

AUGUST

2023

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> |
| 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  |
| 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 27<sup>th</sup> 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.**

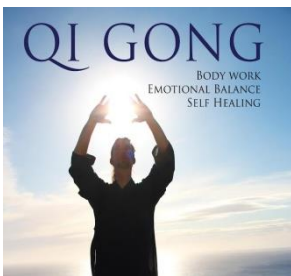
Some supplemental insurance will cover the expense of the class.  
\$2.00 a class for those with no applicable insurance coverage.

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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.

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**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/FIVE CROWNS



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

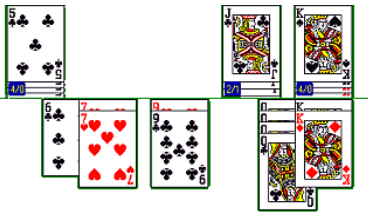
Mondays, Wednesdays, & Fridays

1: 30 start time



## 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, 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

2<sup>nd</sup> 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 8<sup>TH</sup>**

**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

### “Downtown Abbey-The Movie”

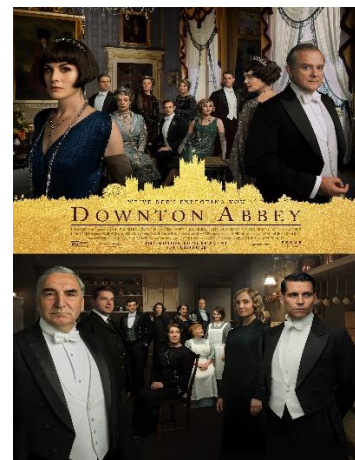
Join us

Thursday, August 17<sup>th</sup>

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 5<sup>th</sup>**

**Classic Country**

**August 12<sup>th</sup>**

**FM Country**

**August 19<sup>th</sup>**

**Dan Dobson**

**August 26<sup>th</sup>**

**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 5<sup>th</sup>  
(after the parade) 11:00-1:00  
for a **FREE** Root Beer Float