



Community Ties North February 2024 Newsletter



Headlines

In January we finally saw snow but we still got out to do some fun activities. We volunteered at the East Side Soup Kitchen, did cardio drumming exercises, ate at McDonalds, went mall walking, did crafts at the GHS Vista Center, toured the Chippewa Nature Center, and saw the carvings at the Zehnder's Snow Fest.

Due to the winter weather, some days we spent our time inside the building where it was safe and warm. We had make-overs, Cooking Class, a movie & popcorn day, game day, and trivia competitions.

Our staff are always looking for free or low-cost activities and outings. We would welcome suggestions from you. Please feel free to contact us at any time.



Important Dates

Mondays – East Side Soup Kitchen
Tuesdays – Grocery shopping
Wednesdays – Cooking Class
Thursdays – Coffee Club
Fridays – Rock Hiding

*If there is a special outing, we will send notes home

February 14th will be our Valentine Party.
Please watch for additional communication about this event.

Program Closures

Feb.16 – Staff Meeting
Feb. 19 – Presidents Day

February Birthdays

Amber Abdalla

Puttonia Elizabeth Caleb

Kim (staff) Donavan (staff)

Meet the Staff



Melony has been working at CTN as a Mental Health Activity Aide for one year. Her favorite thing about her job is interacting with the consumers and getting to know them. Her favorite movie is *A Bronx Tale*. In her free time, she enjoys creating memories with her children and family. She hopes to travel to Africa someday.

CONTACT US



As always, if you have any questions, comments, or concerns please feel free to contact us.
We would love to help!

Main Number
(989)272-7208

Jennifer (CTN Supervisor)
(989)793-3600

Melissa (Program Coordinator)
(989)797-3456

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	Groundhog Day 2
Outings are subject to change due to weather, staffing, and what the consumers choose participate in each day.			Cultivate Coffee & Tea GHS Vista Center/painting, music and coloring	Popcorn and Movie "Groundhog Day" 
5	6	7	8	9
Soup Kitchen/volunteer Bay City Mall Walk/lunch	Shopping at Sam's for CTN store Movie	GHS Vista Center/Rock painting Thomas Township Nature Center/Senior lunch & bingo	Cultivate Coffee & Tea Bridgeport Library/lunch and craft projects	Make-over Day Goodwill Store/Bay Rd. Alice & Jack Wirt Public Library/reading books
12	13	Valentine's Day 14	15	16
Cardio Drumming Soup Kitchen/volunteer Bay City Museum	Shopping at Sam's for CTN store Bridgeport Library/Lunch Cultivate Coffee & Tea Bay City Mall Walk	Valentine's Day Party (lunch will be provided) 	Cultivate Coffee & Tea GHS Vista Center/painting, music and coloring	CTN Closed 
Presidents' Day 19	20	21	22	23
SCCMHA & CTN Closed 	Shopping at Sam's for CTN store Shopping at Kroger for Cooking Class Barnes & Noble/reading magazines and books	Cooking Class GHS Vista Center/Adult Coloring SVSU Museum/tour & art class Thomas Township Nature Center/games & Cribbage	Cultivate Coffee & Tea Bridgeport Library/lunch, music and craft projects Bay City Museum	Saginaw Mall Walk Karaoke in the Gym
26	27	28	29	
Soup Kitchen/volunteer Frankenmuth River Place/Lunch	Shopping at Sam's for CTN store Antique shopping	Thomas Township Nature Center/games & Canasta Bay City Mall/walking	Cultivate Coffee & Tea GHS Vista Center/Jewelry craft	