

the Chatterbox

Announcements and Entertainment from
The Connection Center

March 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

St. Patrick's Decor-Tue 3rd @4-7

Pizza Party/Free Day-Sat 7th @11-4

Women's Day Activity-Mon @12

Fringe/NAMI Trip-Tue 10th @4-7

Sat. Patrick's Day Party/Birthday Party-Fri 13th
@11-3

Hangout Day-Sat 14th @11-4

Guided Painting-Tue 17th @4-7

Free Community Church Lunch-Sat 21st @11-4

Salad Bar-Tue 24th @4-7

Financial Literacy Presentation-Wed 25th @11

Tea Party-Thu 26th @2

Wintergarden Park Trip-Sat 28th @11-4

Candle Making-Tue 31st @4-7

Reminders

Downtown Stores

Every Thursday at 1 we will be taking a walk downtown together. This is a good chance to get some steps in together! And hey, maybe we'll stop by the arcade!

Tea Party

On the 26th of Thursday we will be having our monthly tea party! Free of charge! Come enjoy some snacks an fresh hot tea

Yoga

Every Tuesday at 2 we have been having our **FREE** Yoga classes. This is an excellent chance to calm your mind and work on your physical health.

LGBTQIA+

Every Tuesday at 5 is our new and improved LGBTQIA+ group. If you need support, we're here for you!

St. Patrick's Day Party/Birthday Bash

We will be celebrating St. Patrick's day on Friday the 13th! A Jiggs dinner will be served during the party for only \$3!

Financial Literacy Presentation

Managing money can be hard work. On Wednesday the 25th we will be having a presentation on financial literacy. Feel free to come, and ask questions and get answers about financial topics, interests, and issues

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

LGBTQIA+ Group Schedule

March 3: **The Biology of Gender.** A discussion of sex and gender development in the womb.

March 10: **Clothing.** How do you use clothing to express yourself and honor your true nature? What do you learn from the responses you get?

March 17: **Belonging.** What does it mean to belong? What do we really need, and how can we get it?

March 24: **Empathy and Sensitivity.** Is there a connection between being LGBT and having an awakened sixth sense? Does our sensitivity lead us to understand our gender and sexuality differently?

March 31: **Certainty and Facts.** Is it possible to be objectively right about something? Is it necessary to prove things scientifically, or is there a place for intuition?

Group facilitated by Chelsea



Don't forget that the **8th of March** is the beginning of Daylight Saving Time. It'll be time to turn your clock **forward one hour**. This means there will be one less hour on your Sunday morning.

Patrick and Patsy and NASA

By Jerry Meiring

NASA people called Patrick and Patsy one day and requested they make an appointment. They went in on a dismal Thursday to find out what they could do for NASA and their country.

There was an anomaly in space. A telecommunications satellite had ceased to function. NASA needed someone to go up to see what was wrong and fix it. Patrick and Patsy gleefully volunteered.

On Friday they approached the huge rocket standing on the launch pad. It smoked with the vapor of dry ice. It looked magnificent.

They landed without a problem. They felt the strong tug of gravity only until they were in orbit, then they settled in and prepared to go to the satellite.

Patsy was at the helm piloting the rocket capsule. She noted what seemed to be a giant cloud ahead of her in space. It gradually formed the shape of a man.

It was one of the astronauts who burned up in a launch accident called Apollo One in the 1960's. He came near and talked to Patsy and Patrick about his crash. Their listening skills put the ghost at ease and he faded away.

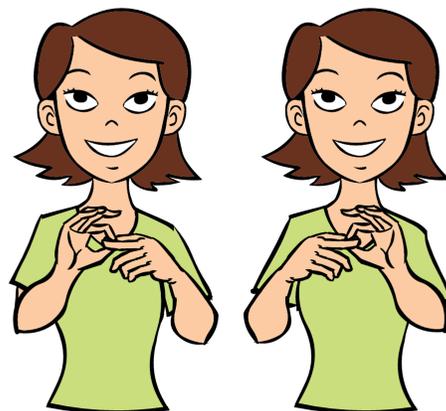
On Saturday they reached the satellite. Diligently, they wiled away an hour on a spacewalk to repair it.. They couldn't explain what happened to it. It seemed quite alien to them.

Finally the returned safely to Earth.

Stacie's Sign of the Month

OLYMPICS

To do the baby sign for *Olympics*, make the sign for *chain* twice by making a chain using your index and thumb on both hands.



Missy's Magical Moments

March is here

Spring's on the way

And so is

Missy's Magical Moment

I'm making a new

Fresh start

New moments to cherish

March will be magical

My life's in full bloom

Just like the flowers outside

Outstanding lessons

In nature everything takes

Time to mature

Mastering my Magical Moments

Priceless

I try to inspire others

To be their best selves

It's never too late

To take inventory of the old

And bring newness to my life

As well as the lives of others

Maybe it's possible for U

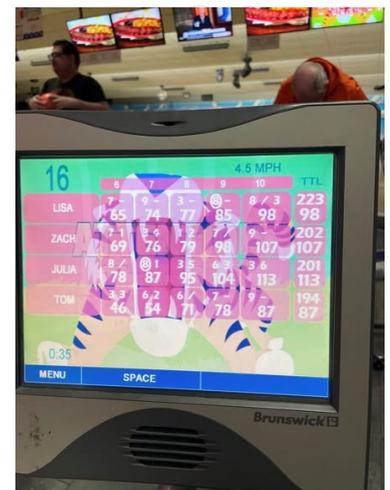
To have a Magical Moment too?

By Missy S

1-28-26



The pictures were taken at Al-Mar Lanes with our star bowlers! We're glad to those who came and invite you to come with us next time!



Below is a journaling prompt for February!

**You can use the lines beneath if you don't
have a journal!**

When and where were your three
favorite holidays

Spring Memories

There's a blue bird in my heart, that wants to get out.
Arthritic joints have her locked in as memories of country spent abound.
Jump roping to yet familiar lyrics, hopscotch, marbles, jacks and long jumps
Were played on a well traveled gravel lane—
That led to the barn full of new four-legged friends.
There's the sound of new life in the whimpering of 3 day old collie pups.
A gentle nudge from the week old calf and chirping of day old chicks.
Another weak cry leads me to Mom Cat giving birth— be still and watch
Life unfold, while video games are on hold. The Blue bird tugs at my heart as
Memories abound.

Nancy Oberhaus May 23,2013

Interview with Chelsea

Meet Chelsea Cloeter! Chelsea has been coming to the Connection Center to teach us all yoga and to run our LGBTQIA+ group! Our Peer Support Specialist, Gary, had the pleasure of interviewing Chelsea for March's newsletter!

Please enjoy!



Gary: What's your name, where are you from?

Chelsea: Chelsea Cloeter, I'm from the east coast and I grew up in Pennsylvania and Vermont. I've lived in Bowling Green for 16 years and grew up on the East Coast

Gary: When did you start practicing yoga?

Chelsea: I started practicing in 2003 and I started my yoga teacher training in 2017. I got trained in Maumee in Essence Mind Body studio

Gary: What draws you here?

Chelsea: I'm glad to be at the Connection Center because people are receptive to yoga and I feel there is a lot of open-heartedness here

Gary: Why did you choose yoga

Chelsea: There's a funny story, when I was in college in our senior year my friends all predicted what we were going to do in our lives. My friends said it was gonna be soft and cozy and a little crunchy. Now I say that yoga hadn't been popular yet although it started 5,000 years ago. So I didn't know what it was but in a way it was my destiny to become a yoga teacher. I think I'm drawn to yoga because it's a physical practice and I like to move, and its also a mental practice and I like to think, and it's also a spiritual practice and I'm drawn to spirituality.

Gary: Do you have any favorite yoga students?

Chelsea: No Gary, I do not pick favorites. But my favorite moment is when a student says, "I really noticed a significant difference after that yoga session".

Gary: What goals do you have as you continue to instruct yoga here?

Chelsea: I want to help people find a sense of balance, and a healing path, to help people recognize their own power for healing.

Gary: Is there something you're passionate about exploring aside from yoga?

Chelsea: Oh yeah, I'm a singer! My degrees are in singing and teaching singing. My singing group is Masterworks Chorale in Toledo. There's a variety of songs we sing as a group. The genre is chorale music, but in a variety of styles and I also sing as a soloist.

Gary: Do you guys do live performances in your singing group?

Chelsea: We do we have one coming up on March 28th, in Whitehouse, Ohio at the Community of Christ Lutheran Church

Chelsea reverses interview

Chelsea: What do you like about yoga?

Gary: I like that I can go into a yoga session in a stressed out state and come out like a rock in the middle of a zen garden afterwards. I also like that I can use the breathing throughout my day as well.

Chelsea: Cool

Gary: Cool