



2023

Senior Citizen's Club Newsletter





Gary Reeder	December 5 th
Amelia Schepler	December 6 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
Keith Dallegge	December 15 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
Joe & Kathy Kaufman	December 17, 1982
Bob & Jane Mullanix	December 23, 1985
Dan & Marsha Clark	December 27, 1980







Please Join Us in Celebrating

Member Birthdays and Anniversaries for the last
Quarter (October, November, December)

All are welcome, guest of honor will be those with
birthdays or anniversaries in October, November,
and December

Wednesday, December 27th at 3:00 p.m.

DECEMBER 2023
HERITAGE MEAL SITE
For Reservations or Cancelations call 970-522-1237 by 8:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 970-522-1237 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 - \$6.25</p> <p>Under Age 60 Mandatory Charge - \$12.50</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>
4	5	6	7	8
<p>BBQ BEEF SANDWICH ROTINI PASTA SALAD BROWN 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 BRAN MUFFIN 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: 756 Carb: 85.1g Fiber: 11.1g Protein: 37.5g Fat: 32.2g Sod: 594mg</p>	<p>PORK CHOP SUEY RICE ORIENTAL VEGETABLES WW ROLL WINTER FRUIT CUP BROWNIE</p> <p>Calories: 758 Carb: 98.4g Fiber: 9.8g Protein: 35.8g Fat: 25.7g Sod: 477mg</p>	<p>PORCUPINE MEATBALLS BOILED POTATOES PEAS & CARROTS ANNA'S DILLY BREAD PEAR SLICES</p> <p>Calories: 609 Carb: 95.9g Fiber: 11.7g Protein: 33.8g Fat: 12.9g Sod: 451mg</p> 
11	12	13	14	15
<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>PARMESAN CHICKEN HERBED LENTILS & RICE SPINACH MANDARIN ORANGE SALAD ONION ROLL OREGON BERRY COMPOTE</p> <p>Calories: 791 Carb: 89.1g Fiber: 10.2g Protein: 54.5g Fat: 24.3g Sod: 1043mg</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 BEEFS TOSSED SALAD w/ DRESSING PEAR SLICES OATMEAL NUT COOKIES</p> <p>Calories: 657 Carb: 90.7g Fiber: 9.7g Protein: 29.35g Fat: 22.6g Sod: 600mg</p>	<p>TUNA PENNE CASSEROLE COUNTY MIX VEGETABLES RAISIN ROLL FRUIT CUP</p> <p>Calories: 616 Carb: 102.0g Fiber: 10.6g Protein: 30.9g Fat: 12.7g Sod: 501mg</p>
18	19	20	21	22
<p>SWISS STEAK BAKED POTATO WINTER MIX VEGETABLES ONION ROLL TROPICAL FRUIT CUP</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 674 Carb: 77.2g Fiber: 10.1g Protein: 41.4g Fat: 23.4g Sod: 416mg</p> 	<p>BAKED HAM w/ RAISIN SAUCE BAKED SWEET POTATO STIR FRY VEGETABLE WW ROLL CRANBERRY MOLD PUMPKIN COOKIES</p> <p>Calories: 694 Carb: 114.1g Fiber: 11.1g Protein: 25.5g Fat: 17.0g Sod: 1027mg</p>	<p>CHICKEN RICE SOUP CRACKERS GREEN BEANS W/ TOMATOES ONION ROLL WINTER FRUIT CUP OATMEAL NUT COOKIE GRAPE JUICE</p> <p>Calories: 794 Carb: 113.7g Fiber: 9.7g Protein: 36.4g Fat: 23.6g Sod: 799mg</p>	<p>MEATLOAF MASHED POTATOES & GRAVY CAROLINA SALAD ROLLS FRUIT CUP</p> <p>Calories: 633 Carb: 97.3g Fiber: 9.6g Protein: 33.8g Fat: 14.8g Sod: 978mg</p>	<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>
25	26	27	28	29
	<p>KITCHEN CLOSED</p> <p>No Meals Will Be Served or Delivered</p> <p>on Monday, December 25th or Tuesday, December 26th</p>	<p>BRAISED BEEF MASHED POTATOES HARVARD BEETS ROLLS PINEAPPLE MANDARIN ORANGE COMPOTE APPLE GRANOLA COOKIE</p> <p>Calories: 708 Carb: 100.3g Fiber: 9.5g Protein: 30.0g Fat: 23.1g Sod: 822mg</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>	<p>CHICKEN ALFREDO TOSSED GREEN SALAD W/ DRESSING MIXED VEGETABLES GARLIC CHEESE BISCUIT CINNAMON APPLE SLICES ORANGE JUICE</p> <p>Calories: 793 Carb: 121.6g Fiber: 12.8g Protein: 38.8g Fat: 20.3g Sod: 1005mg</p> 

December 2023

Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 Qi Gong 10:00 Hanging of the Greens 10:00 Tai Chi Noon Meet & Eat 1:30 Council on Aging 1:30 Cards, Cornhole, Dominoes & Pool	2 6:30-9:30 Dance to Classic Country \$8.00 All Ages Welcome
4 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	5 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	6 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Checkers, Chess, & Pool	7 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Cornhole 1:30 Pitch 6:30-7:30 Cardio Dance w/ Mari	8 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, & Pool	9 6:30-9:30 Dance to FM Country No Membership required
11 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	12 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Pillow Project 1:30 Sewing & Hobbies 1:30 Rummy	13 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	14 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	15 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool 2:00 Volunteer Appreciation Party	16 6:30-9:30 Dance w/ Dan Dobson \$8.00 All Invited to attend
18 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	19 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool 2:00 Exercise Class Christmas Tea	20 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	21 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Christmas Unwrapped" 1:30 Pitch	22 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:00 Heritage Center Closes	23 No Dance
25 MERRY CHRISTMAS Closed no meals or activities today	26 10:00 Video Exercise NO MEALS TODAY 1:30 Sewing & Hobbies 1:30 Rummy/Five Crowns	27 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	28 10:00 Video Exercise Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	29 9:00 Qi gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards Cornhole, Dominoes & Pool	30 6:30-9:30 Dance w/ FM Country \$8.00 Public Welcome

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



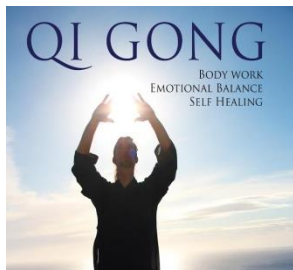
SilverSneakers® Yoga

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 9:00 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.



TAI CHI WITH Troy Hodges

Tai Chi is a gentle exercise that involves a series of slow gentle movements, known to improve balance and benefits your mental and physical health.

Friday mornings at 10:00 a.m. This class is free.



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

A fan of playing cards is shown, fanned out from left to right. The cards visible are: 2 of Hearts, 3 of Hearts, 4 of Hearts, 5 of Hearts, 6 of Hearts, 7 of Hearts, 8 of Hearts, 9 of Hearts, 10 of Hearts, Jack of Hearts, Queen of Hearts, King of Hearts, Ace of Hearts, 2 of Diamonds, 3 of Diamonds, 4 of Diamonds, 5 of Diamonds, 6 of Diamonds, 7 of Diamonds, 8 of Diamonds, 9 of Diamonds, 10 of Diamonds, Jack of Diamonds, Queen of Diamonds, King of Diamonds, Ace of Diamonds, 2 of Clubs, 3 of Clubs, 4 of Clubs, 5 of Clubs, 6 of Clubs, 7 of Clubs, 8 of Clubs, 9 of Clubs, 10 of Clubs, Jack of Clubs, Queen of Clubs, King of Clubs, Ace of Clubs, 2 of Spades, 3 of Spades, 4 of Spades, 5 of Spades, 6 of Spades, 7 of Spades, 8 of Spades, 9 of Spades, 10 of Spades, Jack of Spades, Queen of Spades, King of Spades, Ace of Spades. The cards are fanned out in a semi-circle, with the 2 of Hearts on the left and the Ace of Spades on the right.

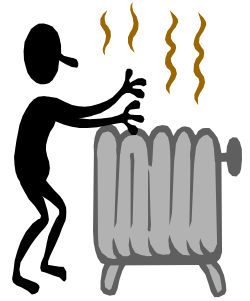
**FUNDING AVAILABLE THROUGH THE LOGAN COUNTY COUNCIL ON AGING TO
HELP WITH THE EXPENSE OF NEW EYEGASSES AND HEARING AIDS. PLEASE
CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237**

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 \$3,081 or less or \$4,030 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.-9:30 p.m.

All ages welcome, no membership required

\$8.00 to enter



December 2

Classic Country

December 9

FM Country

December 16

Dan Dobson

December 23

No Dance

December 30

FM Country

Friday, December 22nd

CLOSE at 1:00 p.m.

No Afternoon activities

Monday, December 25th

CLOSED

No meals served or delivered

No Activities

Tuesday, December 26th

No Meals served or delivered

Activities will be offered

Monday, January 1st

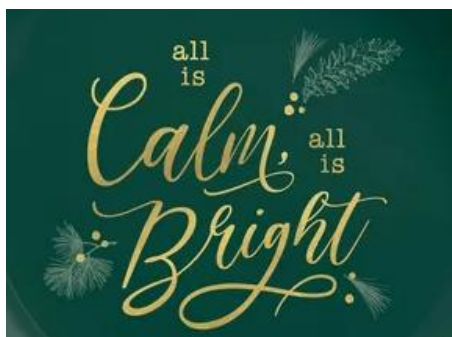
CLOSED

No meals served or delivered



VOLUNTEERS THAT HELP WITH OUR PROGRAMS PLEASE ATTEND OUR APPRECIATION CELEBRATION





Exercise Classes Christmas Party

Tuesday, December 19th

2:00 p.m.

Please join us for a Christmas Tea Buffett

A celebration of the joyous season &
to recognize our friends with birthdays in
October, November and December

Please bring your baby picture in a sealed envelope with
your name on it by Monday the 18th.

Please make your reservation by Friday, December 15th.

Senior Citizen's Club 2024 Officers & Board

Thank you to those who are willing to serve as officers and board members for our Senior Citizen's club we appreciate your time, your dedication and your willingness to keep things moving forward here at the Logan County Heritage Center.

President

Paulette Carpenter

Vice President

Kristyne Hernandez

Secretary/Treasurer

Shirley Bickel

Historian

Storm Sutherland

Board Members

Ron McCoy, Paulette McCoy, Carol Pershing, Alan Duvall, Peggy Duvall, Marlene Moyer, Jill Haney and Joe Sutherland



Senior Citizen's Club Members please stop by and pay your 2024 Membership Dues \$5.00. Please let us know if we need to correct your birthday or anniversary or if you have had a change to your address and/or phone number. Thank you!



MOVIE MATINEE

JOIN US FOR THE LIFETIME CHANNEL MOVIE

“CHRISTMAS UNWRAPPED”

THURSDAY, DECEMBER 21ST

1:30 P.M.

COMFORTABLE SEATING, FRESH POPCORN, INTERMISSION

A pragmatic reporter writing a story on a local charity investigates a man who insists all of the gifts they give to others is magically given by Santa.

PITCH STARTING DEC. 7TH

We will be offering Pitch on the 1st & 3rd Thursdays at 1:30 p.m. beginning this month. If you are interested in playing let Cynthia know.



