



# January 2025 Newsletter



Happy New Year!!! We hope the holidays were wonderful and everyone enjoyed the holiday season. While CTS was closed to Participants, CTS Staff was busy cleaning and organizing the rooms. Staff was also planning activities and outings for the New Year.

Since winter in Michigan is underway and the weather and road conditions can change by the hour, it is our responsibility to keep families and homes up to date on CTS's schedule. To help us maintain contact with everyone, **please be sure to keep CTS updated when phone numbers or other contact details change.** This will help us notify you if there is an unexpected, early closure or if any emergencies come up. CTS desires to keep everyone safe, which includes Participants, Staff and Drivers.

If you need to talk, we're here to listen.

**Certified Peer Support Specialist Warmline**

For persons with mental health conditions in Michigan.

Call 888-PEER-753 (888-733-7753)  
10 a.m. - 2 a.m., 7 days a week



## Meet Rashell



Rashell has been at CTS for 3 years as a Mental Health Activity Aid. She has an Associated degree in Applied Science Pharmaceuticals. Her favorite thing about working here is being able to take our people served to places they would not have the opportunity to visit without CTS. Rashell loves to read books and collect rocks up north. Her favorite people are her children. They inspire and motivate her to do better every day. Her favorite quote is, "Happiness can be found even in the darkest of times, if one only remembers to turn on the light." - Dumbledore

## Birthdays

Jill – 2<sup>nd</sup>  
Mark M. – 11<sup>th</sup>  
Larry F. – 12<sup>th</sup>  
Geoffrey – 13<sup>th</sup>



Thomas – 17<sup>th</sup>  
Carrie – 21<sup>st</sup>  
Emily – 29<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/Mary Angst, Typist Clerk**  
(989) 272-7204

**Deb Woolcott, Supervisor**  
(989) 272-7226

**Anne Midcalf, Program Coordinator**  
(989) 272-7206

## January Special Dates

2<sup>nd</sup> – Welcome Back to CTS

3<sup>rd</sup> – Planetarium \$5.50


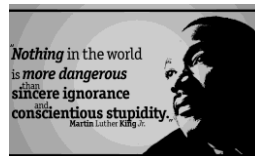
7<sup>th</sup> – Delta Swimming \$6

10<sup>th</sup> – Indoor Putt-Putt Golf \$7

22<sup>nd</sup> – Slo' Bones (\$1 wings)

29<sup>th</sup> – Bowling

# January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Closed</b>	1	2
<p>Outings are subject to change due to weather, staffing, and what the attendees choose to participate in each day.</p> <p>* = Outing includes Purchasing Lunch    \$ = Outing requires Money</p> <p>If the outing does not have an asterisk (*), you NEED to bring your lunch from home.</p>			<p><b>Games &amp; Nails</b></p> <p>Goodwill</p> <p>Mall Walking</p> <p>*\$ Sam's Lunch &amp; Supply Shopping</p>	<p><b>Winter Craft</b></p> <p>\$ Planetarium</p> <p>YMCA</p> <p>*\$ Senior Center Luncheon</p>
6	7	8	9	10
<p><b>Budget &amp; Calendar</b></p> 	<p><b>Science Experiments</b></p> <p>Cheese Haus</p> <p>River Rapids Library</p> <p>\$ Delta Swimming</p>	<p><b>Money Management</b></p> <p>Label Reading - WalMart</p> <p>Chesaning Museum</p> <p>*\$ Senior Center Luncheon</p>	<p><b>Birthday Prep/Regonition Day</b></p> <p>Riverplace Shops</p> <p>YMCA</p> <p>Recycle Pop Cans</p>	<p><b>Story Time and Reading</b></p> <p>\$ Indoor Putt-Putt Golf</p> <p>Shopping &amp; Individ. Lead Cooking Class</p> <p>*\$ Senior Center Luncheon</p>
13	14	15	16	17
<p><b>Paint Rocks</b></p> <p>Menards</p> <p>Soup Kitchen</p> <p>Horse Farm</p>	<p><b>Yoga &amp; Meditation</b></p> <p>Frankenmuth Museum</p> <p>Visit Sandra &amp; Bruce</p> <p>Cardio Drumming</p>	<p><b>Hygiene Bingo</b></p> <p>YMCA</p> <p>Recycling</p> <p>*\$ Senior Center Luncheon</p>	<p><b>Individual's Choice</b></p> <p>Visit Jeff S.</p> <p>DeVries Nature Center</p> <p>Home Depot Craft</p>	<p><b>CTS Closed</b></p> 
20	21	22	23	24
<p><b>CTS Closed</b></p> 	<p><b>Day of Michigan Activities</b></p> <p>Mirror Maze</p> <p>Telephone Museum</p> <p>Visit a Pet Store</p>	<p><b>Personal Information</b></p> <p>Dollar Tree</p> <p>*\$ Slo Bones</p> <p>*\$ Senior Center Luncheon</p>	<p><b>Sports Day in Gym</b></p> <p>Hoyt Library</p> <p>Flint Farmers Market</p> <p>Visit Scott W.</p>	<p><b>Manners &amp; Respect Activities</b></p> <p>Label Reading - Meijer</p> <p>Ollie's</p> <p>*\$ Senior Center Luncheon</p>
27	28	29	30	31
<p><b>Number &amp; Letter Recognition</b></p> <p>Recycling</p> <p>SVRC MarketPlace</p> <p>Sam's Supply Shopping</p>	<p><b>Winter Craft</b></p> <p>Mall Walking</p> <p>Volunteers of America</p> <p>YMCA</p>	<p><b>Game Day</b></p> <p>Colonial Lanes</p> <p>Colonial Lanes</p> <p>*\$ Senior Center Luncheon</p> 	<p><b>Movie</b></p> <p>Bingo</p> <p>Games</p> 	<p><b>Time Management</b></p> <p>Cooking Class (with Jessica)</p> <p>Frankenmuth Snowfest</p> <p>*\$ Senior Center Luncheon</p>

# PLEASE NOTE..



Please make sure your participant always has at least one change of clothing at CTS. We have some clothing on hand for emergency use and request that it be promptly returned to CTS after being used. Also, clothing donations, especially men's items, are always appreciated.



As we get into the cold winter season, it is very important that all participants come to program dressed appropriately. This includes coats, hats, gloves, scarves, boots, and shoes. Please make sure all personal clothing items are labeled so we can make sure they return home with the correct participant.



Emergency closure information is broadcasted on WEYI 25, WJRT TV12, and WNEM TV5. The message on the screen should read, "Comm. Ties South will be closed." You may also call (989) 272-7000 for up-to-date closure information or visit our website at [www.sccmha.org](http://www.sccmha.org). Go to "News & Information" and then "Emergency Closure Information."



As we are concerned for the safety of everyone, especially during inclement weather and bad road conditions, please call (989) 272-7204 to let CTS know if your participant is not going to attend program for any reason.



## HAPPY NEW YEAR FROM CTS STAFF



Top Row: Mary, Deborah, Sarah S. & Rashell Bottom Row: Candace, Allie, Santa & Julie

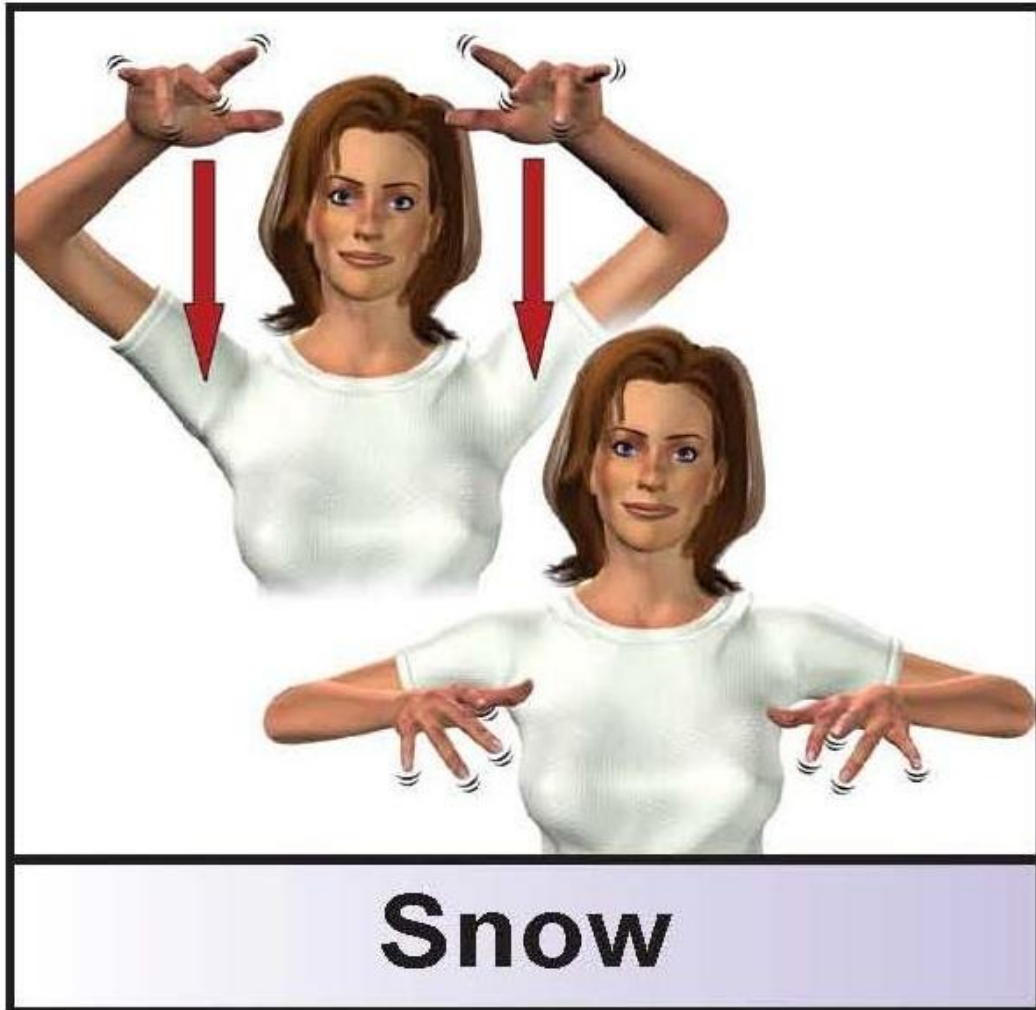


Stacy, Denise, Deb, Aaron, Tiffany & Santa





**January 2025**



James demonstrating the sign "Snow."