



2021

Senior Citizen's Club Newsletter





Gary Reeder	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
Marilyn Slonecker	December 9 th
Betty Carney	December 12 th
Joan Whitney	December 14 th
Donna Schuler	December 23 rd
Kathleen Kloberdanz	December 25 th
Peggy Duvall	December 27
Clara Merie	December 27 th
Rita House	December 28 th
Myron Graybill	December 29 th

Wedding Anniversaries

Nancy Emmons (Joe)	December 14, 1968
Bob & Jane Mullanix	December 23, 1985
Dan & Marsha Clark	December 27, 1980

Please Join Us in Celebrating
Member Birthdays and Anniversaries
Wednesday, December 29th at 3:00 p.m.



December 2021

Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business meeting 1:30 Cards, Corn hole, Dominoes, Mah Jong & Pool	2 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Billiards 2:00 Novice Tai Chi	3 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	4 6:30 Dance w/ Classic Country All ages welcome \$7.00 No Membership required
6 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Pinochle	7 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	8 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Corn Hole, Dominoes, Mah Jong, Pool	9 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Billiards 1:30 Hand & Foot Canasta 2:00 Novice Tai Chi	10 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	11 6:30 Dance w/ Jim Ehrlich Public Welcome \$7.00 No membership required
13 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	14 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards 1:30 Rummy	15 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Corn hole, Dominoes, Mah Jong, Pool	16 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee " A Christmas Melody" 1:30 Billiards	17 10:00 Qi gong Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	18 Dance w/ FM Country Everyone Welcome No Membership required \$7.00
20 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Pinochle	21 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards 1:30 Christmas Cards w/ Jane DeSanti	22 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Corn hole, Dominoes, Mah Jong, Pool	23 10:00 SilverSneakers® Classic Noon Meet & eat 1:00 Heritage Center Closes	24 CLOSED No activities No meals served or delivered	25 No DANCE today! MERRY CHRISTMAS
27 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	28 NO SilverSneakers® Classic 10:00 Stronger Seniors DVD exercise Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	29 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Corn hole, Dominoes, Mah Jong, Pool 3:00 Sr. Citizen's Club Birthday & Anniversary Party	30 NO SilverSneakers® Classic 10:00 Qi Gong Noon Meet & Eat 1:30 Billiards	31 CLOSED No Activities No Meals served or delivered	



DECEMBER 2021 HERITAGE MEAL SITE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> <p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>	<p>CITRUS PEPPER SALMON FILET BAKED SWEET POTATO WINTER MIX VEGETABLES BRAN MUFFIN PEACH SLICES APPLE GRANOLA COOKIES</p> <p>Calories: 739 Carb: 108.4g Fiber: 14.6g Protein: 32.8g Fat: 23.2g Sod: 959mg</p>	<p>CHILI W/ BEANS CRACKERS CARROT RAISIN SALAD CINNAMON ROLL WINTER FRUIT CUP</p> <p>Calories: 722 Carb: 122.3g Fiber: 16.4g Protein: 30.6g Fat: 15.8g Sod: 994mg</p>	<p>SWEET & SOUR CHICKEN RICE STIR FRY VEGETABLES RAISIN ROLL APRICOT HALVES</p> <p>Calories: 611 Carb: 94.4g Fiber: 9.9g Protein: 33.5g Fat: 12.0g Sod: 461mg</p>
6	7	8	9	10
<p>BBQ BEEF SANDWICH ROTINI PASTA SALAD BRN BUTTER & DILL BRUSSEL SPROUTS BANANA SPLIT FRUIT CUP</p> <p>Calories: 694 Carb: 98.7g Fiber: 13.2g Protein: 36.5g Fat: 20.7g Sod: 570mg</p>	<p>BAKED FISH BAKED POTATO CAROLINA SALAD ROLLS PEACH CRISP</p> <p>Calories: 658 Carb: 106.8g Fiber: 10.4g Protein: 28.0g Fat: 16.7g Sod: 992mg</p>	<p>LASAGNA ROTINI CASSEROLE BEAN MEDLEY TOSSED GREEN SALAD w/ DRESSING FRENCH BREAD PEACH POLKA DOT SALAD</p> <p>Calories: 646 Carb: 87.7g Fiber: 11.3g Protein: 37.6g Fat: 19.0g Sod: 619mg</p>	<p>PORK CHOP SUEY RICE CARROT COINS GRAPE JUICE WW ROLL WINTER FRUIT CUP OATMEAL COCOLATE CHIP COOKIES</p> <p>Calories: 798 Carb: 117.3g Fiber: 10.2g Protein: 33.5g Fat: 23.3g Sod: 590mg</p>	<p>PORCUPINE MEATBALLS SCALLOPED POTATOES PEAS & CARROTS ANNA'S DILLY BREAD PEAR SLICES</p> <p>Calories: 630 Carb: 96.2g Fiber: 11.7g Protein: 35.9g Fat: 14.3g Sod: 594mg</p>
13	14	15	16	17
<p>VEGETABLE BEEF SOUP LAYERED SALAD CORN BREAD PEACH SLICES</p> <p>Calories: 624 Carb: 89.3g Fiber: 9.8g Protein: 32.2g Fat: 17.3g Sod: 728mg</p>	<p>CHICKEN CROISSANT TUSCANY SOUP MARINATED VEGETABLE SALAD MANDARIN ORANGES w/ BANANAS APPLE JUICE</p> <p>Calories: 774 Carb: 105.7g Fiber: 9.7g Protein: 37.9g Fat: 24.7g Sod: 1000mg</p>	<p>CHEESE POTATO OMELET ALMOND BROCCOLI BRAN MUFFIN STRAWBERRY JELLO SALAD</p> <p>Calories: 605 Carb: 69.3g Fiber: 9.5g Protein: 30.4g Fat: 25.5g Sod: 781mg</p>	<p>SOUTHERN BEEF PIE BEETS TOSSED SALAD w/ DRESSING PEAR SLICES OATMEAL NUT COOKIES</p> <p>Calories: 652 Carb: 89.5g Fiber: 9.5g Protein: 29.3g Fat: 22.6g Sod: 600mg</p>	<p>TUNA PENNE CASSEROLE COUNTY MIX VEGETABLES BRAN MUFFIN FRUIT CUP</p> <p>Calories: 616 Carb: 102.0g Fiber: 10.6g Protein: 30.9g Fat: 12.7g Sod: 501mg</p>
20	21	22	23	24
<p>POT ROAST POT ROAST VEGETABLES CONFETTI COLESLAW ANNA'S DILLY BREAD WINTER FRUIT CUP</p> <p>Calories: 619 Carb: 100.7g Fiber: 10.8g Protein: 32.6g Fat: 12.3g Sod: 579mg</p>	<p>BAKED HAM w/ RAISIN SAUCE SWEET POTATO STIR FRY VEGETABLE WW ROLL CRANBERRY MOLD PUMPKIN COOKIES</p> <p>Calories: 676 Carb: 114.1g Fiber: 11.1g Protein: 25.5g Fat: 15.1g Sod: 997mg</p>	<p>CHICKEN & SPINACH LASAGNA TOSSED GREEN SALAD w/ DRESSING GARLIC BREAD GREEN BEANS FRUIT COCKTAIL</p> <p>Calories: 731 Carb: 84.6g Fiber: 10.1g Protein: 48.9g Fat: 24.3g Sod: 819mg</p>	<p>MEATLOAF MASHED POTATOES CAROLINA SALAD ROLLS FRUIT CUP</p> <p>Calories: 608 Carb: 93.8g Fiber: 9.6g Protein: 33.0g Fat: 14.1g Sod: 842mg</p>	
27	28	29	30	31
<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI w PORK SPANISH RICE TOSSED SALAD w/ DRESSING STRAWBERRIES & BANANAS OATMEAL RAISIN COOKIES</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 746 Carb: 98.7g Fiber: 9.5g Protein: 27.4g Fat: 28.7g Sod: 822mg</p>	<p>BRAISED BEEF MASHED POTATOES BEAN MEDLEY SALAD HARVARD BEEETS ROLLS CINNAMON APPLE SLICES</p> <p>Calories: 615 Carb: 96.3g Fiber: 11.7g Protein: 27.9g Fat: 15.4g Sod: 794mg</p>	<p>BAKED FISH MASHED POTATOES BRN BUTTER & DILL BRUSSEL SPROUTS BRAN MUFFIN OREGON BERRY COMPOTE</p> <p>Calories: 612 Carb: 89.6g Fiber: 14.1g Protein: 30.1g Fat: 17.4g Sod: 1009mg</p>	<p>BRUNSWICK STEW GREEN BEANS w/ TOMATOES ONION ROLL WINTER FRUIT CUP COOKIE w/ RAISINS</p> <p>Calories: 663 Carb: 79.3g Fiber: 10.3g Protein: 37.5g Fat: 24.1g Sod: 562mg</p>	

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



SilverSneakers® Yoga

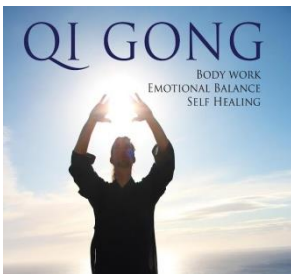
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

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, acupuncture 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.

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.



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

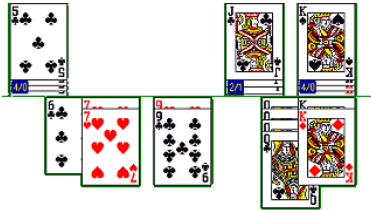
1: 30 start time, Snack break at 3:00



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



LENZ FAMILY POTATO FARMS

Lenz Family Farms continues to offer locally grown potatoes while supplies last.

Orders must be turned in and paid for by Friday morning. Pick-up will be on Monday's. Exact change and/or check accepted only.
Prices are as follows.

50 lb. carton	\$22.00
50 lb. #2s	\$12.00
5 lb. bags	\$2.50

MOVIE MATINEE

Hallmark Movie

"A Christmas Melody"

Thursday, December 16th

1:30 P.M.

Share the joy of the holidays in this inspiring Christmas story about a single mother moving back to her hometown to start life anew with her young daughter. When the young girl has a hard time adjusting she seeks out the help of her music teacher to write a song that she will sing at the annual Christmas Variety Show. Along the way, a relationship sparks between mother and teacher. This heartwarming tale stars Mariah Carey, Lacey Chabert, Fina Strazza and Brennan Elliot.



DUES ARE DUE

Senior Citizen's Club Members we are collecting the 2021 & 2022 membership fee of \$5.00.

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.



Homemade Cards

We want to give our home delivery clients a special holiday gift. Please help us make homemade cards with the help from the very talented Jane DeSanti.

Join us for creative fun on

Tuesday, December 21st 1:30

No experience necessary and anyone with experience is welcome!!

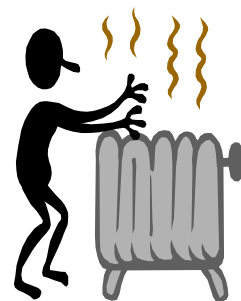
SilverSneakers® Quarterly birthday party will be held in January. Please look for the details to celebrate our October, November and December born friends.

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 \$2759 or less or \$3608 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



Dance to live music every Saturday Night

6:30 p.m.-10:30 p.m.

All ages welcome, no membership required

\$7.00 to enter



December 4

Classic Country

December 11

Jim Ehrlich

December 18

FM Country

December 25

No Dance

Thursday, December 23rd

CLOSE at 1:00 p.m.

No Afternoon activities

Friday, December 24th CLOSED

No meals served or delivered

No Activities

Friday, December 31st CLOSED

No Meals served or delivered

No Activities



Senior Citizen's Club is looking for members who are willing to donate a sheet cake or ice cream for our monthly birthday parties. Please talk with Cynthia or the club President, Kristyne Hernandez.



"From Home to Home and Heart to Heart, from one place to another. The WARMTH and JOY of Christmas brings us closer to each other." –Emily Mathews

Please join your SilverSneakers® Friends for a Christmas Come-and-Go Gathering

Monday, December 13th

1:00–3:00 p.m.

At the Old Library Mercantile & Carnegie Coffee

The Heritage Center will pay for one small drink from the coffee shop.

Light refreshments will be available

Please let Cynthia know if you will be attending so we can be best prepared

522-123 or heritagecenter@kci.net

