

**AUGUST**

**2022**

# **Heritage Center Monthly Newsletter**





Roberta Miller	August 3 <sup>rd</sup>	Jeanette Stubbe	August 4 <sup>th</sup>
Eloise Kearney	August 8 <sup>th</sup>	John Ertle	August 13 <sup>th</sup>
Richard Robirds	August 16 <sup>th</sup>	Betty Ramey	August 19 <sup>th</sup>
Belinda Mikulski	August 20 <sup>th</sup>	Joyce Werner	August 26 <sup>th</sup>

## **WEDDING ANNIVERSARIES**

Kenneth & Linda Bond	August 3, 1968
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

Senior Citizen's Club every month celebrates  
our club members Birthdays and  
Anniversaries.

**Please join us  
August 31<sup>st</sup> 3:00 p.m.  
for angel food, cake & ice cream**



# AUGUST 2022 HERITAGE MEET & EAT



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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		5		5	
<b>SWEET &amp; SOUR PORK</b> <b>BROWN RICE</b> <b>ORIENTAL VEGETABLES</b> <b>WW ROLL</b> <b>APRICOT HALVES</b> <b>OATMEAL CHOCOLATE CHIP COOKIE</b>  Calories: 784   Carb: 110.7g   Fib: 10.0g Protein: 35.2g   Fat: 23.1g   Sod: 574mg		<b>SHEPHERD'S PIE</b> <b>CREAMY COLESLAW</b> <b>ROLL</b> <b>STRAWBERRY APPLESAUCE</b> <b>BUTTERSCOTCH BROWNIE</b>  Calories: 770   Carb: 117.7g   Fib: 10.3g Protein: 32.2g   Fat: 22.5g   Sod: 864mg		<b>SOFT SHELL TACOS</b> <b>SALSA</b> <b>REFRIED BEANS</b> <b>MEXICALI CORN</b> <b>FRUIT CUP</b> <b>GRAPE JUICE</b>  Calories: 723   Carb: 110.6g   Fib: 11.9g Protein: 38.5g   Fat: 16.9g   Sod: 1104mg		<b>BAKED FISH</b> <b>BAKED POTATO</b> <b>CALIFORNIA VEGETABLES</b> <b>ANNA'S DILLY BREAD</b> <b>CINNAMON APPLE SLICES</b>  Calories: 588   Carb: 95.8g   Fib: 10.8g Protein: 29.9g   Fat: 11.8g   Sod: 725mg		<b>HAM</b> <b>MASHED POTATOES &amp; GRAVY</b> <b>BEAN MEDLEY</b> <b>OATMEAL ROLL</b> <b>BERRY BLEND</b> <b>CINNAMON CRISPY</b>  Calories: 624   Carb: 97.2g   Fib: 11.9g Protein: 27.3g   Fat: 16.2g   Sod: 1273mg	
8		9		10		11		12	
<b>SPAGHETTI W/ MEAT SAUCE</b> <b>TOSSED SALAD W/ DRESSING</b> <b>ITALIAN VEGETABLES</b> <b>GARLIC BREAD</b> <b>CANTALOUPE CUBES</b> <b>CHERRY CAKE</b>  Calories: 636   Carb: 94.0g   Fib: 11.8g Protein: 35.2g   Fat: 16.2g   Sod: 846mg		<b>CHICKEN POT PIE</b> <b>BEAN MEDLEY</b> <b>FRUIT CUP</b> <b>APPLESAUCE CAKE</b>  Calories: 677   Carb: 86.8g   Fib: 9.5g Protein: 35.7g   Fat: 23.1g   Sod: 564mg		<b>TUNA NOODLE CASSEROLE</b> <b>BROCCOLI</b> <b>WW ROLL</b> <b>APPLE SALAD</b> <b>COOKIES W/ RAISINS</b>  Calories: 715   Carb: 90.5g   Fib: 10.0g Protein: 37.0g   Fat: 25.7g   Sod: 586mg		<b>HOT ROAST BEEF SANDWICH</b> <b>GREEN BEANS &amp; CORN</b> <b>MANDARIN ORANGES W/ BANANAS</b> <b>NATURE COOKIE</b>  Calories: 722   Carb: 115.0g   Fib: 10.8g Protein: 34.3g   Fat: 17.4g   Sod: 590mg		<b>WHITE CHILI W/ CHICKEN</b> <b>SPINACH SALAD</b> <b>ROLL</b> <b>MELON CUP</b> <b>OATMEAL NUT COOKIES</b>  Calories: 618   Carb: 82.4g   Fib: 10.9g Protein: 30.5g   Fat: 20.3g   Sod: 521mg	
15		16		17		18		19	
<b>MEXICAN CHICKEN BAKE</b> <b>CALIFORNIA VEGETABLES</b> <b>ONION ROLL</b> <b>BANANA SPLIT FRUIT CUP</b>  Calories: 679   Carb: 90.2g   Fib: 9.9g Protein: 38.7g   Fat: 20.5g   Sod: 601mg		<b>BARBECUE PORK CHOP</b> <b>SCALLOPED POTATOES</b> <b>CABBAGE</b> <b>BRAN MUFFIN</b> <b>PEAR ORANGE FRUIT CUP</b>  Calories: 719   Carb: 95.0g   Fib: 10.1g Protein: 37.1g   Fat: 23.4g   Sod: 865mg		<b>SLOPPY JOE SANDWICH</b> <b>POTATO SALAD</b> <b>BROWN BUTTER &amp; DILL BRUSSEL SPROUTS</b> <b>FRESH FRUIT CUP</b>  Calories: 622   Carb: 87.8g   Fib: 10.9g Protein: 33.6g   Fat: 18.8g   Sod: 870mg		<b>LASAGNA</b> <b>TOSSED SALD W/ DRESSING</b> <b>PEAS &amp; CARROTS</b> <b>GARLIC BREAD</b> <b>FRUIT CUP</b>  Calories: 623   Carb: 84.9g   Fib: 11.6g Protein: 34.5g   Fat: 19.8g   Sod: 582mg		<b>MEATLOAF</b> <b>MASHED POTATOES W/ GRAVY</b> <b>GREEN BEANS</b> <b>WW ROLL</b> <b>ORANGE WEDGES</b> <b>NATURE COOKIE</b>  Calories: 699   Carb: 103.5   Fib: 11.3g Protein: 36.2   Fat: 18.3g   Sod: 1023mg	
22		23		24		25		26	
<b>CABBAGE BURGERS</b> <b>CRISPY CUCUMBERS &amp; TOMATOES</b> <b>CORN</b> <b>FRUIT CUP</b> <b>OATMEAL NUT COOKIES</b>  Calories: 650   Carb: 98.1g   Fib: 10.0g Protein: 30.4g   Fat: 19.0g   Sod: 462mg		<b>ROAST TURKEY</b> <b>GRAVY</b> <b>YAM APPLE BAKE</b> <b>SPINACH/STRAWBERRY SALAD</b> <b>BRAN MUFFIN</b> <b>MANDARIN ORANGES</b>  Calories: 662   Carb: 99.0g   Fib: 11.0g Protein: 26.3g   Fat: 20.7g   Sod: 855mg		<b>SWISS STEAK</b> <b>BOILED POTATOES</b> <b>ITALIAN VEGETABLES</b> <b>ROLL</b> <b>SLICED BANANAS</b>  Calories: 725   Carb: 90.5g   Fib: 11.0g Protein: 41.9g   Fat: 23.5g   Sod: 433mg		<b>CHICKEN TETRAZZINI</b> <b>MARINATED VEGETABLE SALAD</b> <b>STEWED TOMATOES</b> <b>WW ROLL</b> <b>WATERMELON</b>  Calories: 600   Carb: 69.2g   Fib: 10.4g Protein: 36.8g   Fat: 21.8g   Sod: 749mg		<b>BACON POTATO BREAKFAST BURRITO</b> <b>GREEN CHILI W/ PORK</b> <b>SPANISH RICE</b> <b>TOSSED SALD W/ DRESSING</b> <b>STRAWBERRIES &amp; BANANAS</b> <b>OATMEAL BANANA RAISIN COOKIES</b>  Calories: 624   Carb: 92.8g   Fib: 9.6g Protein: 27.2g   Fat: 17.5g   Sod: 1027mg	
29		30		31					
<b>HAMBURGER ON A BUN</b> <b>LETTUCE/TOMATO SLICES</b> <b>CALIFORNIA VEGETABLES</b> <b>PEAR SLICES</b> <b>APPLE GRANOLA COOKIES</b>  <b>BIRTHDAY RECOGNITION</b> Calories: 767   Carb: 82.8g   Fib: 10.1g Protein: 42.8g   Fat: 31.3g   Sod: 371mg		<b>PORK CHOP SUEY</b> <b>BROWN RICE</b> <b>STIR FRY VEGETABLES</b> <b>WW ROLL</b> <b>PINEAPPLE TIDBITS</b> <b>BROWNIE</b>  Calories: 797   Carb: 110.5g   Fib: 10.3g Protein: 35.1g   Fat: 25.7g   Sod: 478mg		<b>CITRUS SALMON FILLET</b> <b>BAKED SWEET POTATO</b> <b>GREEN BEANS W/ TOMATOES</b> <b>ANNA'S DILLY BREAD</b> <b>BERRY BLEND</b> <b>NATURE COOKIE</b>  Calories: 730   Carb: 113.3g   Fib: 15.1g Protein: 33.4g   Fat: 19.1g   Sod: 1076mg		<b>Suggested Donation - \$6.25</b>  <b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b>  Menu may change due to availability of food items or conditions that cause the kitchen to close.		<b>For Reservations</b> <b>Call 522-1237 by 8:00 a.m.</b> <b>the day you want the meal.</b>  <b>If you must cancel your meal,</b> <b>please do so by 8:00 a.m.</b> <b>the day of the meal.</b>	

## August 2022

Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	<b>2</b> 10:00 Exercise Class No SilverSneakers® held today Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	<b>3</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool 1:30 Sr. Citizen's Club Business meeting	<b>4</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card Group 1:30 Billiards 2:00 Novice Tai Chi	<b>5</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Meeting 1:30 Cards, Cornhole, Mah Jong, Dominoes, Pool 2:00-4:00 Root Beer Float Open House	<b>6</b> 6:30 p.m-9:30 p.m. Dance w/ Classic Country All Ages Welcome
<b>8</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>9</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy 1:30 Sewing & Hobbies	<b>10</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess Pool	<b>11</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai chi	<b>12</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Mah Jong, Dominoes, Pool	<b>13</b> 6:30-9:30 Dance w/ Jim Ehrlich \$7.00 at the door Public Welcome
<b>15</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	<b>16</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	<b>17</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	<b>18</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "The Cowboys" 1:30 Card Group 1:30 Billiards 2:00 Novice Tai Chi	<b>19</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Mah Jong, Dominoes, Pool	<b>20</b> 6:30-9:30 Dance w/ Dan Dobson \$7.00 at the door No membership required
<b>22</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>23</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy 1:30 Sewing & Hobbies 1:30 Billiards	<b>24</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	<b>25</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai Chi	<b>26</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Mah Jong, Dominoes, Pool	<b>27</b> 6:30-9:30 Dance w/ FM Country \$7.00 Everyone Welcome
<b>29</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	<b>30</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	<b>31</b> 10:00 SilverSneakers® Yoga Noon Meet & eat 1:30 Cards, Checkers, Chess & Pool 3:00 Sr. Citizen's Club B-Day & Anniv. Party			

# 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.

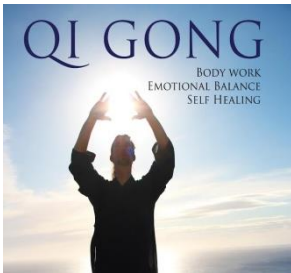
\$2.00 a class for those with no applicable insurance coverage.

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### 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 2:00 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.



**Renew Active**  
by  **UnitedHealthcare**

Renew Active™, the gold standard in Medicare fitness programs for body and mind. The program is available at no additional cost with UnitedHealthcare® Medicare plans. In the meantime, you can learn more at [UHCRenewActive.com](http://UHCRenewActive.com) or call Cynthia at (970) 522-1237 to see if you are eligible.

## RUMMY



New to the line-up at the Heritage Center is Rummy. We will be playing on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month starting at 1:30 p.m. Bring a snack and enjoy the company of others in a relaxed atmosphere.



### Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on

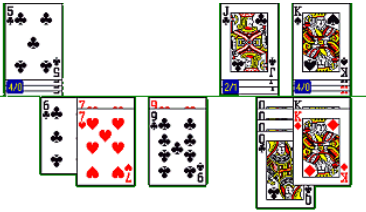
Mondays, Wednesdays, & Fridays

1: 30 start time, Snack break at 3:00



## 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

2<sup>nd</sup> and 4<sup>th</sup> 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.

## 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

2<sup>nd</sup> Tuesday of every other month

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

Call 522-1237 to schedule your 15 minute appointment

Suggested donation no less than \$5.00

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

(OBSERVED)



## **EVERYONE WELCOME!!!**

Come in to the Heritage Center  
821 N. Division Avenue

Friday, August 5<sup>th</sup>  
2:00-4:00

for a **FREE** Root Beer Float



Just a friendly reminder Sr. Citizen's Club will have their monthly business meeting on **Wednesday, August 3<sup>rd</sup> at 1:30 p.m.** here at the Heritage Center.

Club members welcome!



#### REMINDER

The Logan County Council on Aging will have the monthly business meeting on Friday, August 5<sup>th</sup> at 1:30 p.m. at the Logan County Heritage Center.

Public Welcome!



#### DANCES

Every Saturday night 6:30 p.m.-9:30 p.m.

LIVE MUSIC     \$7.00

August 6<sup>th</sup>     Classic Country

August 13<sup>th</sup>     Jim Ehrlich

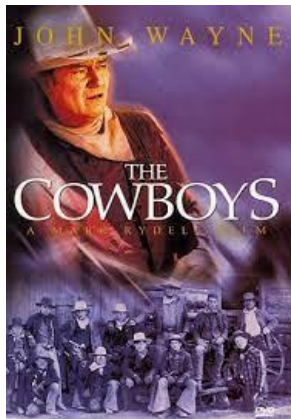
August 20<sup>th</sup>     Dan Dobson

August 27<sup>th</sup>     FM Country



The Heritage Center turns 47 years old on August 15<sup>th</sup>. Stop by on that Monday to grab some free goodies, play our trivia game and enter a chance to win prizes.





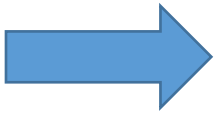
## **MOVIE MATINEE**

### **THE COWBOYS**

**Starring John Wayne**

**Thursday, August 19<sup>th</sup> 1:30 p.m.**

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



Please be aware that the Logan County Heritage Center will be undergoing a HVAC remodel tentatively beginning the end of August or the first of September. There might be days that we will not be allowed to be in the building or will need to operate out of a different building. As soon as we have details and know how we will be impacted we will let you know how we plan to continue to offer exercise, card groups, meals and meetings.

**Our many thanks to Alan & Peggy Duvall and Brenda Berg for the hard work and effort in planting such beautiful raised garden beds. We thank you for the beautiful view and for sharing the harvest with us.**





## BUS TRIP

We will be traveling to

**Yuma, CO**

**Tuesday, August 23<sup>rd</sup>**

to tour the automotive themed gallery space. The Orphanage was born to two car owners who needed more room for their collection of odd and orphaned cars. The remodeled downtown Yuma business now exhibits cars from local owners as well as from Forney Transportation Museum of Denver, it also exhibits the works and collections of local and regional artist. On display in August is "Mascots: Radiator Caps and Hood Ornaments" We will depart the Heritage Center at 11:00, upon our arrival we will be served a fried chicken lunch and then we can enjoy this fun and eclectic space and place.

**Sign up deadline, Friday, August 12<sup>th</sup>**

**Cost \$37 per person (\$12 lunch/\$25 bus, donations welcome for admission)**

**Heritage Center Cancellation Policy will be enforced**

