



2023

SENIOR

CITIZENS

CLUB

NEWSLETTER





Kathleen Brownell	January 1 st
Norman Speaker	January 16 th
Bruce Egger	January 18 th
Marge Howard	January 20 th
Edna Nickal	January 25 th
Helen McKnight	January 26 th

WEDDING ANNIVERSARIES

Vicki Chamberlain (Terry)	January 8, 1972
Bill & Dorothy Dobson	January 12, 1956

**PLEASE JOIN US IN CELEBRATING CLUB
MEMBERS
BIRTHDAYS & ANNIVERSARIES QUARTERLY
OUR NEXT PARTY WILL BE
WEDNESDAY, MARCH 30TH
3:00 P.M.**

LOGAN COUNTY HERITAGE CENTER

ADULT FITNESS CLASSES

SilverSneakers® Yoga



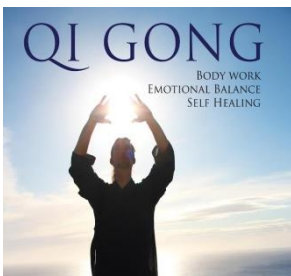
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

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.



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



RUMMY or KINGS COURT

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.



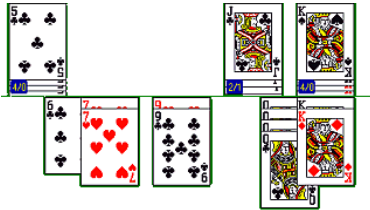
Join the SENIOR CITIZEN'S CLUB

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 month

10:00-11:00 a.m. BY APPOINTMENT ONLY We will start taking appointments after the first of each month until the schedule is full.

Call 970 522-1237 to schedule your 15 minute appointment

Suggested donation \$5.00-\$20

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

Provided by Northeast Plains Home Health



DANCING WITH LIVE MUSIC

6:30-9:30 p.m.

\$7.00 Everyone Welcome

Dances are being held at Faith United Methodist Church 230 Williams Place until we are back in our building

January 7th Classic Country

January 14th FM Country

January 21st Dan Dobson

January 28th FM Country



Just a reminder the Heritage Center will be closing at 1:00 on Monday, January 17th in observance of Martin Luther King Jr. Day. SilverSneakers® Yoga will hold a session. Meals will be delivered and served at the center.

THANK YOU VOLUNTEERS

We are so grateful to our many home delivery volunteers that help us in all kinds of weather and lately with all kinds of changes to get meals out to our many home delivery clients. We deeply appreciate all of you and the time, energy and dedication you have to our programs. Our gratitude to our volunteers who come in and help pack the meals, set the tables, clean up, and do the required paperwork. Words are never enough!!

BUILDING UPDATE

The Heritage Center has completed the demolition of our old air conditioning and heating systems. The new installation of air conditioning ducts, vents, new wiring to support the new system and the units that are available have all been installed. Due to supply chain shortages and shipping issues and shortages we have been waiting on a several components to finish this big undertaking. At the time this newsletter was being prepared the units have shipped and have been put into place at the Heritage Center. I hope to get word in the days ahead that they are completed and we can start to make preparations to clean and move back into our building.

We are so sorry for how long this has taken. We truly appreciate how flexible, understanding and cooperative everyone has been through this difficult time. Most of all we are incredibly grateful to St. Anthony's School, their Priests, their staff and their Parish for being so kind, accommodating and helpful. We thank Faith United Methodist Church for opening their doors for our dance group in the interim.

I also want to extend my deepest gratitude to the Heritage Center assistants Kathy Hradecky, and Joni Thompson for all they do to keep us running efficiently and smoothly. There is so much I could say about both of these ladies and how wonderful it is to work with them. THANK YOU for being the incredible people you are.

To our kitchen staff who have had to adapt, change, move, work back and forth between two buildings, thank you for showing up every day and doing the hard work. Thank you for making it work.






FOOT CARE CLINIC RETURNS STARTING FEBRUARY 14TH.

We are pleased to announce in partnership with the nursing staff from Northeast Plains Home Health the foot care clinic will return EVERY MONTH beginning in February. This will be by appointment only and we will not start scheduling those until after the 1st of each month. If you have additional questions please call us at (970) 522-1237.

January 2023

	Mon	Tue	Wed	Thu	Fri	Sat
2	Closed! No meals served or delivered No Activities New Year's Day observed	3 10:00 SilverSneakers® Classic: Noon Meet & Eat 1:30 Sewing & Hobbies	4 10:00 SilverSneakers® Yoga: Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards	5 10:00 SilverSneakers® Classic: Noon Meet & Eat 1:30 Card Group	6 Noon Meet & Eat 1:30 Council on Aging	7 Dances are being held at Faith United Methodist Church 203 Williams Place: 6:30 p.m.-9:30 p.m.. Dance w/ Classic Country
9	10:00 SilverSneakers® Yoga: Noon Meet & Eat 1:30 Cards	10 10:00 SilverSneakers® Classic: Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 JWill Pink Village Sewing Group	11 10:00 SilverSneakers® Yoga: Noon Meet & Eat 1:30 Cards	12 10:00 SilverSneakers® Classic: Noon Meet & Eat 1:30 Hand & Foot Canasta	13 Noon Meet & Eat	14 Dance at Faith United 230 Williams Place: 6:30-9:30 p.m. FM Country/ \$7.00 All ages welcome:
16	10:00 SilverSneakers® Yoga: Noon Meet & Eat 1:00 Heritage Center closes in observance of MLK Jr. holiday	17 10:00 SilverSneakers® Classic: Noon Meet & Eat 1:30 Sewing & Hobbies	18 10:00 SilverSneakers® Yoga: Noon Meet & Eat 1:30 Cards	19 10:00 SilverSneakers® Classic: Noon Meet & Eat 1:30 Card Group	20 Noon Meet & Eat	21 6:30-9:30 p.m. Dance w/ live music: Dan Dobson \$7.00 Everyone Welcome:
23	10:00 SilverSneakers® Yoga: Noon Meet & Eat 1:00 Pinochle Group 1:30 Cards	24 10:00 SilverSneakers® Classic: Noon Meet & Eat 1:30 Rummy/Five Crowns	25 10:00 SilverSneakers® Yoga: Noon Meet & Eat 1:30 Cards	26 10:00 SilverSneakers® Classic: Noon Meet & Eat 1:30 Hand & Foot Canasta	27 Noon Meet & Eat	28 6:30-9:30 pm. Dance w/ live music FM Country/ \$7.00 All ages Welcome, held at Faith United Church:
30	10:00 SilverSneakers® Yoga: Noon Meet & Eat 1:00 Pinochle Group 1:30 Cards	31 10:00 SilverSneakers® Classic: Noon Meet & Eat 1:30 Sewing & Hobbies				

JANUARY 2023 HERITAGE MEAL SITE FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	CHICKEN RICE SOUP ALMOND BROCCOLI ONION ROLL WINTER FRUIT CUP OATMEAL NUT COOKIE Calories: 748 Carb: 95.4g Fiber: 10.4g Protein: 38.1g Fat: 26.0g Sod: 643mg	BEEF & NOODLES CREAMY COLESLAW PARSLED CARROTS APRICOT HALVES ROLL CINNAMON CRISPIES Calories: 688 Carb: 100.6g Fiber: 11.60g Protein: 32.0g Fat: 19.8g Sod: 649mg	BAKED FISH BAKED POTATO COUNTRY MIX VEGETABLES BRAN MUFFIN CHERRY BANANA SURPRISE COOKIE W/ CHOCOLATE CHIPS Calories: 723 Carb: 110.9g Fiber: 12.2g Protein: 30.5g Fat: 20.8g Sod: 826mg	BBQ BEEF SANDWICH OVEN BROWNED POTATOES BRN BUTTER & DILL BRUSSEL SPROUTS FRUIT CUP Calories: 649 Carb: 99.4g Fiber: 12.3g Protein: 32.7g Fat: 16.7g Sod: 463mg
9	10	11	12	13
SPANISH RICE W/ GROUND BEEF TOSSED SALAD W/ DRESSING ROLL PEACH SLICES APPLE GRANOLA COOKIE Calories: 685 Carb: 96.7g Fiber: 11.1g Protein: 31.9g Fat: 21.7g Sod: 814mg	CHICKEN FRIED STEAK MASHED POTATOES W/ GRAVY ITALIAN VEGETABLES OATMEAL ROLL SLICED BANANAS ORANGE JUICE Calories: 791 Carb: 105.3g Fiber: 10.5g Protein: 40.0g Fat: 25.5g Sod: 737mg	PARMESAN CHICKEN HERBED LENTILS & RICE SPINACH MANDARIN ORANGE SALAD ONION ROLL OREGON BERRY MIX Calories: 797 Carb: 87.0g Fiber: 11.0g Protein: 54.8g Fat: 25.7g Sod: 927mg	BARBECUE PORK CHOPS AU GRATIN POTATOES CABBAGE BRAN MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE Calories: 801 Carb: 96.1g Fiber: 10.0g Protein: 44.7g Fat: 29.8g Sod: 914mg	OVEN FRIED LIVER & ONIONS BAKED POTATO STEWED TOMATOES WW ROLL STRAWBERRY APPLESauce Calories: 646 Carb: 100.9g Fiber: 10.9g Protein: 34.1g Fat: 14.5g Sod: 570mg
16	17	18	19	20
SALISBURY STEAK MASHED POTATOES WINTER MIX VEGETABLES ONION ROLL FRUIT CUP OATMEAL RAISIN COOKIE Calories: 785 Carb: 96.1g Fiber: 10.2g Protein: 43.7g Fat: 27.2g Sod: 791mg	BARBECUE CHICKEN POTATO SALAD STIR FRY VEGETABLES BRAN MUFFIN TROPICAL FRUIT CUP Calories: 676 Carb: 85.3g Fiber: 9.5g Protein: 39.9g Fat: 21.3g Sod: 1172mg	HAMBURGER ON A BUN BAKED BEANS COUNTRY MIX VEGETABLES MANDARIN ORANGES  Calories: 726 Carb: 91.48g Fiber: 12.2g Protein: 45.9g Fat: 22.0g Sod: 958mg	ROAST TURKEY & GRAVY BAKED SWEET POTATO PEAS & CARROTS WW ROLL FRUIT MIX BUTTERSCOTCH BROWNIE Calories: 739 Carb: 108.0g Fiber: 11.9g Protein: 30.3g Fat: 23.2g Sod: 738mg	CHILI CON CARNE w/ BEANS CORN MUFFIN PINEAPPLE COLESLAW APRICOT HALVES CINNAMON CRISPY Calories: 686 Carb: 98.4g Fiber: 12.4g Protein: 29.1g Fat: 21.9g Sod: 1387mg
23	24	25	26	27
SPLIT PEA SOUP TOSSED GREEN SALAD W/ DRESSING FRENCH BREAD PINEAPPLE TIDBITS CARROT CAKE Calories: 711 Carb: 112.5g Fiber: 18.6g Protein: 29.9g Fat: 18.7g Sod: 550mg	SPRING GARDEN CHICKEN HOT SPICED BEETS ORANGE MUFFIN BERRY BLEND Calories: 719 Carb: 91.0g Fiber: 10.4g Protein: 41.2g Fat: 23.0g Sod: 879mg	HAM POTATO OMELET BEAN MEDLEY BRAN MUFFIN CHERRY BANANA SURPRISE Calories: 629 Carb: 81.7g Fiber: 10.9g Protein: 30.2g Fat: 22.6g Sod: 910mg	BEEF BARLEY SOUP CAROLINA SALAD CORN BREAD PEAR ORANGE FRUIT CUP APPLE GRANOLA COOKIE Calories: 716 Carb: 106.3g Fiber: 10.9g Protein: 24.2g Fat: 24.3g Sod: 775mg	BEEF & NOODLES MASHED POTATOES GREEN BEANS & CORN WW ROLL PEACH SLICES OATMEAL CHOCOLATE CHIP COOKIE ORANGE JUICE Calories: 779 Carb: 124.0g Fiber: 9.5g Protein: 34.0g Fat: 18.6g Sod: 805mg
30	31			
CHICKEN & DUMPLINGS MASHED POTATOES BRUSSEL SPROUTS & CHESTNUTS CINNAMON APPLE SLICES  BIRTHDAY RECOGNITION Calories: 657 Carb: 99.6g Fiber: 11.6g Protein: 38.2g Fat: 13.7g Sod: 847mg	CABBAGE BURGERS COBBLER CORN BANANA SPLIT FRUIT CUP SPICE CAKE Calories: 696 Carb: 103.7g Fiber: 10.0g Protein: 30.5g Fat: 21.5g Sod: 391mg		For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.	Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$12.50 Menu may change due to availability of food items or conditions that cause the kitchen to close.