

Heritage Commons

15885 West Michigan Avenue #7, Marshall MI 49068

www.MarshallHeritageCommons.org Phone: **269-558-6150**

Drum Your Way to a Better You!

Are you tired of traditional cardio workouts that feel like a chore? Spice up your fitness routine with Cardio Drumming – a rhythmic and energizing exercise that promises to drum your way to a better you!

Cardio Drumming combines drumming, music, and fitness into one exhilarating workout. Join us to burn calories, boost endurance, engage your whole body, relieve stress, and make new friends!

Two similar but different sessions will be offered beginning in March (each can be tailored to fit your needs):

- **Wednesdays at 1:00pm with Jen** – Moderate/high intensity drumming workout to rock and pop songs (beginner drummers should try a Friday session first, instead of diving right in on a Wednesday)
- **Fridays at 3:00pm with Becki** – Low/moderate intensity drumming workout to country and pop songs

We have equipment available, or you can bring your own!



Advertise with us!

Tell your friends and local business owners... advertising with us is a great way to show their support for our senior community!
Email Jen for rates/info:
jrice@carewellservices.org

Think Spring!



To cover supply costs, beginning March 1, 2024, all value-added programs will carry a nonrefundable \$5 fee per member (\$10 for non-members), payable upon signing up for a session.

This includes all arts & crafts classes and cooking classes.

Books for book club will be \$10 each through the front desk (you may still participate if you buy your own book or borrow one from the library).

In consideration of the health and well-being of our members and guests, we kindly ask that you refrain from using perfume, cologne, or other strongly scented products prior to your visit. This will ensure the comfort and accessibility of everyone, including those with sensitivities or allergies to strong fragrances.

Heritage Commons Classifieds (\$5/line per issue)

FOR SALE: New "Reborn Baby" that has never been out of box. Paid \$325 but for you only \$175. Call Lorna at 269-788-2607

SUPPORT GROUP FORMING: If you'd like more info on an AA group at HC, drop your name and phone number in the suggestion box by the coffee station

SOCIAL LUNCHES: Mondays, Tuesdays, Thursdays Heritage Commons. Call the weekday prior by to sign up 269-558-6150 (ages 60+ and caregivers welcome)

Interested in placing an ad?
See Jen at the center or email jrice@carewellservices.org
(Classified ad deadline is the 10th of every other month)



Unlock Your Billiards Potential!

Have you always admired the artistry of billiards but felt hesitant to step up to the table? Fear not! Our beginner billiards sessions are designed just for you!

Beginning in March, join us on **Thursdays at 2:00pm** in our rec room to learn:

- **Solid Foundation:** Master the rules, terminology, and etiquette of billiards
- **Proper Technique:** Learn the correct way to handle the cue stick and adopt a stance that ensures accuracy
- **Cue Ball Control:** Understand how to control the cue ball for precise positioning on the table
- **Strategy:** Develop basic strategies and shot selection skills to enhance your gameplay

Whether you dream of becoming a skilled player or just want to impress your friends, our beginner billiards sessions are the perfect starting point. No prior experience required!

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



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

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



Save the Date!

Kentucky Derby Party

Saturday, May 4 (5:00pm-7:00pm)

Free for members, \$5 for member guests

Fancy hats and Derby attire are encouraged!

Our fun "betting board" will be up again...win bragging rights!

"Read It and See It" Book Club

Sign up at the front desk by the 10th of each month. Borrow the book from the library, purchase your own, or order a copy from the front desk for \$10. The Read It & See It Book Club will meet on the third Friday of the following month at 10:00am to watch the movie adaptation of the book, have lunch, and discuss!

March 2024 Book:

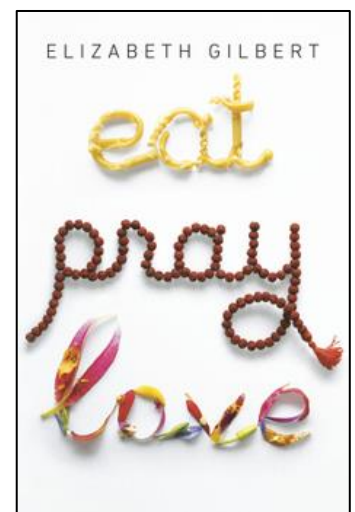
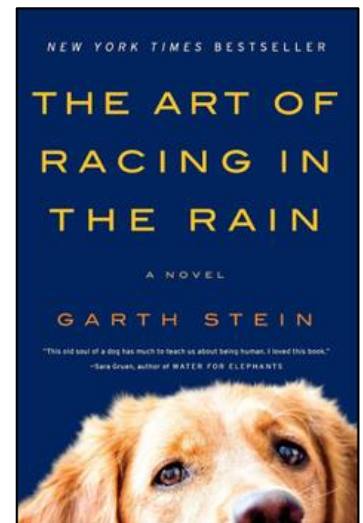
The Art of Racing in the Rain by Garth Stein (Movie: April 19th)

Denny Swift is a Formula One race car driver who understands that the techniques needed on the racetrack can also be used to successfully navigate everyday life. Besides his career, Denny has three loves of his life - his beautiful wife, their young daughter, and his best friend, which is a dog that wants to be reincarnated into a human.

April 2024 Book:

Eat Pray Love by Elizabeth Gilbert (Movie: May 17th)

Liz Gilbert thought she had everything she wanted in life: a home, a husband, and a successful career. Now newly divorced and facing a turning point, she finds that she is confused about what is important to her. Daring to step out of her comfort zone, Liz embarks on a quest of self-discovery that takes her to Italy, India, and Bali. The memoir chronicles the author's trip around the world and what she learned during her travels.



Bingo:



Cardio Drumming:



MoveWell with Colleen:



Soup Potluck:



Weekly Activities

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

Bingo

Mondays at 1:00pm

Wednesdays at 1:00pm

Fridays at 1:00pm

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 6:00pm

Wednesdays at 10:00am

Exercise: Cardio Drumming

Wednesdays at 1:00pm with Jen

Fridays at 3:00pm with Becki

Exercise: MoveWell with Colleen & Move with Marty

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 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.

Exercise: 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.

Exercise: Yoga with Erin

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!

Nordic Walking Group

Tuesdays at 12:30pm – Locations vary, call the center to see where the group is meeting if you are unsure. Walking poles not provided.

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 (age 60+ and caregivers welcome). There is a \$3.00 suggested donation (but not required), and attendees must sign up no later than 11:00am the weekday prior at the front desk or by calling 269-558-6150.

Friday Live Music & Lunch!

Join us every Friday at noon for lunch and an hour of live music! 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!

- March 1: **Scotty Butters** (guitar) & Pizza
- March 8: **Tom Bishop** (guitar) & Soup
- March 15: **Tom Whitesell** (keyboard) & Pizza
- March 22: **Cliff Babcock** (guitar) & Soup
- April 5: **Tom Bishop** (guitar) & Pizza
- April 12: **Tom Whitesell** (keyboard) & Soup
- April 19: **Scotty Butters** (guitar) & Pizza
- April 26: **Doug Christlieb** (piano) & Soup



Strong Bones:



Nordic Walking:



Friday Music Hour:



Yarn Dyeing Class:



Arts & Crafts

Nonrefundable \$5 fee per class, per person (\$10 for non-members). Preregistration required.

Green classes taught by Kathy

Blue classes taught by Meagan (EastEnd Studio & Gallery)

Quilled Easter Card



Visual Notes



Grandparent Peeps



Mini Landscapes



Easter Votives



Meditative Mandalas



Floral Wall Pocket



Dot Painted Box



Watercolor Beach



Slinky Bird Feeder



Hummingbird



Hedgehog



Wildflowers Booklet



Needle Felted Bird



Printmaking



Felt Succulents



Arts & Crafts (\$5 fee per class, per person or \$10 for non-members. Preregistration required)

Quilled Easter Card with Kathy

March 5th at 6:00pm – Quill shapes to create a card for Easter

Visual Notes with Meagan

March 7th at 1:00pm – Make quick ink drawings to record daily memories or add to legacy journals

Easter Papercrafts with Jane

March 12th at 4:00pm – Make little bunny treat holders and a 3D Easter card. Beginners welcome!

Grandparent Peeps with Kathy

March 12th at 6:00pm – Each of your grandchildren's names on wooden peeps

Mini Landscapes with Meagan

March 14th at 1:00pm – Channel your inner Monet and Vangogh

Easter Votives with Kathy

March 19th at 6:00pm – Make a fun Easter votive candle

Meditative Mandalas with Meagan

March 21st at 1:00pm – Use watercolor to relax and paint patterns

Floral Wall Pocket with Kathy

March 26th at 6:00pm – Bring with you a Campbells Chunky Soup can, empty, and clean

Dot Painted Round Box with Kathy

April 2nd at 6:00pm – Dot paint a fun Mandela on a small round box

Watercolor Beach Painting with Meagan

April 4th at 1:00pm – Celebrate spring break!

Slinky Bird Feeder with Kathy

April 9th at 6:00pm – Make a unique bird feeder

Hummingbird Painting with Meagan

April 11th at 1:00pm – An acrylic step by step class

Hedgehog with Kathy

April 16th at 6:00pm – Make a cute little hedgehog with pom poms

Wildflowers Booklet with Meagan

April 18th at 1:00pm – Watercolors and colored pencil

Needle Felted Bird with Kathy

April 23rd at 6:00pm – Learn how to needle felt a cute bird!

Spring Themed Printmaking with Meagan

April 25th at 1:00pm – Learn print making tools and techniques

Felt Succulents with Kathy

April 30th at 6:00pm – Make a realistic succulent planter out of felt

Beautiful young people are accidents of nature,
but beautiful old people are works of art.

~ Eleanor Roosevelt ~



Foot Reflexology with Angie

Wednesdays 10:00-2:00

See the front desk to make an appointment!

Veteran Services Officer

Thursdays 9:00-4:00

No appointment necessary, just drop in!



Welcome New Members!

Kim Wallace
Barbara Heffner
Elizabeth Garcia
Pam Sigren
Tom Stachnik
Tom Engelsma
Pam Flynn
Tammy Burns
Dolores Wintersteen
Dennis Wintersteen
Carol Lehmann
Charles Baird
Karen Gutman
Holly Vaughn
Connie Jordan
Lee Penyak
Mary Faurot
Donna Ewigleben
Mark Tijerina
Julie Tijerina

Membership Count: 347

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



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.*

Medicare Cost Savings

March 6th – Kim Smallcombe, MMAP Regional/Program Coordinator, CareWell Services Southwest, will share how MMAP can save you money with Medicare cost savings programs and free Medicare services.

National K9 Veterans Day

March 13th – Meet the Calhoun County Sheriff's Office K9 Unit and learn about the breed of the dogs, the selection process and training, and the purpose and duties of the K9 team. Presented by Deputy Matt Burpee with K9 Rizzo and Deputy Dave Winder with K9 Nico.

Decluttering Your Home to Improve Health

March 20th – When you declutter, it allows you to enjoy your home more and get rid of the bogged down feeling that comes when you're surrounded by stuff and clutter. Join Jen to learn some helpful tips!

Don't Be a Sitting Duck!

April 3rd – Learn how to protect yourself against scams, schemes, and elder abuse in this day and age. Presented by Karen Courtney, Director of Programs, CareWell Services Southwest.

Seed Starting

April 10th – Join us for our second annual Spring Seed Starting presentation! This is a hands-on Lunch & Learn where you will hear about various vegetables that can be grown in small gardens or planters. Participants will start several types of seeds which will be ready to take home and plant outdoors at the end of May!

Trout Unlimited

April 17th – Trout Unlimited works with communities across America to repair and renew our rivers, streams, and other waters. Join Greg Potter to hear about what Trout Unlimited is working on locally and across Michigan.

Wound Care for Adults

April 24th – But it'll heal by itself! Proper care for a wound is a vital aspect to the healing process. Learn how taking care of a wound the right way can make sure your wound heals safely and quickly. Amy Stier is a Wound Care Specialist with Oaklawn Hospital who is here to help you achieve recovery.