



2024

HERITAGE CENTER

MONTHLY

NEWSLETTER





Elvira Benson	July 3	Elias Reyes	July 20
Jossie Wasson	July 3	BJ Langdon	July 24
Jill Haney	July 4	Rosie Schell	July 25
Joe Kaufman	July 6	Karen Ertle	July 26
Don DeSoto	July 12	Kathy Kaufman	July 27
Joan Mahaffey	July 13	Marianna Trott	July 28
Carol Dillenburg	July 14	Katherine Donahue	July 30
Chris Kinney	July 16	Paulette McCoy	July 31

JULY ANNIVERSARIES

Ron & Paulette McCoy	July 8, 2000
Myron & Carol Graybill	July 19, 1996

Sr. Citizen's Club celebrates club
members Birthdays &
Anniversaries quarterly. Please join
us for our next party.

WEDNESDAY, SEPTEMBER 25TH
3:00 P.M.

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

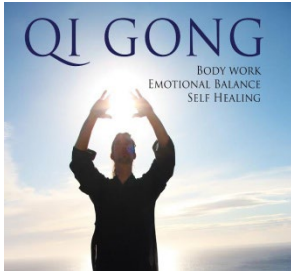


SilverSneakers® Yoga

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, 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

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.

Stay tuned for information regarding class days and times.



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 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.



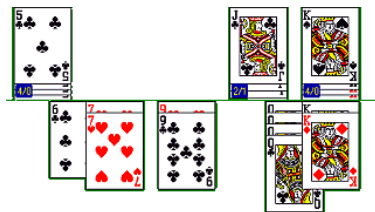
Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1:30 start time



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, membership or activity. 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 970-522-1237.

PITCH

10 point pitch will be played on the 1st and 3rd Thursday of each month

1:30-4:00 Individuals or partners are welcome to join us. Let us know if you are interested so we can add you to the calling list.

MAH JONG, CHESS, DOMINOES, CORNHOLE, CHECKERS

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

FUNDING IS 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

FOOT CARE CLINIC

Tuesday, July 9th 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 19th at www.lcfair.org or call the extension office at 970 522-3200. You do not have to pre enter to exhibit. Look for rules and regulations in the upcoming South Platte Sentinel.

Check-in for most open exhibits will be Wednesday, July 31st 7:30-10:30 a.m.

Cash prizes awarded to winning entries.

MOVIE MATINEE

Please join us on
TUESDAY, JULY 16TH
1:30 p.m.

“Boys in the Boat”

Directed by George Clooney

A 1930s-set story centered on the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics.

(IMDB.COM)

Fresh popcorn, comfortable seating and an intermission





BARN QUILT CLINIC

Fidafye-Holly Kurtzer will be guide us through how to make a 24 inch square barn quilt you will complete and take with you.

FRIDAY, JULY 12TH

1:00-4:00

\$15.00 for the class
paid ahead of time.

Limited Space! 12 spots only

Sign up deadline is July 8th

Call Heritage Center (970) 522-1237

Or stop by to sign up

LUNCH AND Q & A WITH THE V.A.

Make your reservation now to join us for lunch and meet our newest Logan County Veteran's Service Officer

Derrick Boroff

TUESDAY, JULY 16TH

NOON-12:45

Reservations required to eat lunch; serving Hot Turkey Sandwich, Jeannie's Salad, Broccoli, Banana Split Fruit

Cup, Trail Cookies

Call (970) 522-1237





1st Annual Heritage Center Senior Games

Please join us for fun, recreation, and maybe a little athleticism. In honor of the 2024 Summer Games let's put our differences aside and come together to share in some light-hearted competition.

Please stop by the Heritage Center or call in to sign up for the events you would like to compete in.

<u>WED., JULY 24TH</u>	<u>THUR., JULY 25TH</u>
Cornhole-2 person teams	Chair Balloon Volleyball – Teams of 6 persons (we can organize the teams if we needed)
Frisbee Toss	Pool Noodle Relay
<u>MON., JULY 29TH</u>	<u>TUES., JULY 30TH</u>
Billiards 8-ball	Shuffleboard
Basket Toss	Broom Ball

DOOR PRIZE BINGO

Come join the fun

THURSDAY, JULY 18TH

1:30 p.m.

Sterling Health and Rehab Staff will be calling our numbers and will be sponsoring our door prizes.



DANCE TO LIVE MUSIC

JOIN US EVERY SATURDAY NIGHT FOR LIVE MUSIC AND DANCING FROM 6:30-9:30 P.M. ALL AGES ARE WELCOME, NO MEMBERSHIP REQUIRED. \$8.00 FOR ENTRY

JULY 6 TH	CLASSIC COUNTRY
JULY 13 TH	DAN DOBSON
JULY 20 TH	NO DANCE
JULY 27 TH	FM COUNTRY

*****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.)



My deepest heartfelt appreciation to all of you for your flexibility and understanding while I have been gone during my Dad's illness and passing. My heart is so deeply touched by your kind words, prayers, cards, texts, generosity and the expression of kindness and sympathy. Again my forever gratitude to the wonderful team of people I have the privilege of working with; thank you for the sacrifices you made to help cover the Heritage Center and for giving me the gift of time and peace of mind.

National Root Beer Float Day



EVERYONE WELCOME!!!

Come in to the Heritage Center
821 N. Division Avenue

TUESDAY, August 6th
1:00-4:00

For a **FREE** Root Beer Float