



2019

HERITAGE CENTER
MONTHLY NEWSLETTER





Sharon Fritzler	August 3 rd	Betty Ramey	August 19 th
Roberta Miller	August 3 rd	Mary Louise Wagner	August 19 th
Raymond Sandoval	August 3 rd	Lorraine Guenther	August 20 th
Harold Lauck	August 4 th	Phyllis Larson	August 20 th
Jeanette Stubbe	August 4 th	Betty Robinett	August 21 st
Eloise Kearney	August 8 th	Louise Ten Eyck	August 21 st
Dale Stoops	August 10 th	Joyce Werner	August 26 th
Curtis Benson	August 12 th	Nancy Lund	August 28 th
John Ertle	August 13 th	Ray Pasqua	August 30 th
Marie Rogers	August 15 th		
Maxine McFarland	August 19 th		

WEDDING ANNIVERSARIES

Joe & Kathleen Kloberdanz	August 6, 1961
Charles & Erma Miner	August 6, 1963
Curtis Benson (Dottie)	August 8, 1963
Hi & Linda Buescher	August 8, 1980
Leota Thayer (Mike)	August 8, 1949
Don & Loretta DeSoto	August 18, 1956
Linda Gebauer (Richard)	August 21, 1965

JOIN US

FRIDAY, AUGUST 30th

3:00 P.M.

For cake, angel food cake and ice cream to
celebrate Senior Citizen's Club Members
birthdays and anniversaries.

AUGUST 2019
HERITAGE MEAL SITE
FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

<p style="text-align: center;">For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p style="text-align: center;">If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p style="text-align: center;">Suggested Donation - \$3.00</p> <p style="text-align: center;">Under Age 60 Mandatory Charge - \$11.00</p> <p style="text-align: center;">Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>CHICKEN & SPINACH LASAGNA TOSSED SALAD & DRESSING GREEN BEANS GARLIC BREAD FRESH FRUIT CUP</p> <p>Cal: 690 Carb: 82g Fib: 10.3g Protein: 49.3g Fat: 20.7g Sod: 625mg</p>	<p>POTATO SOUP SUPREME w/CRACKERS Tuna CROISSANT BEAN MEDLEY SALAD PEAR ORANGE FRUIT CUP</p> <p style="background-color: yellow;">ALTERNATE CHOICE: Chicken Croissant</p> <p>Cal: 687 Carb: 103.2g Fib: 10.8g Protein: 33.3g Fat: 17.2g Sod: 679mg</p>	
<p>SWEET & SOUR PORK RICE ORIENTAL VEGETABLES WW ROLL PINEAPPLE ORANGE COMPOTE</p> <p>Cal: 689 Carb: 102.4g Fib: 9.8g Protein: 34.2g Fat: 16.9g Sod: 491mg</p>	<p>SHEPHERD'S PIE CREAMY COLESLAW ROLL STRAWBERRY APPLESAUCE CINNAMON CRISPIE</p> <p>Cal: 664 Carb: 104.5g Fib: 10.7g Protein: 31.8g Fat: 16.8g Sod: 763mg</p>	<p>SOFT SHELL TACO SALSA REFRIED BEANS MEXICALI CORN FRUIT CUP</p> <p>Cal: 676 Carb: 99.6g Fib: 12.1g Protein: 38.1g Fat: 16.8g Sod: 885mg</p>	<p>BAKED FISH TARTAR SAUCE BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES</p> <p style="background-color: yellow;">ALTERNATE CHOICE: Hamburger Steak</p> <p>Cal: 608 Carb: 99.9g Fib: 12.4g Protein: 31.5g Fat: 12.2g Sod: 780mg</p>	<p>HAM MASHED POTATOES & GRAVY GREEN BEANS OATMEAL ROLL PEAR ORANGE FRUIT CUP COOKIE</p> <p>Cal: 648 Carb: 97.2g Fib: 10.9g Protein: 28.7g Fat: 18.6g Sod: 1261mg</p>
<p>LASAGNA ROTINI CASSEROLE TOSSED SALAD & DRESSING ITALIAN VEGETABLES FRENCH BREAD CANTALOUPE CUBES</p> <p>Cal: 639 Carb: 86g Fib: 11.2g Protein: 37.7g Fat: 19.1g Sod: 640mg</p>	<p>CHICKEN POT PIE BEAN MEDLEY FRUIT CUP APPLESAUCE CAKE</p> <p>Cal: 677 Carb: 86.8g Fib: 9.5g Protein: 35.7g Fat: 23.1g Sod: 564mg</p>	<p>TUNA NOODLE CASSEROLE BROCCOLI WW ROLL CINNAMON APPLE SLICES</p> <p style="background-color: yellow;">ALTERNATE CHOICE: Chicken Noodle Casserole</p> <p>Cal: 620 Carb: 84.1g Fib: 11.0g Protein: 34.3g Fat: 19.2g Sod: 555mg</p>	<p>Hot Roast Beef Sand California Vegetables Fruit Salad Nature Cookie</p> <p>Cal: 625 Carb: 95.2g Fib: 9.8g Protein: 33.9g Fat: 14.6g Sod: 707mg</p>	<p>WHITE Chili w/ CHICKEN SPINACH SALAD ROLL CANTALOUPE CUBES CARROT CAKE</p> <p>Cal: 606 Carb: 89.1g Fib: 12.2g Protein: 31.2g Fat: 15.9g Sod: 588mg</p>
<p>SPRING GARDEN CHICKEN CALIFORNIA VEGETABLES ONION ROLL BANANA SPLIT FRUIT CUP</p> <p>Cal: 650 Carb: 77.4g Fib: 10.0g Protein: 43.3g Fat: 20.9g Sod: 695mg</p>	<p>Lasagna TOSSED SALAD & DRESSING PEAS & CARROTS GARLIC BREAD FRUIT CUP</p> <p>Cal: 603 Carb: 85.2g Fib: 11.6g Protein: 34.4g Fat: 7.7g Sod: 599mg</p>	<p>SLOPPY JOE SANDWICH POTATO SALAD BB & DILL BRUSSEL SPROUTS FRESH FRUIT CUP</p> <p>Cal: 626 Carb: 86.9g Fib: 11.8g Protein: 35g Fat: 19.2g Sod: 771mg</p>	<p>BARBEQUE PORK CHOPS SCALLOPED POTATOES CABBAGE WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Cal: 713 Carb: 93.7g Fib: 9.5g Protein: 37.4g Fat: 23.3g Sod: 893mg</p>	<p>Chicken Cacciatore Real Instant Mashed Potatoes Green Beans Whole Wheat Roll Tropical fruit cu[Lentil Cookies w/chocolate chips</p> <p>Cal: 770 Carb: 82.5g Fib: 10.3g Protein: 44.6g Fat: 30.4g Sod: 1093mg</p>
<p>HAM POTATO OMELET/SALSA BEAN MEDLEY BRAN MUFFIN PLUMS</p> <p style="color: red; text-align: center;">BIRTHDAY RECOGNITION</p> <p>Cal: 634 Carb: 83.9g Fib: 10.8g Protein: 30.2g Fat: 22.2g Sod: 1021mg</p>	<p>ROAST TURKEY SPINACH STRAWBERRY SALAD YAM APPLE BAKE BRAN MUFFIN MANDARIN ORANGES</p> <p>Cal: 651 Carb: 96.7g Fib: 10.4g Protein: 25.8g Fat: 20.6g Sod: 826mg</p>	<p>Swiss steak LF Boiled Potatoes Italian Vegetables Bran Muffin Sliced Bananas</p> <p>Cal: 741 Carb: 95.5g Fib: 12.9g Protein: 41.5g Fat: 24.1g Sod: 50mg</p>	<p>CHICKEN TETRAZZINI Marinated Vegetable Salad LS STEWED TOMATOES WW ROLL WATERMELON</p> <p>Cal: 598 Carb: 68.8g Fib: 10.8g Protein: 37g Fat: 21.8g Sod: 749mg</p>	<p>BACON & POTATO BREAKFAST BURRITO GREEN CHILI w/PORK SPANISH RICE TOSSED SALAD STRAWBERRIES & BANANAS COOKIE w/RAISINS</p> <p>Cal: 783 Carb: 97.4g Fib: 9.5g Protein: 29.3g Fat: 32.6g Sod: 863mg</p>

August 2019

Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Lifelong Learning Series @ CSUREC "App It Up" 1:30 Cornhole 2:00 Billiards	2 10:00 Qi Gong Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool	3 6:30 p.m. Dance w/ FM Country \$7.00 Everyone Welcome
5 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	6 No SilverSneakers® Classic Today Noon Meet & Eat 1:30 Sewing & Hobbies 1:30-4:00 FREE Root Beer Float Day	7 9:00 Council on Aging 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool	8 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Hand & Foot Canasta 2:00 Billiards	9 10:00 Qi Gong Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool	10 6:30 p.m. Dance w/ Classic Country \$7.00 Everyone Welcome
12 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool	13 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies	14 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool	15 10:00 SilverSneakers® Classic Noon Meet & Eat 2:00 Billiards 2:00 Movie Matinee "The Intern"	16 10:00 Qi Gong Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool	17 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 All Ages Welcome
19 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 1:30 Legal Aid Clinic	20 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Las Amigas Bridge Club 1:30 Sewing & Etc.	21 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool	22 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Hand & Foot Canasta 2:00 Billiards	23 10:00 Qi Gong 11:00 Blood Pressure Clinic Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool	24 6:30 p.m. Dance w/ Ray Mullen \$7.00 All Ages Welcome
26 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool	27 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Bunco 2:00 Billiards	28 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool	29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Cornhole 2:00 Billiards	30 10:00 Qi Gong Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool 3:00 SCC B-day & Anniv. Party	31 6:30 p.m. Dance w/ Paul's Country \$7.00 All Ages Welcome

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

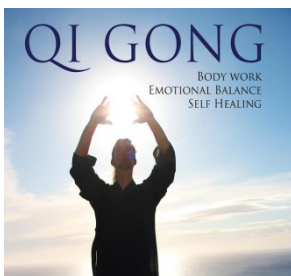


SilverSneakers® Yoga

Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

Monday & Wednesday mornings at 10:00 a.m.

Some supplemental insurance will cover the expense of the class.
\$2.00 a class for those with no applicable insurance coverage.



Qi Gong

This group will be meeting for exercise class led by DVD instruction on Friday mornings at 10:00 a.m. Stretches to clear stress and tension, acupressure to open energy meridians and flowing movement practices to draw in energy to counteract fatigue and boost immune health.

Please come and join us, this class is free.

SILVERSNEAKERS® CLASSIC

This group exercise program will help improve functional capacities, physical fitness and sense of well-being targeting strength, range of movement, agility, balance and coordination. Medicare Supplemental insurance can cover the cost of this class we would be glad to check your eligibility.

\$2.00 for those without eligible insurance.

Tuesday and Thursday mornings at 10:00 a.m.

Please come and join us.



Guest speakers, guest instructors, Tai chi classes and other health related topics are offered throughout the year. Sign-up to receive our email newsletter to keep informed of upcoming opportunities to improve your health and to remain **ACTIVE while AGING.**



Join the **SENIOR CITIZEN'S CLUB**
For Pinochle and Pool on
Mondays, Wednesdays, and Fridays
1:00-4:30
Snack break at 3:00 so bring your quarters



SEWING, AND ETC.

Bring what you want to work on and be prepared to talk/visit.
Beginning quilting, embroidery, Christmas decorations, Table runners and anything else your crafting heart desires.

QUESTIONS CALL KATHY CAMPBELL AT (970) 371-2143



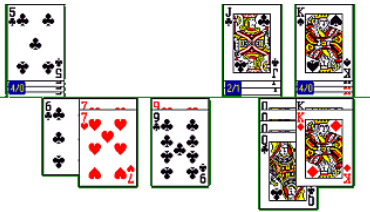
LEGAL AID DAY

3rd MONDAY OF EACH MONTH

1:30-4:30 p.m.

Appointments strongly suggested, please call 522-1237

Judge Jim Leh will be available at the Heritage Center to meet with anyone who might need legal advice or assistance who cannot otherwise afford an attorney.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month

1:00 – 4:00 Individuals or partners are welcome to join us to play hand and foot canasta. This is a great group to join if you have never played before and want to learn. Let us know you are coming by calling 522-1237.

FOOT CARE CLINIC

2nd Tuesday of each month

10:00 a.m. no appointments, Sign-up sheet doesn't go out until 9:30

Suggested donation of \$5.00-\$10.00

Please soak your feet before you come and bring a towel for your added comfort

Provided by Northeast Plains Home Health and Sterling MedCare Home Health

BLOOD PRESSURE CLINIC

4th Friday of each month

R. N. or L.P.N. will be available to check your blood pressure

Provided by Hospice of the Plains-Cheryl Dillon

No Cost



MARK YOUR CALENDARS
TUESDAY, AUGUST 6TH
National Root Beer Float Day
Join us from 1:30-4:00
FREE Root Beer Floats
OPEN TO THE PUBLIC!!
Invite your children, grandchildren, neighbors,
and friends to join you at the Heritage Center
a Root Beer Float.



Apps!
 Want to learn more about some great apps? This presentation will explore how to download apps, how to organize apps, and how to make use of the world of apps. The demonstration will showcase apps on health, exercise, travel, the weather, navigation, entertainment, photos, social media, and more.
Make sure to bring your charged cell phone.
August 1, 2019 – 1:00 pm
CSU Engagement Center

SILVERSNEAKERS® CLASSIC
 There will be no SilverSneakers®
 Classic on
 Tuesday, August 6th
 Sorry for the inconvenience!



SEPTEMBER LIFELONG LEARNING
SERIES
How Artists of the Past Influence Design Today
 By Pete Youngers
September 5TH **1:00 P.M.**
 Join us in person or by Zoom at
<https://zoom.us/j/5842143355>



MOVIE MATINEE

“The Intern”

Thursday, August 15th

2:00 p.m.

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules.



AUGUST DANCE SCHEDULE

Dance to live music and a variety of bands.

Dances start at 6:30 p.m.-10:00 p.m.

\$7.00 admission

AUGUST 3 rd	FM COUNTRY
AUGUST 10 TH	CLASSIC COUNTRY
AUGUST 17 TH	JIM EHRLICH
AUGUST 24 TH	RAY MULLEN
AUGUST 31 ST	PAUL'S COUNTRY

DAY TRIPS

Travel along with the Logan County Heritage Center

Heritage Center travel policy. If you cancel after the deadline you are still responsible for the cost of the trip OR you must find someone to replace your reservation.



ESTES PARK DAY TRIP THURSDAY, SEPTEMBER 26TH

We will be heading to Estes Park to enjoy the fall foliage and the beauty of this mountain town. Sign-up deadline September 19th

Lunch on your own and estimated cost of transportation is \$28.00. Heritage Center Travel Policy enforced.

MONET: The Truth of Nature @ Denver Museum of Art WEDNESDAY, NOVEMBER 13TH

Join us to view the art of Claude Monet, this will be the only U.S. City that will have this exhibit.

We have 40 tickets for a 1:45 viewing. Sign-up deadline is Monday, October 28th. Heritage Center Travel Policy enforced. Cost of admission is \$25.00 and Cost of Transportation is estimated at \$28.00



Other Upcoming Trips

October –date to be determined Afternoon Tea at the Dushanbe Tea House Boulder

December- Hammond’s Candy Factory Tour and Lunch at Cinzetti’s Italian Marketplace

January-Golden Spike Tower North Platte, NE and lunch at Switchyard Grill