and is \$5 for members or \$10 for non-members.

Miles for Memories

September 6th – Miles for Memories is a local organization created in 2013, to raise awareness and funds for Alzheimer's Disease. Join Cassandra Lucas-Moore, Marketing & Outreach Coordinator for CareWell Services, to hear more about the program and upcoming event.

Centenarians of Calhoun County 2023

September 13th – In 2021, Calhoun County Senior Services began a special project in honor of our local centenarians. Senior Services interviews the centenarians to gather their life stories, including tales of adventure, travel, loss, and love. Join Rebecca deFinta with Calhoun County Senior Services to learn about our 2023 centenarians.

Indoor Plants

September 20th – Join us to celebrate National Indoor Plant Week and learn how to select indoor plants, the difference between high and low light levels, how to provide humidity, suitable plant containers, when and how to fertilize, and when and how to water...National Pepperoni Pizza Day is also on the 20th!

Franke Center

September 27th – The Franke Center for the Arts is a nonprofit arts organization and performance venue offering exceptional concerts, youth theatre, educational workshops, and cultural events for residents of the Marshall area and beyond. Join executive director Jacob Gates to learn about all the exciting things happening at the Franke!



Senior Millage funded services for Calhoun County residents age 60 years and older.

269-781-0846
315 W. Green St, Marshall
www.calhouncountymi.gov



Arts & Crafts

Preregister by calling 269-558-6150 or visiting the front desk. Unless otherwise indicated, classes are free for members or \$10 for non-members (\$5 refundable deposit to hold your spot). All classes are beginner friendly! No prior experience or talent required!

Coasters with Kathy

September 5th at 6:00pm – Paint an abstract design on a set of wooden coasters using acrylic paint and paint pens.

Whimsical Trees with Meagan (EastEnd Studio)

September 7th at 2:00pm – Combine watercolor and geometric shapes to create colorful trees.

Fall Barn Quilts with Kathy

September 12th at 6:00pm – Create a beautiful fall design on a 12"x12" wooden barn quilt. This is the first in a series of seasonal barn quilts!

Build a Ukulele with Jen

September 13th at 2:00pm – Sign up no later than September 6th! Two sizes will be available: **SOPRANO \$20** or **CONCERT \$30** (pay when signing up), see Jen if you have a question about sizes.

Card Making with Jane

September 19th at 3:00pm – Join Jane for our monthly card making meetup! Take home your custom creation to gift a friend!

Halloween Witch with Kathy

September 19th at 6:00pm – Learn how to fold a book and paint it to create a fun Halloween witch!

Creative Quotes with Meagan (EastEnd Studio)

September 21st at 2:00pm – A mixed media collage of your favorite uplifting quotes.

Hand Painted Yarn with Deb, Pat, and Jen

September 26th at 6:00pm – Let your imagination run wild and hand paint your own two skeins of yarn! You will use your yarn in an upcoming October class to learn to knit or crochet a warm scarf for winter. Yarn is 100% superwash merino wool, worsted weight.

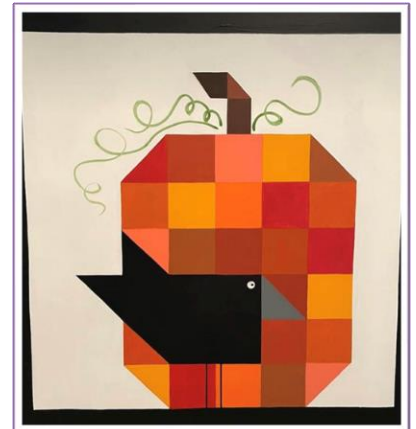
Print Making with Meagan (EastEnd Studio)

September 28th at 2:00pm – We will use ink and homemade stamps to create our own pattern designs.

Whimsical Trees:



Fall Barn Quilts:



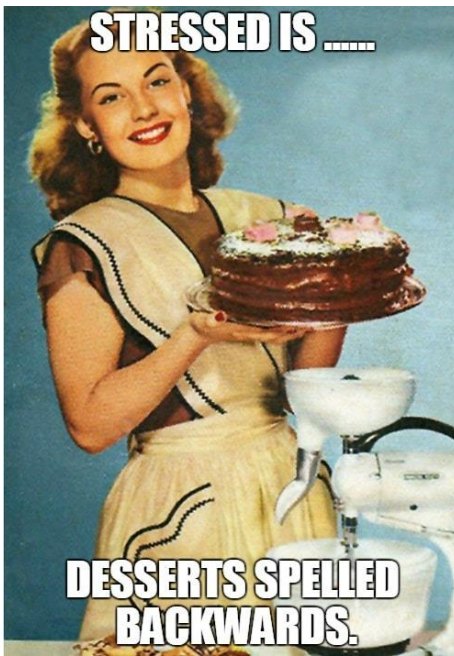
Print Making:



Hand Painted Yarn:



Autumn Kale Salad:



Cooking Column by Jen

Who's looking forward to cooking classes resuming later this fall?? September is when summer and fall produce collide at the farmers market...it's the best of both worlds!

Autumn Kale Salad with Fennel, Honeycrisp, and Goat Cheese

Salad Ingredients:

- 1 very large bunch of kale
- 1 medium Honeycrisp apple
- 1 medium bulb of fennel
- 3 ounces chilled goat cheese, crumbles (about 1/3 cup)
- 1/3 cup dried cranberries
- 1/4 cup pumpkin seeds or chopped pecans

Dressing Ingredients:

- 3/4 cup olive oil
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 1 tablespoon maple syrup
- 2 teaspoons Dijon mustard
- Salt and pepper to taste

- Use a chef's knife to remove the tough ribs from the kale, then discard the ribs. Chop the kale leaves into small, bite-sized pieces. Transfer the chopped kale to a large bowl and sprinkle with sea salt. Massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.
- Chop the apple into small, bite-sized pieces. Slice the fennel as thin as possible. Transfer the prepared apple and fennel to the salad bowl. Crumble the goat cheese over the salad. Roughly chop the cranberries and add them to the bowl.
- Toast the pumpkin seeds or pecans (about 3 to 6 minutes), transfer to a bowl to cool.
- For the dressing, whisk together all of the dressing ingredients.
- add the cooled seeds or pecans to the salad bowl. Toss with the dressing. Let rest for 10 minutes before serving.

Total Time: 20min – Makes 2 large salads or 4 side salads

Do you have your



in a row ?

Housley Peters LAW OFFICE

ESTATE PLANNING • WILLS • TRUSTS • POWERS OF ATTORNEY

Probate and Trust Administration

905 W. Michigan Avenue, Marshall (269) 248-6500

The Benefits of Joining a Senior Center

As individuals age, maintaining an active and engaged lifestyle becomes increasingly important for both physical and mental well-being. An excellent way for older adults to achieve this is by joining a senior center.

Social Engagement: Social isolation can be a significant concern for older adults, leading to feelings of loneliness and depression. Senior centers provide a hub for social interaction, fostering a sense of community and belonging.

Physical Health: Many senior centers offer a range of fitness programs designed to cater to various abilities and interests. Regular physical activity has been proven to promote cardiovascular health, improve mobility, and reduce the risk of chronic diseases such as diabetes and hypertension.

Mental Stimulation: Senior centers often organize educational workshops, lectures, and classes on a variety of subjects. These activities challenge the mind, keeping cognitive abilities sharp and alert.

Emotional Support: Life transitions, such as retirement or the loss of loved ones, can be emotionally challenging. At senior centers, individuals find a supportive network that understands and empathizes with their experiences.

Recreational Activities: Senior centers provide a plethora of recreational opportunities, catering to different interests and hobbies. Whether it's arts and crafts, card games, dance, or gardening, these activities offer a sense of purpose and enjoyment, adding fulfillment to daily life.

Access to Information and Resources: Senior centers often act as a valuable resource hub for older adults, offering information on healthcare services, legal assistance, financial planning, and more.

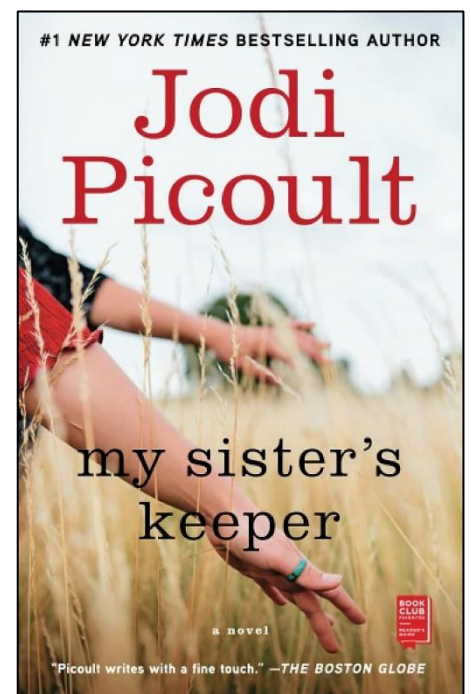
Volunteer Opportunities: Many senior centers encourage their members to get involved in volunteering. Contributing time and skills to the community not only benefits others but also instills a sense of purpose and fulfillment in the volunteers themselves.

“Read It and See It” Book Club

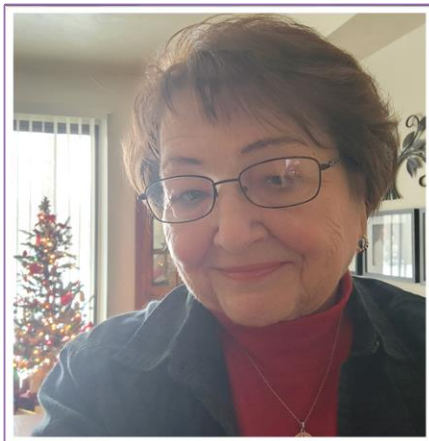
Calling all readers and movie buffs! This is the group for you! Each month, **sign up at the front desk by the 10th**, we will order everyone a copy of the book (yours to keep for free), then pick up your book at Heritage Commons on or after the 15th and dive in! The Read It & See It Book Club will meet on the third Friday of each month at 10:00am to watch the movie adaptation of the book, have lunch, and discuss!

September 2023 Book: My Sister's Keeper by Jodi Picoult

New York Times best-selling author Jodi Picoult is widely acclaimed for her keen insights into the hearts and mind of real people. Now she tells the emotionally riveting story of a family torn apart by conflicting needs and a passionate love that triumphs over human weakness. This book examines what it means to be a good parent, a good sister, and a good person.



Welcome Ronnie!



There's a new face at the front desk! Please join us in welcoming Ronnie Jean Grobbel as our new afternoon Senior Center Assistant!

Ronnie was born and raised in Oxford, Michigan, and later attended Michigan State, majoring in Business Administration and Physical Education. She was married to Mark Grobbel Sr until being widowed in 2016.

Ronnie is proud of her many years of military service in the US Air Force alongside her first husband, Paul Ludwig, including three years on the Japanese Island of Okinawa during the Vietnam War. While serving active duty, she was based in Lowry AFB in Denver, Colorado, for 14 years.

Her interests and hobbies revolve around her love of sports and dance, with golf being her current #1 passion! She was a competitive swimmer at MSU, played on a women's fast pitch softball team, and has always been actively involved in line dancing as a leader/instructor.

Weekly Activities

No need to sign up ahead of time for the following exercise classes and social activities...just drop in and join us!

Bingo

Mondays at 9:00am

Wednesdays at 1:00pm

Fridays at 1:00pm

Billiards and Shuffleboard

Thursdays at 2:00pm – Come enjoy our rec room with others who like to have fun! Make new friends and learn new skills!

Dominoes

Tuesdays at 1:00pm – Beginners welcome! Be the first player to get rid of your dominoes (bones) to score points!

Euchre

Mondays at 11:00am

Tuesdays at 6:30pm

Wednesdays at 9:30am

Exercise: MoveWell

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

Exercise: Strong Bones

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.

Exercise: Tai Chi

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.

Exercise: Yoga

Thursdays at 11:00am

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

Knit & Crochet Group

Mondays at 2:00pm – Whether you are a seasoned knitter or crocheter...or a beginner without a clue, this is the group for you! Bring a project from home or learn a new skill with our supplies.

Line Dancing

Tuesdays at 11:00am – Join this casual group to learn the basic steps of line dancing! No experience necessary! Each week we move at a pace that everyone can enjoy.

Mahjong

Fridays at 12:30pm – Mahjong is a tile-based game that is played with 3-4 players. Beginners welcome!

Painters Group

Thursdays at 1:00pm – Bring a project from home or work on your project from one of our classes. All are welcome for this laid-back painting and socializing time.

Scale Tippers

Tuesdays at 9:00am – Casual weight loss group

Social Lunches

Mondays, Tuesdays, and Thursdays at noon (lunch provided by Milestone Senior Services). Socialize and make new friends over the lunch hour. Both members and non-members are welcome for these social lunches (must be age 60 & over). There is a \$3.50 suggested donation, and attendees must register and select their menu item no later than 11:00am the day prior by visiting the front desk or by calling 269-558-6150.

Friday Live Music & Pizza!

Join us every Friday at noon for pizza and an hour of live music by a talented local musician! Bring a book or craft from home, grab some cards or a board game from our stash, or just sit back and enjoy the tunes!

- September 8: **Scotty Butters** (guitar)
- September 15: **Tom Bishop** (guitar)
- September 22: **Tom Whitesell** (keyboard)
- September 29: **Theresa Chaney-Huggett** (flute)

Free to attend and have lunch...but donations are welcomed to support our musicians and pizza fund!



PET OF THE MONTH:

Email your pictures to jrice@carewellservices.org

EastEnd Art Class:



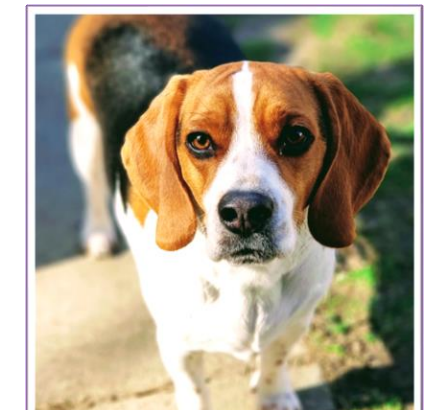
Lunch & Learn:



Sissy (Ronnie Jean Grobbel):



Jordy (Jen Rice):



September 2023

Heritage Commons Senior Enrichment Center
15885 West Michigan Avenue, Marshall

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Closed in observance of Labor Day</p>	<p>5 9:00a-9:00p</p> <p>Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Dominoes 1:00 Caregivers Group 3:00 WERQ Exercise 3:00 Craft 6:00 Euchre 6:30</p>	<p>6 9:00a-4:00p</p> <p>Euchre 9:30 Lunch & Learn 12:00 Bingo 1:00 Five Crown 2:00 Tai Chi 2:30</p>	<p>7 9:00a-4:00p</p> <p>Veteran Services 9:00 Strong Bones 10:00 Yoga 11:00 Social Lunch 12:00 Painters Group 1:00 MoveWell 1:00 Craft 2:00 Square Dancing 2:00</p>	<p>8 9:00a-4:00p</p> <p>Music & Pizza 12:00 Mahjong 12:30 Bingo 1:00</p>
<p>11 9:00a-4:00p</p> <p>Bingo 9:00 Strong Bones 10:00 Euchre 11:00 Social Lunch 12:00 MoveWell 1:00 Knit/Crochet 2:00 Dance Meeting 2:00</p>	<p>12 9:00a-9:00p</p> <p>Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Dominoes 1:00 WERQ Exercise 3:00 Craft 6:00 Euchre 6:30</p>	<p>13 9:00a-4:00p</p> <p>Euchre 9:30 Lunch & Learn 12:00 Bingo 1:00 Five Crown 2:00 Tai Chi 2:30 Ukulele Build 2:00</p>	<p>14 9:00a-4:00p</p> <p>Foot Care (by appt) Veteran Services 9:00 Strong Bones 10:00 Yoga 11:00 Social Lunch 12:00 Painters Group 1:00 MoveWell 1:00 Square Dancing 2:00</p>	<p>15 9:00a-4:00p</p> <p>Read It & See It 10:00 Music & Pizza 12:00 Mahjong 12:30 Bingo 1:00 Euchre Tourney 6:00</p>
<p>18 9:00a-4:00p</p> <p>Bingo 9:00 Strong Bones 10:00 Euchre 11:00 Social Lunch 12:00 MoveWell 1:00 Knit/Crochet 2:00</p>	<p>19 9:00a-9:00p</p> <p>Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Dominoes 1:00 Card Making 3:00 Craft 6:00 Euchre 6:30</p>	<p>20 9:00a-4:00p</p> <p>Euchre 9:30 Lunch & Learn 12:00 Bingo 1:00 Five Crown 2:00 Tai Chi 2:30 Ukulele Group 3:00</p>	<p>21 9:00a-4:00p</p> <p>Veteran Services 9:00 Strong Bones 10:00 Yoga 11:00 Social Lunch 12:00 Painters Group 1:00 MoveWell 1:00 Craft 2:00 Square Dancing 2:00</p>	<p>22 9:00a-4:00p</p> <p>Music & Pizza 12:00 Mahjong 12:30 Bingo 1:00</p>
<p>25 9:00a-4:00p</p> <p>Bingo 9:00 Strong Bones 10:00 Euchre 11:00 Social Lunch 12:00 MoveWell 1:00 Knit/Crochet 2:00</p>	<p>26 9:00a-9:00p</p> <p>Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Dominoes 1:00 Craft 6:00 Euchre 6:30</p>	<p>27 9:00a-4:00p</p> <p>Euchre 9:30 Lunch & Learn 12:00 Bingo 1:00 Five Crown 2:00 Tai Chi 2:30</p>	<p>28 9:00a-4:00p</p> <p>Veteran Services 9:00 Strong Bones 10:00 Yoga 11:00 Social Lunch 12:00 Painters Group 1:00 MoveWell 1:00 Craft 2:00 Square Dancing 2:00</p>	<p>29 9:00a-4:00p</p> <p>Music & Pizza 12:00 Mahjong 12:30 Bingo 1:00</p>

Do you have an idea for a new program or activity?

Let Jen know next time you see her or call her at 269-558-6151