



2022

HERITAGE CENTER

MONTHLY

NEWSLETTER





Elvira Benson	July 3
Jossie Wasson	July 3
Don DeSoto	July 12
Joan Mahaffey	July 13
Carol Dillenburg	July 14
Fred Marquardt	July 15

Judy Clodfelder	July 19
BJ Langdon	July 24
Phyllis Dollerschell	July 24
Karen Ertle	July 26
Marianna Trott	July 28
Paulette McCoy	July 31

JULY ANNIVERSARIES

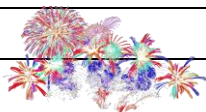
Ron & Paulette McCoy	July 8, 2000
Myron & Carol Graybill	July 19, 1996
Clay & Ruth Prall	July 21, 1961

Sr. Citizen's Club Birthday &
Anniversary Party will be held
on

WEDNESDAY, JULY 27TH
3:00 P.M.

July 2022

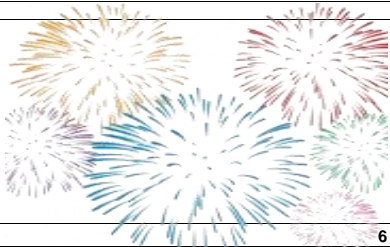

Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards, Chess, Checkers, Pool	2 6:30 p.m.-9:30 Dance w/ Classic Country \$7.00 All ages welcome
4 Closed for the 4 th of July Holiday. No meals served or delivered Business office closed	5 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	6 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Mah Jong, Dominoes and Pool	7 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card group 1:30 Billiards 2:00 Novice Tai Chi	8 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Chess, Checkers, & Pool	9 6:30 p.m.-9:30 Dance w/ Jim Ehrlich \$7.00 Everyone Welcome
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 1:30 Rummy 1:30 Sewing & Hobbies 1:30 Billiards	13 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Mah Jong, Dominoes, and Pool	14 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai Chi	15 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	16 6:30 p.m. Dance w/ Dan Dobson FREE Public Welcome
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 Billiards	20 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Mah Jong, Dominoes, & Pool	21 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Letters to Juliet" 1:30 Billiards 2:00 Novice Tai chi	22 10:00 Qi gong Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	23 6:30 p.m. Dance w/ FM Country \$7.00 No membership required
25 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	26 10:00 SilversSneakers® Classic Noon Meet Eat 1:30 Rummy 1:30 Sewing & Hobbies 1:30 Billiards	27 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes Mah Jong and Pool 3:00 Sr. Citizen's Club B-day & Anniv. Party	28 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai Chi	29 10:00 Qi gong Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	30 6:30 p.m. Dance w/ Ray & Pauletta Gerver \$7.00 All Ages Welcome



JULY 2022

HERITAGE MEET & EAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	For Reservations Call 970- 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.			BEEF GOULASH PARSLIED CARROTS ANNA'S DILLY BREAD STRAWBERRIES & BANANAS Calories: 605 Carb: 82.6g Fiber: 13.7 Protein: 36.7g Fat: 17.3g Sod: 885mg
4	5	6	7	8
	CHICKEN SALAD W/ GREEN GRAPES MARINATED VEGGIE SALAD WW ROLL BERRY BLEND OATMEAL CHOCOLATE CHIP COOKIE Calories: 721 Carb: 89.5g Fiber: 11.6g Protein: 33.9g Fat: 28.0g Sod: 870mg	SMOTHERED PORK CHOP AU GRATIN POTATOES BRUSSEL SPROUTS CARAWAY ROLL APRICOT HALVES Calories: 788 Carb: 85.2g Fiber: 10.5g Protein: 48.9g Fat: 30.0g Sod: 551mg	CORN TACO CASSEROLE REFRIED BEANS SALSA TOSSED SALAD W/ DRESSING CANTALOUPE CUBES Calories: 605 Carb: 74.8g Fiber: 10.8g Protein: 34.8g Fat: 19.8g Sod: 762mg	SALISBURY STEAK MASHED POTATOES CONFETTI COLESLAW PEAS ROLL FRUIT SALAD Calories: 782 Carb: 98.9g Fiber: 12.9g Protein: 46.1g Fat: 24.5g Sod: 903mg
11	12	13	14	15
SWEET & SOUR CHICKEN BROWN RICE ORIENTAL VEGETABLES WW ROLL MANDARIN ORANGES w/ BANANAS OATMEAL NUT COOKIES Calories: 774 Carb: 116.3g Fiber: 10.2g Protein: 36.7g Fat: 19.5g Sod: 568mg	SCALLOPED POTATOES & HAM BROCCOLI RAISIN ROLL PINEAPPLE TIDBITS CARROT COOKIES Calories: 718 Carb: 97.4g Fiber: 10.2g Protein: 32.5g Fat: 25.2g Sod: 924mg	PULLED PORK SANDWICH BAKED BEANS STIR FRY VEGETABLES PEAR ORANGE FRUIT CUP Calories: 643 Carb: 88.7g Fiber: 10.6g Protein: 38.0g Fat: 16.6g Sod: 1110mg	BAKED FISH BAKED POTATO MIXED VEGETABLES ROLL CHERRY BANANA SURPRISE Calories: 609 Carb: 100.9g Fiber: 10.0g Protein: 30.1g Fat: 12.6g Sod: 688mg	LASAGNA TOSSED SALAD W/ DRESSING ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP Calories: 608 Carb: 81.3g Fiber: 10.3g Protein: 33.3g Fat: 19.3g Sod: 538mg
18	19	20	21	22
TERIYAKI BEEF BROWN RICE SPINACH MANDARIN ORANGE SALAD ROLL PEAR SLICES Calories: 633 Carb: 106.7g Fiber: 9.6g Protein: 28.3g Fat: 12.3g Sod: 443mg	BRAISED BEEF MASHED POTATOES FRITO SALAD HARVARD BEETS ROLL MELON CUP CINNAMON CRISPIES Calories: 723 Carb: 101.2g Fiber: 10.3g Protein: 31.9g Fat: 23.3g Sod: 995mg	BACON POTATO BREAKFAST BURRITO GREEN CHILI W/PORK SPANISH RICE TOSSED GREEN SALAD W/ DRESSING FRESH FRUIT CUP APPLE GRANOLA COOKIE Calories: 732 Carb: 96.0g Fiber: 8.9g Protein: 28.5g Fat: 27.6g Sod: 1055mg	HAM & BEANS WALDORF SALAD CORN BREAD MANDARIN ORANGES W/ BANANAS Calories: 659 Carb: 112.4g Fiber: 13.6g Protein: 28.6g Fat: 13.4g Sod: 908mg	CITRUS PEPPER SALMON FILET PARSLIED POTATOES COUNTRY MIXED VEGETABLES BRAN MUFFINS CANTALOUPE CUBES COOKIES W/ RAISINS Calories: 670 Carb: 95.0g Fiber: 10.7g Protein: 31.4g Fat: 21.3g Sod: 903mg
25	26	27	28	29
MEXICAN BEEF PEAS CORN MUFFIN PEACH SLICES OATMEAL CHOCOLATE CHIP COOKIES ORANGE JUICE BIRTHDAY RECOGNITION Calories: 777 Carb: 110.1g Fiber: 13.3g Protein: 30.9g Fat: 25.6g Sod: 1159mg	HOT TURKEY SANDWICH CABBAGE TOSS GREEN BEANS OATMEAL ROLLS BANANA SPLIT FRUIT CUP Calories: 646 Carb: 100.9g Fiber: 10.7g Protein: 30.5g Fat: 15.9g Sod: 1066mg	SWEDISH MEATBALLS BROWN RICE PEAS & CARROTS ANNA'S DILLY BREAD ORANGE WEDGES Calories: 664 Carb: 98.8g Fiber: 11.8g Protein: 37.8g Fat: 15.9g Sod: 479mg	LASAGNA BIANCO CAESAR SALAD GREEN BEANS GARLIC BREAD FRESH FRUIT CUP Calories: 785 Carb: 68.5g Fiber: 9.3g Protein: 50.9g Fat: 36.7g Sod: 1171mg	CHICKEN FRIED STEAK MASHED POTATOES W/ GRAVY WINTER MIX VEGETABLES ROLL SLICED BANANAS Calories: 682 Carb: 83.6g Fiber: 9.5g Protein: 38.2g Fat: 24.0g Sod: 683mg

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.

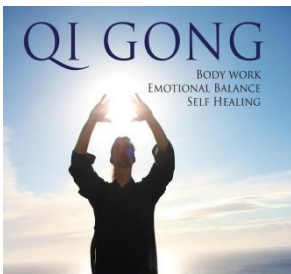
Some supplemental insurance will cover the expense of the class.

\$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.



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 or call Cynthia at (970) 522-1237 to see if you are eligible.

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.



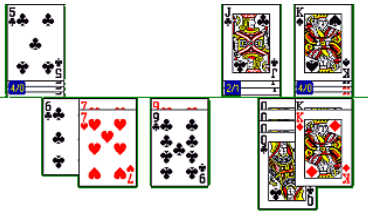
Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on
Mondays, Wednesdays, & Fridays



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

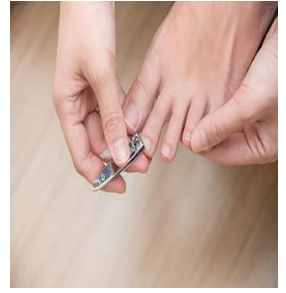
Provided by Sterling MedCare Home Health

FOOT CARE CLINIC

Tuesday, July 12th 10:00-11:00 a.m.

By appointment ONLY

Toenail care provided by Sterling Regional
MedCenter. Suggested donation of \$5-15.
Please soak your feet and bring a towel to your
appointment.



July Dance Schedule

July 2nd Classic Country

July 9th Jim Ehrlich

July 16th Dan Dobson

July 23rd FM Country

July 30th Ray & Pauletta Gerver



COUNTY FAIR OPEN CLASS EXHIBITS AND ENTRIES

Calling all artists, jewelers, photographers, bakers, craftsman, gardeners and
well.....

EVERYONE!!

Please consider entering your talents and projects completed since August 2021 in
the Logan County Fair Open Class Judging

Early entries due July 22nd at www.lcfair.org or call the extension office at
970 522-3200

Check-in for most open exhibits will be Wednesday, August 3rd 7:30-10:30 a.m.
Cash prizes awarded to winning entries.



DRIVERS NEEDED

We are looking for individuals who want to make a difference and who would share 30-60 minutes out of their day with the older adults of this community. We are desperately needing people to deliver meals once a week, once every other week or as little or as much as you have time. You would bring a hot lunch to approximately 5-12 people at the determined amount of days you would prefer per month. Please let Cynthia know if you are interested or to ask any questions at 970-522-1237.

MOVIE MATINEE

**Please join us on
Thursday, July 16th
1:30 p.m.**

“Letters to Juliet”

Starring Amanda Seyfried (Mamma Mia)

In Verona, Italy there is a place where the heartbroken leave notes asking Juliet for her help. Sophie, an aspiring author, finds a 50 year old letter that will change her life forever. Join us for comfortable seating, fresh popcorn and an intermission and a great Romantic-Drama-Comedy.

If you would like to share your ideas on how to improve the center, how to generate interest, trips we should take or what activities we should add to our agenda. Or if you would like to share your time and energy with us in other ways. Please reach out to Cynthia at (970) 522-1237 or heritagecenter@kci.net.



BUS TRIP

We will be traveling to

Yuma, CO

Tuesday, August 23rd

to tour the automotive themed gallery space. The Orphanage was born to two car owners who needed more room for their collection of odd and orphaned cars. The remodeled downtown Yuma business now exhibits cars from local owners as well as from Forney Transportation Museum of Denver, it also exhibits the works and collections of local and regional artist. On display in August is “Mascots: Radiator Caps and Hood Ornaments” We will depart the Heritage Center at 11:00, upon our arrival we will be served a fried chicken lunch and then we can enjoy this fun and eclectic space and place.

Sign up deadline, Friday, August 12th

Cost \$37 per person (\$12 lunch/\$25 bus, donations welcome for admission)

Heritage Center Cancellation Policy will be enforced



National Root Beer Float Day

(observed)



EVERYONE WELCOME!!!

Come in to the Heritage Center
821 N. Division Avenue

Friday, August 5th

2:00-4:00

for a **FREE** Root Beer Float