



2021

Senior Citizen's
Club Newsletter





December BIRTHDAYS

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.

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



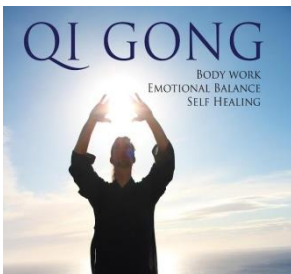
SilverSneakers® Yoga

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.

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

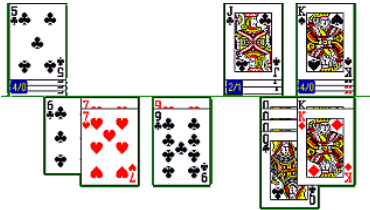
1: 30 start time, Snack break at 3:00



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



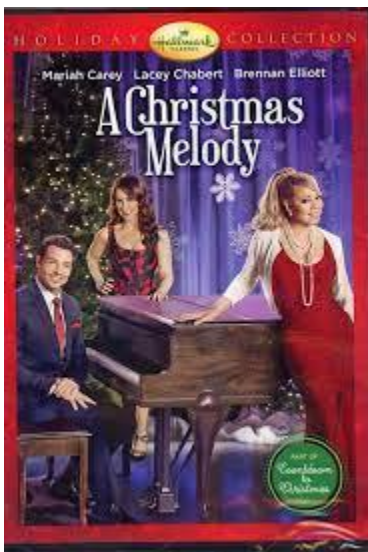
LENZ FAMILY POTATO FARMS

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!!

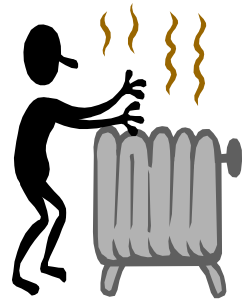
SilverSneakers® Quarterly birthday party will be held in January. Please look for the details to celebrate our October, November and December born friends.

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

