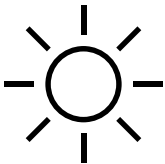
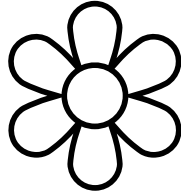


June 2025

Heritage Commons, 15885 West Michigan Avenue, Marshall

Front Desk: 269-558-6150

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00a-4:00p Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	3 9:00a-8:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 2:00 Drum with Jen 3:00 Caregivers Group 3:00 Craft 6:00	4 9:00a-4:00p Foot Reflexology Nordic Walking 11:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 AMOB 1:30-3:30 Tai Chi with Julie 2:30	5 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Craft 1:00	6 CLOSED 
9 9:00a-4:00p Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00 Dance Meeting 3:10	10 9:00a-8:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 2:00 Drum with Jen 3:00 Craft 6:00	11 9:00a-4:00p Foot Reflexology Nordic Walking 11:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 AMOB 1:30-3:30 Tai Chi with Julie 2:30	12 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Craft 1:00 Seniors Matter 2:00	13 CLOSED 
16 9:00a-4:00p Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	17 9:00a-8:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 2:00 Drum with Jen 3:00 Sourdough Club 4:00 Craft 6:00	18 9:00a-4:00p Foot Reflexology Nordic Walking 11:00 Social Lunch 12:00 Bingo 1:00 Drum with Jen 1:00 AMOB 1:30-3:30 Tai Chi with Julie 2:30	19 CLOSED In honor of Juneteenth	20 CLOSED 
23 9:00a-4:00p Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00	24 9:00a-8:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 2:00 Craft 6:00	25 9:00a-4:00p Foot Reflexology Nordic Walking 11:00 Social Lunch 12:00 Bingo 1:00 Tai Chi with Julie 2:30	26 9:00a-4:00p Strong Bones 10:00 Yoga with Erin 11:00 Social Lunch 12:00 MoveWell 1:00 Craft 1:00 Seniors Matter 2:00	27 CLOSED 
30 9:00a-4:00p Strong Bones 10:00 Sewing/Quilts 10:00 Bible Study 11:00 Social Lunch 12:00 Move with Marty 1:00 Bingo 1:00 Knit/Crochet 2:00				

Seniors Matter: A Sharing and Discussion Group

Sessions begin with a short discussion topic. Participants then share life events, feelings, concerns, and uplifting thoughts in a structured environment. The emphasis will be on sharing matters specific to seniors and offering support. No registration required, just show up!

Arts & Crafts (preregistration required at front desk):

Sea Glass Blue Bells with Kathy

June 3rd at 6:00pm – Make a pretty sea glass picture of blue bell flowers.

Charley Harper with Meagan

June 5th at 1:00pm – Learn about the art and life of Charley Harper and create a piece inspired by his bird designs.

He Shed/She Shed Bird House with Kathy

June 10th at 6:00pm – Decorate a bird house using a combination of paint and decoupage.

Great Blue Herons with Meagan

June 12th at 1:00pm – A class to paint the majestic blue heron. We will observe its tall, slender figure and statuesque poise.

Painted Stained Glass Hummingbird with Kathy

June 17th at 6:00pm – Using stained glass paints, we will paint a hummingbird.

Bird House + Cozy Nest with Meagan

June 19th at 1:00pm – Paint a cozy nest or birdhouse for your favorite bird to rest.

Pipe Cleaner Flowers with Kathy

June 24th at 6:00pm – Create a cute vase of flowers using pipe cleaners!

Kingfishers with Meagan

June 26th at 1:00pm – Paint a dazzling kingfisher, a bird known for its bold colors and daring dives.

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.

Social Lunches

Mondays, Tuesdays, Wednesdays, and Thursdays at noon (lunch provided by Milestone Senior Services). 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), menu selections must be made no later than 11:00am the weekday prior at the front desk or by calling 269-558-6150.

Wellness:

Cardio Drumming

Tuesdays at 3:00pm & Wednesdays at 1:00pm with Jen
Join us for a high energy workout to your favorite tunes (oldies and current!)...customizable for all abilities and beginners are welcome!

MoveWell with Colleen & Move with Marty/Vicki

Mondays & Thursdays at 1:00pm, Tuesdays at 2:00pm
– 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 increase 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!

Fitness Room

Our fitness room is open anytime the center is open. If you need help using one of the machines, please see a staff member!