

AUGUST

2022

Heritage Center
Monthly
Newsletter





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

WEDDING ANNIVERSARIES

Kenneth & Linda Bond	August 3, 1968
Joe & Kathleen Kloberdanz	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 31st 3:00 p.m.
for angel food, cake & ice cream**

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

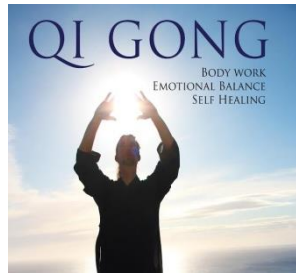


SilverSneakers® Yoga

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 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 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 2nd and 4th 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

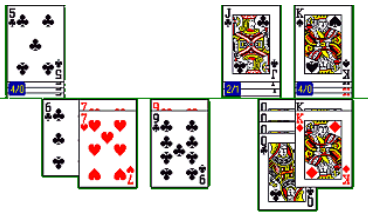
Mondays, Wednesdays, & Fridays

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

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.

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 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 5th

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 3rd 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 5th 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 6th Classic Country

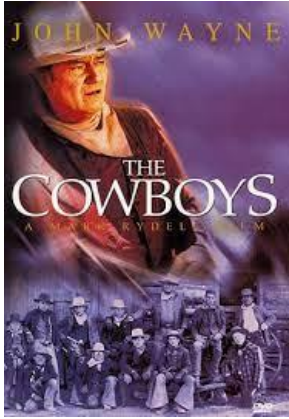
August 13th Jim Ehrlich

August 20th Dan Dobson

August 27th FM Country



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



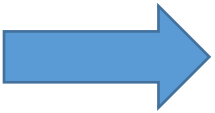
MOVIE MATINEE

THE COWBOYS

Starring John Wayne

Thursday, August 19th 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 23rd

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 12th

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

Heritage Center Cancellation Policy will be enforced

