



2021

**Heritage Center
Monthly
Newsletter**





Roberta Miller	August 3 rd	Raymond Sandoval	August 3 rd
Jeanette Stubbe	August 3 rd	Eloise Kearney	August 8 th
Curtis Benson	August 12 th	John Ertle	August 13 th
Maxine McFarland	August 19 th	Betty Ramey	August 19 th
Belinda Mikulski	August 20 th	Phyllis Larson	August 20 th
Betty Robinett	August 21 st	Joyce Werner	August 26 th
Nancy Lund	August 28 th	Ray Pasqua	August 30 th

WEDDING ANNIVERSARIES

Joe & Kathleen Klobberdanz	August 6, 1961
Charles & Erma Miner	August 6, 1963
Curtis Benson (Dottie)	August 8, 1963
Leota Thayer (Mike)	August 8, 1949
Don & Loretta DeSoto	August 18, 1956

Monthly Birthday and Anniversary Party will hopefully resume in September

August 2021

Mon	Tue	Wed	Thu	Fri	Sat
2 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Pinochle 1:30 Cards & Pool	3 10:00 No SilverSneakers® Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	4 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole, Mah Jong, Dominoes 1:30 Sr. Citizen's Club Business Meeting	5 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Billiards	6 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 12:30 Council on Aging 1:30 Root Beer Float Open House	7 Everyone Welcome \$7.00 6:30 p.m. Dance w/ Classic Country
9 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	10 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	11 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole, Mah Jong, Dominoes	12 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Billiards 1:30 Novice Tai Chi	13 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Chess & Checkers	14 Public Invited \$7.00 6:30 p.m. Dance w/ Jim Ehrlich
16 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Pinochle	17 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards 1:30 Las Amigas Bridge Club	18 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole, Mah Jong, Dominoes	19 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Movie Matinee "The Horse Whisper" 1:30 Billiards	20 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Chess & Checkers	21 All ages welcome \$7.00 6:30 p.m. Dance w/ FM Country
23 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	24 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	25 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole, Mah Jong, Dominoes	26 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Hand & Foot Canasta	27 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Chess & Checkers	28 Everyone Welcome \$7.00 6:30 p.m. Dance w/ Dan Dobson
30 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 2:00 Trivia Hour	31 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards 1:30 Bunco				



AUGUST 2021 HERITAGE MEET & EAT



FOR RESERVATIONS OR CANCELATIONS CALL 522-1237 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
SWEET & SOUR PORK RICE ORIENTAL VEGETABLES WW ROLL APRICOT HALVES OATMEAL CHOCOLATE CHIP COOKIE Calories: 781 Carb: 110.1g Fib: 9.8g Protein: 30.0g Fat: 23.0g Sod: 576mg	SHEPHERD'S PIE CREAMY COLESLAW ROLL STRAWBERRY APPLESAUCE BUTTERSCOTCH BROWNIE Calories: 750 Carb: 113.5g Fib: 9.5g Protein: 31.4g Fat: 22.4g Sod: 864mg	SOFT SHELL TACOS REFRIED BEANS MEXICALI CORN FRUIT CUP Calories: 638 Carb: 89.9g Fib: 11.1g Protein: 37.5g Fat: 16.7g Sod: 883mg	CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES Calories: 588 Carb: 95.8g Fib: 10.8g Protein: 29.9g Fat: 11.8g Sod: 725mg	HAM MASHED POTATOES & GRAVY BEAN MEDLEY OATMEAL ROLL PEAR ORANGE FRUIT CUP CARROT COOKIE Calories: 628 Carb: 93.8g Fib: 10.0g Protein: 26.9g Fat: 18.2g Sod: 1309mg
9	10	11	12	13
LASAGNA ROTINI CASSEROLE TOSSED SALAD W/ DRESSING ITALIAN VEGETABLES GARLIC BREAD CANTALOUPE CUBES Calories: 694 Carb: 91.2g Fib: 11.5g Protein: 38.1g Fat: 22.8g Sod: 675mg	CHICKEN POT PIE BEAN MEDLEY FRUIT CUP APPLESAUCE CAKE Calories: 677 Carb: 86.8g Fib: 9.5g Protein: 35.7g Fat: 23.1g Sod: 564mg	CHOICE: CHICKEN NOODLE CASSEROLE TUNA NOODLE CASSEROLE BROCCOLI WW ROLL APPLE SALAD COOKIES W/ RAISINS Calories: 715 Carb: 90.5g Fib: 10.0g Protein: 37.0g Fat: 25.7g Sod: 586mg	HOT ROAST BEEF SANDWICH GREEN BEANS & CORN MANDARIN ORANGES W/ BANANAS NATURE COOKIE Calories: 722 Carb: 115.0g Fib: 10.8g Protein: 34.3g Fat: 17.4g Sod: 590mg	WHITE CHILI W/ CHICKEN SPINACH SALAD ROLL MELON CUP OATMEAL NUT COOKIES Calories: 613 Carb: 81.3g Fib: 10.7g Protein: 30.3g Fat: 20.3g Sod: 565mg
16	17	18	19	20
SPRING GARDEN CHICKEN CALIFORNIA VEGETABLES ONION ROLL BANANA SPLIT FRUIT CUP OATMEAL NUT COOKIE Calories: 777 Carb: 92.1g Fib: 10.2g Protein: 45.0g Fat: 27.9g Sod: 822mg	BARBECUE PORK CHOP SCALLOPED POTATOES CABBAGE BRAN MUFFIN PEAR ORANGE FRUIT CUP Calories: 729 Carb: 97.6g Fib: 10.8g Protein: 37.2g Fat: 23.4g Sod: 864mg	SLOPPY JOE SANDWICH POTATO SALAD BROWN BUTTER & DILL BRUSSEL SPROUTS FRESH FRUIT CUP Calories: 622 Carb: 87.8g Fib: 10.9g Protein: 33.6g Fat: 18.8g Sod: 870mg	LASAGNA TOSSED SALD W/ DRESSING PEAS & CARROTS GARLIC BREAD FRUIT CUP Calories: 658 Carb: 90.3g Fib: 11.8g Protein: 34.7g Fat: 21.3g Sod: 635mg	CHICKEN CACCIATORE MASHED POTATOES GREEN BEANS WW ROLL TROPICAL FRUIT CUP APPLE GRANOLA COOKIE Calories: 806 Carb: 86.6g Fib: 10.0g Protein: 44.0 Fat: 33.0g Sod: 1262mg
23	24	25	26	27
CABBAGE BURGERS CRISPY CUCUMBERS & TOMATOES CORN FRUIT CUP OATMEAL NUT COOKIES Calories: 644 Carb: 96.9g Fib: 9.8g Protein: 30.2g Fat: 18.9g Sod: 506mg	ROAST TURKEY GRAVY YAM APPLE BAKE SPINACH/STRAWBERRY SALAD BRAN MUFFIN MANDARIN ORANGES Calories: 662 Carb: 99.0g Fib: 11.0g Protein: 26.3g Fat: 20.7g Sod: 855mg	SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES ROLL SLICED BANANAS Calories: 725 Carb: 90.5g Fib: 11.0g Protein: 41.9g Fat: 23.5g Sod: 433mg	CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD STEWED TOMATOES WW ROLL WATERMELON Calories: 600 Carb: 69.2g Fib: 10.4g Protein: 36.8g Fat: 21.8g Sod: 749mg	BACON POTATO BREAKFAST BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED SALD W/ DRESSING STRAWBERRIES & BANANAS OATMEAL BANANA RAISIN COOKIES Calories: 688 Carb: 92.4g Fib: 9.8g Protein: 27.5g Fat: 24.8g Sod: 749mg
30	31	<p>For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>		
HAMBURGER ON A BUN LETTUCE/TOMATO SLICES CALIFORNIA VEGETABLES PEAR SLICES APPLE GRANOLA COOKIES BIRTHDAY RECOGNITION Calories: 767 Carb: 82.8g Fib: 10.1g Protein: 42.8g Fat: 31.3g Sod: 371mg	PORK CHOP SUEY BROWN RICE CARROT COINS WW ROLL PINEAPPLE TIDBITS Calories: 641 Carb: 94.5g Fib: 9.5g Protein: 31.4g Fat: 16.9g Sod: 492mg	<p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>		<p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.</p>

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.

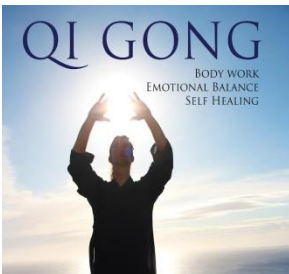
Monday & Wednesday mornings at 10:00 a.m.

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.



NOVICE TAI CHI

This class is offered on Thursdays at 1:30 for those who have already completed a beginners Tai Chi class or are familiar with the practice. There is no instructor, this is a collaborated effort of those attending.



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

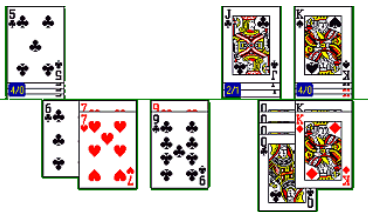
For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1: 30 start time, Snack break at 3:00 bring your
quarters 50 cents a snack



SEWING AND HOBBIES



Like to share ideas and work as a group. Bring what you want to work on and be prepared to talk/visit. All ideas/projects are welcome.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month
1:30 – 4:00 p.m. 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.

BUNCO

We play bunco together on the last Tuesday of each month starting at
1:30. It is 50 cents to play and you can have all the fun you want. If you
would like to be added to the list of players please call us at 522-1237.



MAH JONG, CHESS, DOMINOES, CORNHOLE

These other recreational games are offered throughout the month, we would
love to get enough interest to start a league. Please call us or sign up for the
newsletter to find out when these games are on the monthly calendar. Please
provide your name and contact information so we can start forming leagues.

FOOT CARE CLINIC

2nd Tuesday of every other month

10:00-11:00 a.m. BY APPOINTMENT

Call 522-1237 to schedule your 15 minute appointment

Suggested donation of \$5.00-\$10.00

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

Provided by Sterling MedCare Home Health

National Root Beer Float Day



EVERYONE WELCOME!!!

Come in to the Heritage Center
821 N. Division Avenue

Friday, August 6th

1:30-4:30

for a **FREE** Root Beer Float

COFFEE, TEA, & WE

16th IS THE CORRECT DATE***

Northeast Regional Engagement Center continues to offer programs, guest speakers and discussion groups on exciting subjects. The August schedule and topics are as follows. Call Peggy at 970-522-7207 to find out how to sign-up or join by zoom.

Monday, Aug. 2nd 1:30 Linda Langelo,
CSU Extension Horticulture Agent,

Monday, Aug. 16th 1:30 p.m. Area Agency on Aging



DANCES

Every Saturday night at 6:30 p.m.

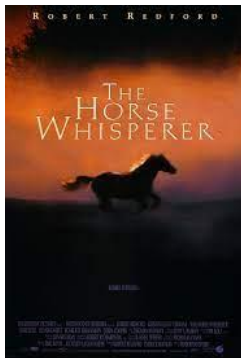
LIVE MUSIC \$7.00

August 7th Classic Country

August 14th Jim Ehrlich

August 21st FM Country

August 28th Dan Dobson



MOVIE MATINEE

THE HORSE WHISPERER

Starring Robert Redford

Thursday, August 19th 1:30 p.m.

Join us for fresh popcorn, air conditioning, comfortable seating and an intermission so you won't miss a thing.