

the Chatterbox

Announcements and Entertainment from
The Connection Center

July 2026

The Connection Center
309 South Main Suite B, Bowling Green
Phone: 419-354-4200
Facebook.com/ConnectionCenterBGOH

For submissions or questions:
The.Chatterbox.Newsletter@gmail.com

For transportation in Bowling Green,
Call between 9-9:30 AM on weekdays
and 11-1130 AM on Saturdays

Upcoming Events

4th of July Party– Thu 2nd All Day

CC Closed-Sat 18th All Day

CC Closed– Fri 3rd All Day

Dance Movement-Tue 21st @ 4-7

CC Closed– Sat 4th All Day

Pizza Party-Sat 25th @ 11-4

Cornhole Tourney– Tue 7th@ 4-7

MH Education: Sun and Medication-Tue 28th @ 4-7

Free Day– Sat 11th @ 11-4

Tea Party-Thu 30th @2

Salad Bar– Tue 14th @ 4-7

Reminders

Music at the Park

All month every Friday music group will be replaced with music at the park! Meet us here at the Connection Center and ride along with us to an outdoor concert!

Nostalgic BG Group

One of our newer groups that happens every Thursday at 2. A chance to reflect on how things have changed and what's in the process of changing!

LGBTQIA+

Every Tuesday at 5 we will be having our LGBTQIA+ support group. Come and share, be supported and support your friends.

Yoga

Every Tuesday at 2 we have our popular Yoga group. It's great for your body and mind. It's beginner friendly and it's free!

July 4th and Birthday Party

On the **2nd of July** we will be celebrating the holiday! As always the meal will only cost \$3! We will also be celebrating all July birthdays at the party! The party will be held at the Connection Center.

Closing Days

The Connection Center has three scheduled closing days this month to be aware of. **The 3rd and 4th** of July we will be closed as well as **the 18th**.

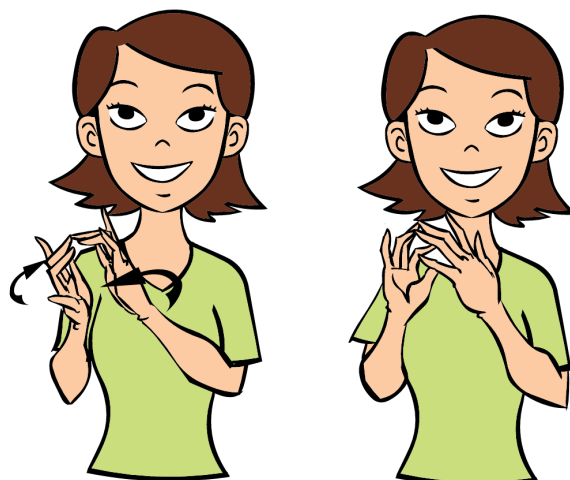
Hours: Mon-Fri 9-4, Tues open until 7, Sat 11-4



The pastor stood by my mother's casket as I sat with a beautiful box on my lap listening to his kind words. As he had finished speaking, he looked at me and nodded. Then I opened the box that was sitting on my lap. Free, free you're free Mom! As everyone watched that dove fly out of the beautiful box and flew around the cemetery. The dove circled at least twice around the property, then flew off into the tree line and off on her new journey. She is now free of pain, sadness, and heartaches she endured in her life. As I say watching the dove fly away, I remembered what Mom always said to me, "Don't worry Cathi, God will provide." She is with God now in his strong and loving arms, until it's my turn to fly free. Rest in peace Mom. I know you're in good hands now. -Cathi Arcuri

INTERNET

To do the baby sign for *Internet*, your hands pivot forward and back. The tips of the middle fingers touch each other as the hands pivot in opposite directions.



This article is based on Gottman Institute and West African Culture. Relationships are built on trust, communication and deep spiritual connection

Relationship experts teach that love is built through small, everyday moments. When the other person turns to you for warmth or attention, “turn towards them.” Don’t let your own mind keep you out of touch with them. Give understanding, acceptance, validation, or a simple smile. These moments build a strong “emotional bank account” that will protect your bond during difficult times.

View problems as challenges to solve TOGETHER, rather than conflicts to win. Express your feelings gently and state your needs without blame.

Consistently express fondness and admiration for one another (don’t hold it in and think the other knows...no mind reading). Celebrate each other’s individual dreams as supporting one another’s personal growth is vital for a lifelong friendship.

Three West African Marriage rituals applied to modern life:

- Kola Nut: ten minutes being completely vulnerable and transparent and focusing on asking each other about your day.
- Morning “knocking”: Start the day with a gentle, intentional greeting before diving into chores or work, honoring each other’s presence. “I see and hear you.” “You matter to me.”
- Reframing the “Four Elements”
 - Pepper: The spice of Passion
 - Lemon: sour moments of misunderstanding
 - Vinegar: Bitter times of grief or hardship
 - Honey: Sweet joy of companionship

When going through a “sour” or “bitter” argument, pause and remind each other: “This is just our lemon season but our honey will come back”

By Beth Martin,

With help from my phone’s AI

What a Blessing (U ARE)

You were sent
To us by angels
In the heavens above

The trumpets sounded
First then the tubas
Flutes + Drums

You walked I the
Center door first U
Met Chervay then me

We quickly discovered
We have a love of poetry
We were amazed with
Your writing Kate!

We all decided to meet
at
Bigbee's not knowing
At the time if we would
Become friends

We met again a few
Times at the Center
Then your friendship
Bloomed with us

Shortly after we had
You over oh what a
Grand time we had

The conversation
Flowed and we decided
To adopt u as our
Sisterfriend

We life each other up
Give support when
Needed All of us have
A humorous side

I dedicate this poem
To u Kate the sister
I always wanted
Along with Chervay

Thanks for
Being our sister
Friend Kate!

By Missy Strange
6-15-26

Priceless Connections

5/17/26
Two lovely women
visit The Connection Center
together every week.
As best friends for nearly two decades,
they call The Connection Center their second
home.
Chervay and Missy.
I have only met with them twice,
yet they have already imprinted on my life.

Missy is popping with pinkish personality
and her smile expands for miles.
Chervay invites me into conversation
with her warm tone
and hushed demeanor.
In a place where I still feel like an outsider,
these ladies make me feel right at home.
Already, I can sense

there is something special about them.
Our conversation flows with ease and comfort,
as if we have been friends for years.
The softness of their energy
envelops me with a sense of safety
I rarely find in strangers.
We exchanged numbers after talking for hours,
and all I can say is I know we will meet again.

6/21/26
In the span of only one month,
Chervay, Missy, and I
have ignited a friendship
I never saw coming.
Our first trip to Biggby lead to daily texts
and frequent phone calls.
They include me in their plans together,
and tell me I am one of the girls now.

They call me a blessing
and say I have brightened their lives.
But I cannot properly express
how much they have brightened mine.
The simplest things bring me the most joy,
like our shared love for tea and coffee,
and our passion for poetry.
Although, what impacts me most

is how they have adopted me
as a third sister friend.
To think, on that first day we met,
I almost didn't go to The Connection Center.
I believe it was written in the stars
for me to meet them at a time
when I desperately needed someone.
Now, I feel us growing closer by the day.

Thank you,
Missy and Chervay,
for everything you do.
I love you both.

—Kate L

**The Connection Center
309 South Main
Bowling Green OH 43402**



Character artwork by Keith!