



2023

HERITAGE CENTER

MONTHLY

NEWSLETTER





Elvira Benson	July 3
Jossie Wasson	July 3
Jill Haney	July 4
Joe Kaufman	July 6
Don DeSoto	July 12
Joan Mahaffey	July 13
Carol Dillenburg	July 14
Fred Marquardt	July 15

Chris Kinney	July 16
Judy Clodfelder	July 19
BJ Langdon	July 24
Phyllis Dollerschell	July 24
Karen Ertle	July 26
Kathy Kaufman	July 27
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 celebrates club
members Birthdays &
Anniversaries quarterly. Please join
us for our next party.

WEDNESDAY, SEPTEMBER 27TH
3:00 PM

July 2023

Mon	Tue	Wed	Thu	Fri	Sat
					1 6:30-9:30 Dance w/ Classic Country \$8.00
3 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle Club 1:30 Cards & Pool	4 CLOSED In observance of Independence Day NO MEALS NO ACTIVITIES	5 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes Mah Jong & Pool	6 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Cards (Bridge) 1:30 Pool	7 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Chess, Checkers, & Pool 1:30 Council on Aging Business Meeting	8 6:30-9:30 Dance w/ FM Country \$8.00
10 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	11 10:00 Foot Care Clinic (by appt.) 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool 1:30 Sewing & Hobbies	12 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, & Pool	13 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	14 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	15 6:30-9:30 Dance w/ Dan Dobson \$8.00
17 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	18 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	19 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, & Pool	20 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Cards (Bridge) 1:30 Pool	21 10:00 Qi gong Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	22 6:30-9:30 Dance w/ FM Country \$8.00
24 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	25 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	26 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong & Pool	27 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	28 10:00 Qi gong Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	29 6:30-9:30 Dance w/ Dan Dobson \$8.00
31 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool					



JULY 2023 HERITAGE MEET & EAT

For Reservations or Cancellations Call 522-1237 by 8:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		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	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	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
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	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: 747 Carb: 100.0g Fiber: 9.6g Protein: 28.5g Fat: 27.6g Sod: 1052mg	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	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
MEXICAN BEEF PEAS CORN MUFFIN PEACH SLICES OATMEAL CHOCOLATE CHIP COOKIES ORANGE JUICE Calories: 777 Carb: 110.1g Fiber: 13.3g Protein: 30.9g Fat: 25.6g Sod: 1159mg	HOT TURKEY SANDWICH CABBAGE TOSS BROCCOLI BANANA SPLIT FRUIT CUP Calories: 544 Carb: 82.0g Fiber: 9.5g Protein: 28.7g Fat: 13.6g Sod: 843mg	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 GRAPE JUICE Calories: 861 Carb: 87.24g Fiber: 9.6g Protein: 51.4g Fat: 36.9g Sod: 1177mg	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
SWEET & SOUR PORK BROWN RICE ORIENTAL VEGETABLES WW ROLL APRICOT HALVES OATMEAL CHOCOLATE CHIP COOKIES Calories: 784 Carb: 110.7g Fiber: 10.0g Protein: 35.2g Fat: 23.1g Sod: 574mg	SHEPHERD'S PIE CREAMY COLESLAW ROLL STRAWBERRY APPLESAUCE BUTTERSCOTCH BROWNIES Calories: 770 Carb: 117.7g Fiber: 10.3g Protein: 32.2g Fat: 22.5g Sod: 864mg	SOFT SHELL TACOS REFRIED BEANS MEXICALLI CORN FRUIT CUP GRAPE JUICE Calories: 723 Carb: 110.6g Fiber: 11.9g Protein: 38.5g Fat: 16.9g Sod: 1104mg	BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES Calories: 588 Carb: 95.8g Fiber: 10.8g Protein: 29.9g Fat: 11.8g Sod: 725mg	HAM MASHED POTATOES W/ GRAVY BEAN MEDLEY OATMEAL ROLL BERRY BLEND CINNAMON CRISPIES Calories: 610 Carb: 97.0g Fiber: 11.9g Protein: 27.0g Fat: 15.1g Sod: 835mg
SPAGHETTI W/ MEAT SAUCE TOSSED SALAD W/ DRESSING GARLIC BREAD ITALIAN VEGETABLES CANTALOUPE CUBES CHERRY CAKE BIRTHDAY RECOGNITION Calories: 636 Carb: 94.0g Fiber: 11.8g Protein: 35.2g Fat: 16.2g Sod: 846mg	Menu may change due to availability of food items or conditions that cause the kitchen to close.	Suggested Donation - \$6.25 Under Age 60 Mandatory Charge of \$12.50	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.	

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



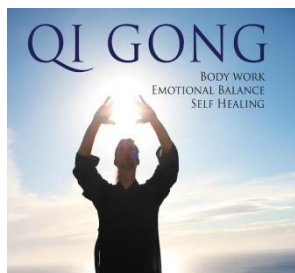
SilverSneakers® Yoga

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.



Renew Active™, the gold standard in Medicare fitness programs for body and mind; Logan County Heritage Center is a participating location. The program is available at no additional cost with UnitedHealthcare® Medicare plans. You can learn more at UHCRenewActive.com

RUMMY or FIVE CROWNS



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

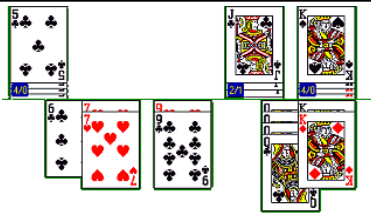
For Pinochle and Pool on

Mondays, Wednesdays, & Fridays



SCHOLARSHIP PROGRAM

The Senior Citizen's Club is pleased to announce a Scholarship Program. The program allows a recipient to receive up to \$30 to help with the cost of a dinner. Please see Cynthia for an application.



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

Call 970 522-1237 to schedule your 15 minute appointment

Suggested donation no less than \$5.00-\$15.00

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

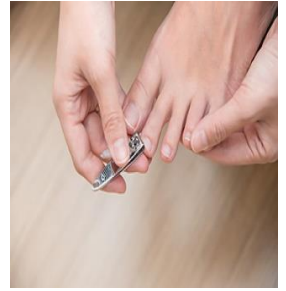
Provided by Northeast Plains Home Health

FOOT CARE CLINIC

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

By appointment **ONLY**

Toenail care provided by Northeast Plains Home Health. Suggested donation of \$5-15.
Please soak your feet and bring a towel to your appointment.



COUNTY FAIR OPEN CLASS EXHIBITS AND ENTRIES

The Logan County Fair would love to have you enter your talents and skills in the open class exhibits and judging. This includes artists, jewelers, photographers, bakers, craftsman, gardeners and well.....**EVERYONE!!**

Early entries due July 21st at www.lcfair.org or call the extension office at 970 522-3200

Check-in for most open exhibits will be Wednesday, August 2nd 7:30-10:30 a.m.
Cash prizes awarded to winning entries.

PITCH PLAYERS

We have several interested in playing Pitch, but we need to get everyone together and organized. If you would like to play pitch, please let me know and think about what day of the week, and time of day would be best.



MOVIE MATINEE

**Please join us on
Thursday, July 20th
1:30 p.m.**

**“Top Gun-Maverick”
Starring Tom Cruise**

After 30 years, Maverick is still pushing the envelope as a top naval aviator but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chose to fly. (IMDB.COM)

Fresh popcorn, comfortable seating and an intermission



VOLUNTEERS NEEDED

The Logan County Fair is looking for individuals to work a two hour shift at the Gary DeSoto building.

Your responsibility is to make sure people don't touch or damage the displays and promote the public to vote for the people's choice awards. (This is an air conditioned building with chairs to sit at.)

National Root Beer Float Day



EVERYONE WELCOME!!!

Come in to the Heritage Center
821 N. Division Avenue

SATURDAY, August 6th

11:00-1:00

for a **FREE** Root Beer Float

JULY TECHNOLOGY CHALLENGE

Your mission (if you should choose to accept it) is to work individually or as a team (think of someone who doesn't have a cell phone or isn't as comfortable with it and partner up.) Help each other out.

Take a picture or a selfie of you (or your team) finding the following items or doing the following things. You have until July 28th to complete the list. The first one done receives a prize.

Email your pictures to Cynthia at heritagecenter@kci.net

Something blue

Something that says Made in the USA

An Eagle

An American flag

A White Flower

A Veteran's Memorial/Statute/Park

Take a walk on one of Sterling's many walking parks or trails

Sunglasses

BBQ Grill

A Star

Eating at a local restaurant

Ice Cream

Baseball

You and/or your team wearing red, white and blue

Anyone reading this (preferably over the age of 55) is welcome to participate. If you need assistance with how to take a picture and send it to an email address, written instructions are available at the Heritage Center.