

DECEMBER

A decorative graphic featuring the word "DECEMBER" in a red, serif font. Below the text is a horizontal arrangement of green holly leaves and three dark red berries. The entire graphic is framed by green, swirling vine-like lines on both sides.

2019

Senior Citizen's
Club Newsletter





Margory Brandt	December 5 th
Amelia Schepler	December 6 th
Leslie Dyson	December 7 th
Marilyn Garretson	December 7 th
Jeff Eggers	December 8 th
Gordon Sonnenberg	December 8 th
Ed Lockard	December 9 th
Marilyn Slonecker	December 9 th
Betty Carney	December 12 th
Irene Nelson	December 21 st
Donna Schuler	December 23 rd
Kathleen Kloberdanz	December 25 th
Morean Felzien	December 26 th
Peggy Duvall	December 27
Clara Merie	December 27 th
Rita House	December 28 th
Myron Graybill	December 29 th

Wedding Anniversaries

Bob & Jane Mullanix	December 23, 1985
Dan & Marsha Clark	December 27, 1980

Please Join Us in Celebrating
Member Birthdays and Anniversaries
Friday, December 27th at 3:00 p.m.

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



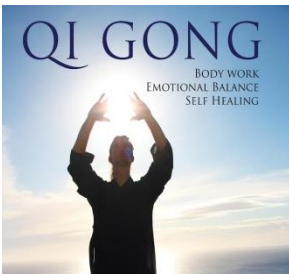
SilverSneakers® Yoga

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.-11:15 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.



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, and Fridays
1:00-4:30



SEWING, AND ETC.

Bring what you want to work on and be prepared to talk/visit.
Beginning quilting, embroidery, Christmas decorations, Table runners and anything else your crafting heart desires.

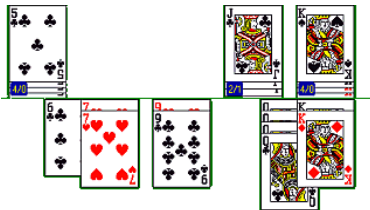


LEGAL AID DAY

3rd MONDAY OF EACH MONTH
1:30-4:30 p.m.

Appointments strongly suggested, please call 522-1237

Judge Jim Leh will be available at the Heritage Center to meet with anyone who might need legal advice or assistance who cannot otherwise afford an attorney.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month

1:00 – 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.

FOOT CARE CLINIC

2nd Tuesday of each month

10:00 a.m. no appointments, Sign-up sheet doesn't go out until 9:30

Suggested donation of \$5.00-\$10.00

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

Provided by Northeast Plains Home Health and Sterling MedCare Home Health

BLOOD PRESSURE CLINIC

4th Friday of each month

R. N. or L.P.N. will be available to check your blood pressure

Provided by Hospice of the Plains-Cheryl Dillon

No Cost



LENZ FAMILY POTATO FARMS

We will be partnering with Lenz Family Farms offering you an opportunity to purchase locally grown potatoes while supplies last.

Pick-up will be on Monday's. Exact change and/or check accepted only. Prices are as follows. Please have your order and money to me by the Monday morning prior to delivery.

50 lb. carton	\$17.00
50 lb. #2s	\$10.00
5 lb. bags (utilities)	\$2.00



MOVIE MATINEE

"LAST HOLIDAY"

Thursday, December 19th
2:00 P.M.

The discovery that she has a terminal illness prompts introverted saleswoman Georgia Byrd (Queen Latifah) to reflect on what she realizes has been an overly cautious life. So Georgia withdraws her life savings and jets off to Europe where she lives like a millionaire. Upbeat and passionate, Georgia charms everybody she meets, including renowned Chef Didier (Gérard Depardieu). The only one missing from her new life is her longtime crush Sean Matthews (LL Cool J).



**SENIOR CITIZEN'S CLUB
WINTER FEAST**

Wednesday, January 15th @ 12:00

\$7.00

**Ham, Scalloped Potatoes, Green Beans, Cranberry Salad,
Rolls and Pie**

Reservations due by January 9th

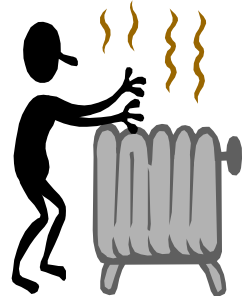
Tickets go on sale December 30th

L.E.A.P. Assistance Still Being Offered

The Low-income Energy Assistance Program starts November 1st and applications are accepted through April 30th. LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. It is not intended to pay the entire cost of home heating, but rather to help alleviate some of the burden associated with the colder months. You can qualify if your monthly income for 1 person is \$1,670 or less or \$2,264 for a 2 person household.

Applications available at the Heritage Center or Department of Human Services. Applications will not be accepted at the local Dept. of Human Services office. For more information please call Cynthia at 522-1237 or

1-866-432-8435



Blood Pressure Clinic offered by Cheryl Dillon, LPN will be held on **Friday, December 20th at 11:00 a.m.** this month. (a week earlier than usual)



DUES ARE DUE

Senior Citizen's Club Members we are collecting the 2019 membership fee of \$5.00. Please be prepared to pay at the next banquet dinner or before the end of January.

Make sure we have your updated phone number and address. And feel free to leave your email address with us so we can email you our monthly newsletter.

SilverSneakers® Quarterly Birthday Party

We will have a soup and sandwich gathering to celebrate those with birthdays in October, November, and December.

Please join us on Wednesday, Dec. 11th at 11:30 a.m.





We will have two Lifelong Learning programs in December, both being held at the CSU Regional Engagement Center or you can join us from your home computer at <https://zoom.us/j/5842143355>

Monday, December 2nd, 10:00-11:00 a.m. available by teleconference

HOUSE PLANTS Get your green on....indoors. When winter sets in, it's a great time to move gardening indoors. Learn the benefits of houseplants as well as general care. This is Part 1 of 2 by Dr. Alison O'Connor, Horticulture Agent for CSU extension Larimer County

Thursday, December 5th 1:00 p.m. Clarence Burton

Introduction to Older Adults Technology Service (OATS). Information will be provided on the opportunities available to our community through the OATS program and a lecture/demonstration will be given on ride sharing apps available on your smart phone. How to download, how to use and how they work.



EFFECTIVE DECEMBER 1, 2019

The **suggested donation** for Meet & Eat congregate meals (at the Heritage Center) and Home Delivered

Meals will go up to \$4.00



December 7

Dan Dobson

December 14

Classic Country

December 21

Jim Ehrlich

December 28

FM Country