

AUGUST

2023

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
Belinda Mikulski	August 20 th
Joyce Werner	August 26 th

WEDDING ANNIVERSARIES

Kenneth & Linda Bond	August 3, 1968
Joe & Kathleen Klobberdanz	August 6, 1961
Charles & Erma Miner	August 6, 1963
Leota Thayer (Mike)	August 8, 1949
Don & Loretta DeSoto	August 18, 1956

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

**Please join us
September 27th 3:00 p.m.
for angel food, cake & ice cream**



AUGUST 2023 HERITAGE MEET & EAT



For Reservations or Cancellations Call 522-1237 by 8:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$12.50 Menu may change due to availability of food items or conditions that cause the kitchen to close.	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	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: 678 Carb: 109.2g Fib: 9.5g Protein: 34.0g Fat: 14.4g Sod: 807mg	WHITE CHILI W/ CHICKEN SPINACH SALAD ROLL MELON CUP OATMEAL NUT COOKIES Calories: 618 Carb: 82.4g Fib: 10.9g Protein: 30.5g Fat: 20.3g Sod: 521mg
7	8	9	10	11
MEXICAN CHICKEN BAKE CALIFORNIA VEGETABLES ONION ROLL BANANA SPLIT FRUIT CUP BUTTERSCOTCH BROWNIE Calories: 878 Carb: 116.7g Fib: 10.5g Protein: 40.7g Fat: 30.1g Sod: 468mg	BARBECUE PORK CHOP SCALLOPED POTATOES CABBAGE BRAN MUFFIN PEAR ORANGE FRUIT CUP Calories: 719 Carb: 95.0g Fib: 10.1g Protein: 37.1g Fat: 23.4g Sod: 865mg	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 SALAD W/ DRESSING PEAS & CARROTS GARLIC BREAD FRUIT CUP Calories: 623 Carb: 84.9g Fib: 11.6g Protein: 34.5g Fat: 19.8g Sod: 582mg	MEATLOAF MASHED POTATOES W/ GRAVY GREEN BEANS WW ROLL ORANGE WEDGES NATURE COOKIE Calories: 699 Carb: 103.5 Fib: 11.3g Protein: 36.2 Fat: 18.3g Sod: 1023mg
14	15	16	17	18
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	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	CABBAGE BURGERS CRISPY CUCUMBERS & TOMATOES CORN FRUIT CUP OATMEAL NUT COOKIE Calories: 650 Carb: 98.1g Fib: 10.0g Protein: 30.4g Fat: 19.0g Sod: 462mg	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	SPANISH RICE W/ GROUND BEEF TOSSED SALAD W/ DRESSING ROLL STRAWBERRIES & BANANAS APPLESAUCE CAKE Calories: 626 Carb: 100.9 Fib: 11.8g Protein: 31.8 Fat: 13.7g Sod: 889mg
21	22	23	24	25
PORK CHOP SUEY BROWN RICE STIR FRY VEGETABLES WW ROLL PINEAPPLE TIDBITS BROWNIE Calories: 797 Carb: 110.5g Fib: 10.3g Protein: 35.1g Fat: 25.7g Sod: 478mg	HAMBURGER ON A BUN LETTUCE/TOMATO SLICES DILL PICKLE CHIPS CALIFORNIA VEGETABLES PEAR SLICES APPLE GRANOLA COOKIES Calories: 768 Carb: 83.1g Fib: 10.2g Protein: 42.9g Fat: 31.4g Sod: 462mg	CITRUS SALMON FILLET BAKED SWEET POTATO GREEN BEANS W/ TOMATOES ANNA'S DILLY BREAD BERRY BLEND NATURE COOKIE Calories: 730 Carb: 113.3g Fib: 15.1g Protein: 33.4g Fat: 19.1g Sod: 1076mg	SOUTHERN BEEF PIE BEETS CABBAGE TOSS APRICOT HALVES COOKIES W/ RAISINS GRAPE JUICE Calories: 654 Carb: 99.5g Fib: 9.6g Protein: 30.3g Fat: 18.3g Sod: 494g	TUNA CROISSANT 3 BEAN SALAD PEAR ORANGE FRUIT CUP CARROT CAKE Calories: 730 Carb: 110.9g Fib: 10.7g Protein: 33.3g Fat: 19.4g Sod: 1039mg
28	29	30	31	
SWEDISH MEATBALLS MASHED POTATOES MARINATED VEGETABLE SALAD GARLIC BREAD FRUIT MIX BIRTHDAY RECOGNITION Calories: 669 Carb: 90.9g Fib: 10.3g Protein: 34.0g Fat: 21.2g Sod: 828mg	TACO CASSEROLE REFRIED BEANS TOSSED SALAD W/ DRESSING FRUIT SALAD Calories: 631 Carb: 84.8g Fib: 10.3g Protein: 35.7g Fat: 17.6g Sod: 1026mg	LIVER & ONIONS PARSLIED POTATOES BRAISED CELERY & TOMATOES WW ROLL APPLESAUCE Calories: 645 Carb: 91.9g Fib: 10.6g Protein: 33.6g Fat: 17.9g Sod: 525mg	BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD FRUIT COCKTAIL APPLE GRANOLA COOKIE Calories: 757 Carb: 110.1g Fib: 12.5g Protein: 34.6g Fat: 23.3g Sod: 900mg	For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.

August 2023

Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Exercise Class Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	2 10:00 Exercise Class Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	3 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Bridge Group 1:30 Pool	4 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Mah Jong, Dominoes, Cornhole, Pool 1:30 Council on Aging Meeting	5 11:00-1:00 PUBLIC INVITED FREE ROOT BEER FLOATS Dance w/ Classic Country 6:30-9:30 p.m. \$7.00 entry
7 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle Club 1:30 Cards & Pool	8 10:00 Toe Nail Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool 1:30 Rummy/Five Crowns	9 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	10 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Hand & Foot Canasta	11 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Mah Jong, Dominoes, Cornhole, Pool	12 6:30-9:30 pm. Dance w/ FM Country All Ages Welcome
14 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	15 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	16 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	17 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Bridge Group 1:30 Movie Matinee "Downtown Abbey-The Movie"	18 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Dominoes, Cornhole, Mah Jong	19 6:30-9:30 p.m. Dance to Dan Dobson \$7.00 Everyone invited
21 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	22 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool 1:30 Sewing & Hobbies	23 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	24 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Hand & Foot Canasta	25 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	26 6:30-9:30 Dance to FM Country \$7.00 Public invited
28 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	30 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	31 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool		

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.

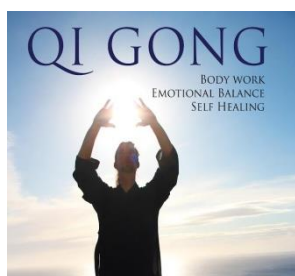
Some supplemental insurance will cover the expense of the class.

\$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.



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/FIVE CROWNS



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

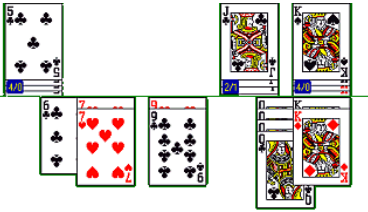
Mondays, Wednesdays, & Fridays

1: 30 start time



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, CHECKERS, 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 month

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

Call 970 522-1237 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 Northeast Plains Home Health



TOENAIL CARE

Our next clinic for toe nail trimming is

TUESDAY, AUGUST 8TH

10:00-11:00

Please call for your appointment

(970) 522-1237

Minimum donation of \$5.00

Thank you Northeast Plains Home Health

AUGUST MOVIE MATINEE

“Downton Abbey–The Movie”

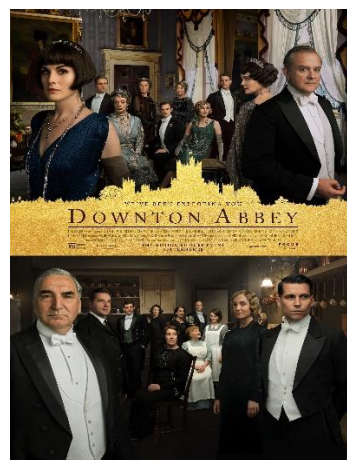
Join us

Thursday, August 17th

1:30 p.m.

Comfortable seating, fresh popcorn and an intermission

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the king and queen of England soon unleashes scandal, romance and intrigue -- leaving the future of Downton hanging in the balance.



DREAM BIG BOARD

A small task force is looking at the idea of a new senior center/recreation center/community center. We need to hear from you on what that should look like, what are the priorities, how should we use this space? Please stop by and write down your thoughts on our board or call us at (970) 522-1237.



AUGUST DANCE SCHEDULE

6:30-9:30 p.m.

\$7.00 entry

August 5th

Classic Country

August 12th

FM Country

August 19th

Dan Dobson

August 26th

FM Country

NATIONAL SENIOR CENTER MONTH SEPTEMBER

“Discover Your”

We will be hosting guest speakers and special events during the month to celebrate the Logan County Heritage Center. Please watch for more details so you can “discover your” place for

Friendships

Health

Purpose

Creativity

National Root Beer Float Day

(OBSERVED)



EVERYONE WELCOME!!!

Come in to the Heritage Center
821 N. Division Avenue

Saturday, August 5th
(after the parade) 11:00-1:00
for a **FREE** Root Beer Float

National Senior Center Month

Discover your...

Friendships



Health



Purpose



Creativity

