

Heritage Commons

15885 West Michigan Avenue #7, Marshall MI 49068

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

Embracing the Summer Sun!

As the vibrant hues of summer emerge, so too do the opportunities for us to reconnect with the great outdoors. After a period of hibernation during the colder months, the warmer weather presents an invitation to step outside, breathe in the fresh air, and engage in activities that nourish body and soul.

For many of us, the summer season is a time of rejuvenation and exploration. Whether it's a leisurely stroll in the park, a picnic with friends and family, or a gentle yoga session amidst nature's beauty, there are countless ways for seniors to embrace the joys of outdoor living.

Sunlight provides a natural source of vitamin D, essential for maintaining strong bones and a healthy immune system. Moreover, gentle activities like gardening or tai chi offer low-impact exercise opportunities, promoting flexibility, balance, and overall well-being.

Outdoor activities provide valuable opportunities for socialization and community engagement. Whether joining a local walking group, participating in outdoor concerts, or simply striking up conversations with fellow park-goers, seniors can forge meaningful connections and combat feelings of isolation that may arise, especially after periods of limited social interaction.

Our Nordic Walking Group on Tuesdays at 1:00pm is a great way to get back outside with new and old friends! Who knows...we may even have an outdoor cardio drumming session!

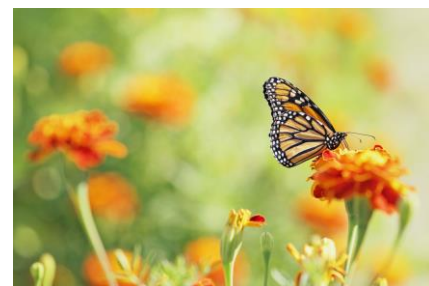
Whether it's basking in the sunshine, exploring new outdoor pursuits, or simply savoring the beauty of nature, there's no better time for seniors to step outside, breathe deeply, and soak up all that summer has to offer.



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

Hello Summer!



Summer:
where the
days are long,
the nights are
warm, and
memories are
made.

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)

QUILTERS: Looking for someone with a longarm quilting machine that quilts for \$\$
Call Pat Worden 269-589-9860.

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

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)

Senior Action Week: Platform for Legislation (Older Michiganians Day)

1. **Support and strengthen the long-term care ombudsman program**
 - a. Urge the Legislature to appropriate a \$3 million permanent increase in the MDHHS budget to staff 33 new full-time positions
2. **Support family and informal caregivers**
 - a. Urge policymakers to support a permanent \$5 million appropriation in the FY25 budget distributes to AAAs to support continued development of Caregiver Resource Centers
3. **Expand access to MI Choice**
 - a. Urge the legislature to support an increase of the participant's asset limit (currently \$2,000) in the MI Choice Medicaid Waiver Program that reflects inflation that has occurred since the current rate was established
4. **Increase access to home and community-based services**
 - a. Support the Silver Key Coalition's request for a \$8 million increase for ACLS in-home services and home delivered meals

Stop by the front desk to sign a letter of support, which will be hand delivered to our representatives:

- Jim Haadsma – jimhaadsma@house.mi.gov – 517-373-2616 – District #44 D
- Sarah Lightner – sarahlightner@house.mi.gov – 517-373-1773 – District #45 R
- Jonathon Lindsey – www.senatorjonathonlindsey.com – 517-373-3543 – District #17 R
- Thomas Albert – www.senatorthomasalbert.com – 517-373-1734 – District #18 R

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

2024 CALHOUN COUNTY SENIOR EXPO

May 23, 2024 ~ 9:00 am - 1:00 pm
Kellogg Arena, 40 W. Hamblin Ave., Battle Creek, MI



Free Health Screenings ~ Free Vaccinations ~ Free coffee & donuts
Free lunch ~ Demonstrations ~ Interactive Displays ~ Give-a-ways

Free transportation within Calhoun County provided by Community Action 800-994-9876



1/1

Calhoun County Senior Expo – Thursday, May 23 from 9:00am-1:00pm

The health and information fair will feature over 100 vendors providing education and services for older adults, their families, and caregivers. The event is free to attendees. Coffee, tea, and donut holes will be available in the morning, and a free lunch will be served from 11:30am until supplies are gone. Attendees can visit as many or as few vendors as they want. Many vendors have free giveaways. Vendors have also donated valuable items for drawings for raffle prizes which will be held throughout the event.

Free parking will be available at the McCamly parking structure and in the parking lot at Full Blast. Free rides to the event can be arranged by calling Community Action Senior Transportation at 800-944-9776.

“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!

May 2024 Book:

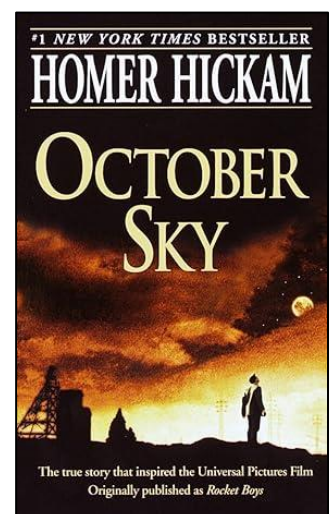
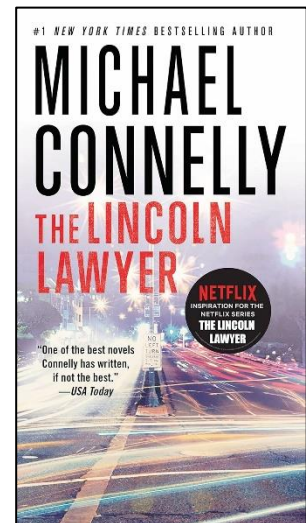
The Lincoln Lawyer by Michael Connelly (Movie: June 21st)

Mick Haller is a charismatic defense attorney who does business out of his Lincoln Continental sedan. Mick spends most of his time defending petty crooks and other bottom-feeders, so it comes as quite a surprise when he lands the case of a lifetime: defending a Beverly Hills playboy who is accused of attempted murder. However, what Mick initially thinks is an open-and-shut case develops into something more sinister.

June 2024 Book:

October Sky by Homer Hickam (Movie: July 19th)

It was 1957, the year Sputnik raced across the Appalachian sky, and the small town of Coalwood, West Virginia, was slowly dying. Faced with an uncertain future, Sonny Hickam (aka Homer Hickam, Jr.) nurtured a dream: to learn how to build a rocket so he could work in the space business. The introspective son of Homer Hickam, the mine superintendent, and Elsie Lavender Hickam, a woman determined to get her sons out of Coalwood forever, Sonny gathered in five other boys and convinced them to help him. Along the way, the boys learn not only how to turn scraps of metal into sophisticated rockets but manage to give the people of Coalwood hope that the future will be brighter, at least for their children.



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

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

Fridays at 3:00pm with Becki

Exercise: MoveWell with Colleen & Move with Marty/Vicki

Mondays, Thursdays, & Fridays 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

Every weekday 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 make their menu selection no later than 11:00am the weekday prior at the front desk or by calling 269-558-6150.

Friday Live Music & Lunch!

Join us the following Fridays 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!

- May 3: **Tom Whitesell** (keyboard) & Social Lunch
- May 10: **Scotty Butters** (guitar) & Soup Potluck
- May 24: **Kjell, Phil, & Doug** (jazz) & Soup Potluck
- May 31: **Cliff Babcock** (guitar) & Social Lunch
- June 7: **Scotty Butters** (guitar) & Social Lunch
- June 14: **Cliff Babcock** (guitar) & Soup Potluck
- June 28: **Tom Bishop** (guitar) & Soup Potluck



Strong Bones:



Billiards:



Music Hour:



Line Dancing:



Arts & Crafts

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

Green classes taught by Kathy – Must register and pay by the Friday prior

Blue classes taught by Meagan (EastEnd Studio & Gallery) – Must register and pay by the day prior

<p>Hilma Klint Painting</p> 	<p>Mini Lantern</p> 	<p>Pet Portraits</p> 	<p>Paper Rose</p> 
<p>Nature Journaling</p> 	<p>Dragonfly Suncatcher</p> 	<p>Garden Illustration</p> 	<p>Mayflower Cards with Jane</p> 
<p>Parachute Cord Bracelet</p> 	<p>Ice Cream Social</p> 	<p>Sea Glass Bird Picture</p> 	<p>Cyanotypes</p> 
<p>Floral Shadow Box</p> 	<p>Squid Air Plant Holders</p> 	<p>Washer Necklaces</p> 	

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

Hilma Klint Painting with Meagan

May 2nd at 1:00pm – Learn about the history of artist Hilma Klint (1862-1944) and create a piece inspired by her work

Pressed Flower Mini Lantern with Kathy

May 7th at 6:00pm – Delicate pressed flowers will be used to decorate a glass jar

Pet Portraits with Meagan

May 9th at 1:00pm – Learn how to make a pet portrait with transfer techniques. Portraits will be provided or a bring a printout of your pet (see Jen to get help printing it).

Mayflower Cards with Jane

May 14th at 4:00pm – Brighten someone's day with a handmade flower card. You'll make a step card, a corner pop up card, and an embossed card. Beginner friendly.

Paper Rose with Kathy

May 14th at 6:00pm – Create a single stemmed rose using pages out of an old book

Nature Journaling with Meagan

May 16th at 1:00pm – We will learn to document the flora and fauna around us using pencil, ink, watercolors, and markers.

Dragonfly Suncatcher with Kathy

May 21st at 6:00pm – Welcome spring with a dragonfly suncatcher made with beads

Garden Illustration with Meagan

May 30th at 1:00pm – Draw and watercolor paint an illustration inspired by the garden season.

Parachute Cord Bracelet with Kathy

June 4th at 6:00pm – Using memory wire, parachute cords, and beads

Ice Cream Social with Meagan

June 6th at 1:00pm – We will enjoy ice cream while we watercolor paint our favorite frozen desserts

Sea Glass Bird Picture with Kathy

June 11th at 6:00pm – Use beautiful polished sea glass to make a fun framed picture

Cyanotypes (Sun Photos) with Meagan

June 13th at 1:00pm – Use the sun and objects to design beautiful works of art

Floral Shadow Box with Kathy

June 18th at 6:00pm – Make paper flowers to make a shadow box with a fun saying

Squid Air Plant Holders with Meagan

June 27th at 1:00pm – Make a creative air plant holder out of ceramic clay. Projects will be built and glazed during class, then fired at the gallery and returned a few weeks later. Air plants will be provided.

Washer Necklaces with Kathy

July 2nd at 6:00pm – Use scrapbook paper and metal washers to create pendants



Foot Reflexology with Angie

Wednesdays 10:00-2:00

See the front desk to make an appointment!



Welcome New Members!

Laura Dailey-Pelle
Joseph Pelle
Teri Mitchell
Jean Arrand
Jim Flora
Donna Perry
Jane Bosserd
Pam Bosserd
Nancy Evans
Lynn Walbeck
Pam Herman
Jackie Steffes
Reinhold Steffes
Carol Fix
Mary Thick
Sandie Elyea
Mary Ann Cox
Teresa Avery
Carol Remus
Kay Hopkins
Sharon Mead
Rose Swender
Jeff Sylvester
Cheryl Angel
Candy Martin
John Hendler
Mary Shoup
Jean Delaney
Dianne Alane Jewett
Doreen Hart
Mary Sides
Debra Miller
Sharon Goble
Lynn Darling

Membership Count: 386

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)

Select your menu item by 11:00am the Tuesday prior by visiting the front desk or by calling **269-558-6150**. Lunch is a \$3 suggested donation.

Older Michiganians Day

May 1st – Join us from 10:30am-12:15pm to watch the livestream from Lansing! This annual advocacy event will spotlight four critical areas of senior services for the State of Michigan (see page 2 in this newsletter for details). Lunch will be served at the conclusion of the broadcast.

Senior Medicare Patrol

May 8th – The Michigan Medicare Assistance Program (MMAP) wants you to be able to protect yourself and Medicare from fraud. Presented by Kim Smallcombe, CareWell Services Southwest.

Navigating the Terrain of Health & Wellness

May 15th – Join us during National Women's Health Week to hear from Oaklawn nurse practitioner Lynette Robinson about the unique health challenges and opportunities facing women today.

The Secret Life of Bees

May 22nd – From basics to fascinating facts, join us to learn about these marvelous pollinators! Presented by Heritage Commons member Duane Dupee, avid gardener and hobby beekeeper.

Marshall Massage

May 29th – Discover the benefits of therapeutic massage therapy for seniors! An affordable geriatric membership at Marshall Massage ensures consistent access to therapeutic care for improved mobility and enhanced overall well-being.

MI Choice

June 5th – Learn about support options available through the MI Choice Waiver program to help you stay at home, independently, for as long as possible. Presented by Cassandra Lucas-Moore, CareWell Services Southwest.

What's on Your Plate?

June 12th – Making wise food choices as you grow older might be easier than you think. Join Jen to learn tips and tricks to make good food choices part of your daily life!

Guardian Finance & Advocacy Services

June 26th – Learn about Guardian Finance, a nonprofit corporation that provides a complete network of preventative services, including trust management, power of attorney agreements, and financial services.

May 2024

Heritage Commons Senior Enrichment Center
15885 West Michigan Avenue, Marshall

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00a-4:00p Foot Reflexology 10-2 Euchre 10:00 Lunch & Learn 12:00 (Lansing Livestream) Bingo 1:00 Drum with Jen 1:00 Five Crown 2:00 Tai Chi with Julie 2:30	2 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Hilma Klint 1:00 Billiards Group 2:00	3 9:00a-4:00p Music & Social 12:00 (Tom Whitesell) Mahjong 12:30 Move with Vicki 1:00 Bingo 1:00 Casual Cards 1:00 Drum with Becki 3:00
6 9:00a-4:00p Strong Bones 10:00 Euchre 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	7 9:00a-8:00p Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Nordic Walking 12:30 Dominoes 1:00 Legacy Journals 2:00 Caregivers Group 3:00 Drum with Jen 3:00 Mini Lanterns 6:00 Euchre 6:00	8 9:00a-4:00p Foot Reflexology 10-2 Euchre 10:00 Lunch & Learn 12:00 (Medicare) Bingo 1:00 Drum with Jen 1:00 Five Crown 2:00 Tai Chi with Julie 2:30	9 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Pet Portraits 1:00 Billiards Group 2:00	10 9:00a-4:00p Music & Soup 12:00 (Scotty Butters) Mahjong 12:30 Move with Vicki 1:00 Bingo 1:00 Casual Cards 1:00 Drum with Becki 3:00
13 9:00a-4:00p Strong Bones 10:00 Euchre 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Dance Meeting 2:00 Knit/Crochet 2:00	14 9:00a-8:00p Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Nordic Walking 12:30 Dominoes 1:00 Legacy Journals 2:00 Drum with Jen 3:00 Mayflower Cards 4:00 Paper Rose 6:00 Euchre 6:00	15 9:00a-4:00p Foot Reflexology 10-2 Euchre 10:00 Lunch & Learn 12:00 (Women's Health) Bingo 1:00 Drum with Jen 1:00 Five Crown 2:00 Tai Chi with Julie 2:30	16 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Nature Art 1:00 Billiards Group 2:00	17 9:00a-4:00p Read It & See It 10:00 ("Eat.Pray.Love") Mahjong 12:30 Move with Vicki 1:00 Bingo 1:00 Casual Cards 1:00 Drum with Becki 3:00
20 9:00a-4:00p Strong Bones 10:00 Euchre 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	21 9:00a-8:00p Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Nordic Walking 12:30 Dominoes 1:00 Legacy Journals 2:00 Drum with Jen 3:00 Suncatcher 6:00 Euchre 6:00	22 9:00a-4:00p Foot Reflexology 10-2 Euchre 10:00 Lunch & Learn 12:00 (Secret Life of Bees) Bingo 1:00 Drum with Jen 1:00 Five Crown 2:00 Tai Chi with Julie 2:30	23 CLOSED Come find our table at the Senior Expo at Kellogg Arena 9:00-1:00! <small>(complete info in newsletter)</small>	24 9:00a-4:00p Music & Soup 12:00 (Kjell, Phil, & Doug) Mahjong 12:30 Move with Vicki 1:00 Bingo 1:00 Casual Cards 1:00 Drum with Becki 3:00
27 CLOSED In observance of Memorial Day	28 9:00a-8:00p Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Nordic Walking 12:30 Dominoes 1:00 Legacy Journals 2:00 Drum with Jen 3:00 Widows Group 6:30 Euchre 6:00	29 9:00a-4:00p Foot Reflexology 10-2 Euchre 10:00 No Lunch & Learn Bingo 1:00 Drum with Jen 1:00 Five Crown 2:00 Tai Chi with Julie 2:30	30 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Garden 1:00 Billiards Group 2:00	31 9:00a-4:00p Music & Social 12:00 (Cliff Babcock) Mahjong 12:30 Move with Vicki 1:00 Bingo 1:00 Casual Cards 1:00 Drum with Becki 3:00

June 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00a-4:00p Strong Bones 10:00 Euchre 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00 100th Birthday Party 3:00-4:00 Free cake and ice cream for all	4 9:00a-8:00p Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Nordic Walking 12:30 Dominoes 1:00 Legacy Journals 2:00 Drum with Jen 3:00 Caregivers Group 3:00 Bracelets 6:00 Euchre 6:00	5 9:00a-4:00p Foot Reflexology 10-2 Euchre 10:00 Lunch & Learn 12:00 (MI Choice Waiver) Bingo 1:00 Drum with Jen 1:00 Five Crown 2:00 Tai Chi with Julie 2:30	6 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Ice Cream Craft 1:00 Billiards Group 2:00	7 9:00a-4:00p Music & Social 12:00 (Scotty Butters) Mahjong 12:30 Move with Vicki 1:00 Bingo 1:00 Casual Cards 1:00 Drum with Becki 3:00
10 9:00a-4:00p Strong Bones 10:00 Euchre 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Dance Meeting 2:00 Knit/Crochet 2:00	11 9:00a-8:00p Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Nordic Walking 12:30 Dominoes 1:00 Legacy Journals 2:00 Drum with Jen 3:00 Sea Glass Picture 6:00 Euchre 6:00	12 9:00a-4:00p Foot Reflexology 10-2 Euchre 10:00 Lunch & Learn 12:00 (What's on your Plate) Bingo 1:00 Drum with Jen 1:00 Five Crown 2:00 Tai Chi with Julie 2:30	13 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Cyanotypes 1:00 Billiards Group 2:00	14 9:00a-4:00p Music & Soup 12:00 (Cliff Babcock) Mahjong 12:30 Move with Vicki 1:00 Bingo 1:00 Casual Cards 1:00 Drum with Becki 3:00
17 9:00a-4:00p Strong Bones 10:00 Euchre 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	18 9:00a-8:00p Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Nordic Walking 12:30 Dominoes 1:00 Legacy Journals 2:00 Drum with Jen 3:00 Shadow Box 6:00 Euchre 6:00	19 CLOSED In observance of Juneteenth	20 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Billiards Group 2:00 Project Fresh Coupon Distribution 1:00-3:00 (see flyer for details)	21 9:00a-4:00p Read It & See It 10:00 ("The Lincoln Lawyer") Mahjong 12:30 Move with Vicki 1:00 Bingo 1:00 Casual Cards 1:00 Drum with Becki 3:00
24 9:00a-4:00p Strong Bones 10:00 Euchre 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	25 9:00a-8:00p Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Nordic Walking 12:30 Dominoes 1:00 Legacy Journals 2:00 Drum with Jen 3:00 Widows Group 6:30 Euchre 6:00	26 9:00a-4:00p Foot Reflexology 10-2 Euchre 10:00 Lunch & Learn 12:00 (Guardian Finance) Bingo 1:00 Drum with Jen 1:00 Five Crown 2:00 Tai Chi with Julie 2:30	27 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Squid Ceramics 1:00 Billiards Group 2:00	28 9:00a-4:00p Music & Soup 12:00 (Tom Bishop) Mahjong 12:30 Move with Vicki 1:00 Bingo 1:00 Casual Cards 1:00 Drum with Becki 3:00
1 9:00a-4:00p Strong Bones 10:00 Euchre 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	2 9:00a-8:00p Scale Tippers 9:00 Line Dancing 11:00 Social Lunch 12:00 Nordic Walking 12:30 Dominoes 1:00 Legacy Journals 2:00 Drum with Jen 3:00 Necklaces 6:00 Euchre 6:00	3 9:00a-4:00p Foot Reflexology 10-2 Euchre 10:00 Lunch & Learn 12:00 (Home Safety) Bingo 1:00 Drum with Jen 1:00 Five Crown 2:00 Tai Chi with Julie 2:30	4 CLOSED In observance of Independence Day	5 CLOSED In observance of Independence Day