

# Community Ties South

## March 2026

### Headlines

*March is the best time to start again, because if the spring can do it, why can't you?*

Spring is around the corner, remember that it may be cold in the morning but nicer or raining in the evening. Dress in layers so you don't get too hot or cold throughout the day. We will continue with 2 stay-in rooms and 2 community outings per day until the weather breaks for warmer days.

Many changes are happening here at CTS, and we want to welcome Sarah N. as a full-time staff. Congratulations!!!

### Special Activities Offered

Cardio Drumming at Core Fitness

Friday Fun Day in the Gym

Coffee Club

Healthy Cooking Class

St. Patrick's Day Party

Mosaic Art

### Program Closures

**March 20<sup>th</sup> Closed for Staff Meeting**



### Meet the Staff

Sarah N. has been a MHAA for 10 Years at CTS and her favorite thing about CTS is the individuals, staff, and workwear. Her career goals and accomplishments are making it to Friday every week! In Sarah's free time she likes to spend it with family and going to festivals and traveling.

Her favorite saying is "Music is the lamb that made a lion out of me." She states that she wants to be a better person than she was today. The bucket list for Sarah is to travel more, and she would like to share "I LOVE MY JOB!!"

### March Birthdays

Rusty - 8<sup>th</sup>

Joseph - 10<sup>th</sup>

Bradley - 12<sup>th</sup>

Scott - 17<sup>th</sup>

### 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) 272-7204**

**Jennifer (CTS Supervisor)**  
**(989) 793-3600**

**Annie (Service Coordinator)**  
**(989) 272-7206**



# MARCH

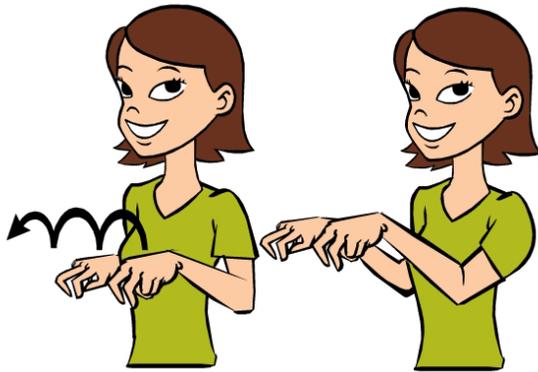




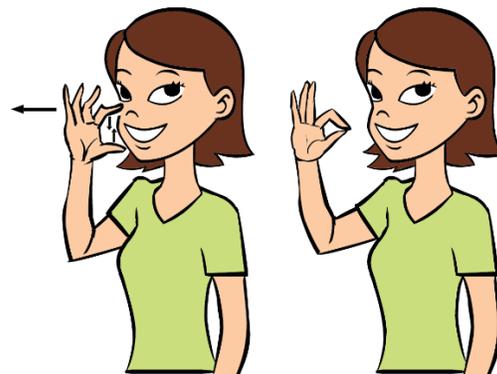
# Kangaroo and Cat



Kaylee is signing Kangaroo and Kelly is signing Cat. Thank you ladies!!



Kangaroo



Cat

## February Activities



1<sup>st</sup> Responders visit and Senior's Luncheon at CTS



Volunteering at the McNally House on Mondays



Home Depot Craft



Volunteering at Grace Exchange and Paul singing during Sing and Dance Activity



# Valentine's Day Party

