



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 25<sup>TH</sup>**  
**3:00 PM**

# JULY 2024

## HERITAGE MEAL SITE

### For Reservations or Cancelations call 970-522-1237 by 8:00 a.m.

"The following major food allergens are used as ingredients:  
Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and sesame. Please contact staff for more information about these ingredients"  
If you have questions about allergens in the recipes we serve, please contact our office @ 970-867-9409 Ext 3001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	2	3	4	5	
SWEET & SOUR CHICKEN RICE ORIENTAL VEGETABLES WW ROLL MANDARIN ORANGES w/ BANANAS OATMEAL NUT COOKIES  Calories: 774 Carb: 116.3g Fiber: 10.2 Protein: 36.7g Fat: 19.5g Sod: 568mg	POLISH SAUSAGE SAUERKRAUT OVEN BROWNED POTATOES CARAWAY ROLL BERRY BLEND  Calories: 693 Carb: 87.2g Fiber: 12.7g Protein: 24.7g Fat: 29.8g Sod: 849mg	LASAGNA TOSSED SALAD w/ DRESSING ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP  Calories: 643 Carb: 86.7g Fiber: 10.5g Protein: 33.6g Fat: 20.8g Sod: 591mg		BBQ CHICKEN SANDWICH BOSTON BEANS CONFETTI COLESLAW PEAR ORANGE FRUIT CUP  Calories: 673 Carb: 103.9g Fiber: 12.0g Protein: 41.0g Fat: 11.9g Sod: 1083mg	
8	9	10	11	12	
SWISS STEAK BAKED POTATO COUNTRY MIX VEGETABLES BRAN MUFFIN CANTALOUPE CUBES  Calories: 696 Carb: 84.2g Fiber: 11.7 Protein: 40.1g Fat: 24.5g Sod: 565mg	BRAISED BEEF RICE PILAF JC SOMALI SUMMER SALAD ANNA'S DILLY BREAD APRICOT HALVES COOKIES w/ RAISINS  Calories: 696 Carb: 98.4g Fiber: 10.0g Protein: 32.1g Fat: 21.5g Sod: 479mg	CHINESE CHICKEN SALAD w/ PASTA 3 BEAN SALAD CRANBERRY BRAN MUFFIN FRUIT SALAD  Calories: 720 Carb: 76.7g Fiber: 11.2g Protein: 35.8g Fat: 32.6g Sod: 969mg	PULLED PORK SANDWICH OVEN BROWNED POTATOES CEAMY COLESLAW CINNAMON APPLE SLICES BROWNIES  Calories: 799 Carb: 110.7g Fiber: 9.8g Protein: 37.0g Fat: 25.2g Sod: 776mg	CHICKEN FRIED STEAK MASHED POTATOES w/ GRAVY CALIFORNIA VEGETABLES WW ROLL BANANA OATMEAL RAISIN COOKIES  Calories: 796 Carb: 96.5g Fiber: 9.8g Protein: 39.1g Fat: 30.6g Sod: 845mg	
15	16	17	18	19	
BEEFY TOSTADA CASSEROLE MEXICALI CORN LETTUCE & TOMATO GARNISH ORANGE WEDGES OATMEAL RAISIN COOKIES  Calories: 797 Carb: 100.7g Fiber: 13.2 Protein: 44.6g Fat: 26.6g Sod: 834mg	HOT TURKEY SANDWICH JEANNIE'S SALAD BROCCOLI BANANA SPLIT FUIT CUP TRAIL COOKIES  Calories: 737 Carb: 108.9g Fiber: 10.9g Protein: 31.8g Fat: 22.2g Sod: 915mg	SWEDISH MEATBALLS RICE PILAF PEAS & CARROTS APRICOT MUFFIN TROPICAL FRUIT CUP  Calories: 713 Carb: 103.8g Fiber: 9.8g Protein: 36.0g Fat: 19.3g Sod: 631mg	BEEF GOULASH RADISH & CUCUMBER SALAD MIXED VEGETABLES GARLIC BREAD FRESH FRUIT CUP  Calories: 671 Carb: 78.3g Fiber: 9.9g Protein: 37.4g Fat: 26.0g Sod: 720mg	INDIANA STYLE CHICKEN & RICE MARINATED VEGETABLE SALAD CRANBERRY BRAN MUFFIN SLICED BANANAS  Calories: 753 Carb: 83.6g Fiber: 10.1g Protein: 42.5g Fat: 30.6g Sod: 1123mg	
22	23	24	25	26	
BAKED FISH BAKED SWEET POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD HEAVENLY HASH  Calories: 720 Carb: 98.5g Fiber: 12.4 Protein: 37.3g Fat: 22.4g Sod: 988mg	SPAGHETTI w/ MEAT SAUCE TOSSED GREEN SALAD w/ DRESSING ITALIAN VEGETABLES GARLIC CHEESE BISCUITS STRAWBERRY APPLESAUCE  Calories: 757 Carb: 96.8g Fiber: 12.2g Protein: 32.6g Fat: 29.9g Sod: 754mg	SOFT SHELL TACOS REFRIED BEANS MEXICALI CORN FRUIT CUP GRAPE JUICE  Calories: 734 Carb: 107.8g Fiber: 12.8g Protein: 36.6g Fat: 20.2g Sod: 1003mg	SWEET & SOUR PORK BROWN RICE ORIENTAL VEGETABLES WW ROLL APRICOT HALVES OATMEAL CHOCOLATE CHIP COOKIES  Calories: 784 Carb: 110.7g Fiber: 10.0g Protein: 35.1g Fat: 23.0g Sod: 574mg	HAM MASHED POTATOES w/ GRAVY ASPARAGUS CUTS OATMEAL ROLL BERRY BLEND OATMEAL NUT COOKIES  Calories: 628 Carb: 93.5g Fiber: 11.8g Protein: 29.9g Fat: 18.2g Sod: 878mg	
29	30	31			
LASAGNA ROTINI CASSEROLE TOSSED SALAD w/ DRESSING ITALIAN VEGETABLES GARLIC BREAD CANTALOUPE CUBES  <b>BIRTHDAY RECOGNITION</b> Calories: 643 Carb: 82.0g Fiber: 10.8 Protein: 37.4g Fat: 21.3g Sod: 985mg	CHEESEBURGER ON A BUN LETTUCE LEAF, TOMATO SLICES ONION SLICES & DILL PICKLE CHIPS BAKED SWEET POTATO FRIES ASPARAGUS CUTS FRUIT COCKTAIL  Calories: 786 Carb: 78.3g Fiber: 9.9g Protein: 46.0g Fat: 33.4g Sod: 1051mg	CHICKEN SALAD w/ GREEN GRAPES BROCCOLI APPLE SALAD WW ROLL BANANA SPLIT FRUIT CUP COOKIES w/ RAISINS  Calories: 714 Carb: 95.5g Fiber: 9.7g Protein: 35.2g Fat: 25.2g Sod: 735mg	<b>For Reservations</b> <b>Call 970-522-1237 by 8:00 a.m.</b> <b>the day you want the meal.</b> <b>If you must cancel your meal,</b> <b>please do so by 8:00 a.m.</b> <b>the day of the meal.</b> <b>Suggested Donation - \$6.25</b> <b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b>		<b>***ATTENTION***</b> <b>** IF YOU ARE IN NEED OF A MEAL DUE</b> <b>TO THE HOLIDAY CLOSURE,</b> <b>PLEASE CONTACT DAKOTA AT</b> <b>970-867-9409 EXT 3004</b> <b>AT LEAST 2 WEEKS IN ADVANCE **</b> <b>Menu may change due to availability</b> <b>of food items or conditions that cause</b> <b>the kitchen to close.</b>

## July 2024

Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	<b>2</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Board Games 1:30 Pool	<b>3</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Checkers, Chess, Mah Jong	<b>4</b> CLOSED IN OBSERVANCE OF INDEPENDENCE DAY No meals served or delivered No activities	<b>5</b> 10:00 Qi gong Noon Meet & Eat 1:30 Logan County Council on Aging 1:30 Cards, Cornhole, Dominoes, & Pool	<b>6</b> 6:30-9:30 Dance w/ Classic County \$8.00 All Ages Welcome
<b>8</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 7:00 Proctor Peppers 4-H Club	<b>9</b> 10:00 Foot Care Clinic (by appt) 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	<b>10</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Checkers, Chess, Mah Jong	<b>11</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>12</b> 10:00 Qi Gong Noon Meet & Eat 1:00-4:00 Barn Quilt Painting (reservation only) 1:30 Cards, Cornhole, Dominoes, & Pool	<b>13</b> 6:30-9:30 Dance w/ Dan Dobson \$8.00 Public Welcome
<b>15</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	<b>16</b> 10:00 SilverSneakers® Classic 12:00 Lunch and Q& A with the VA Noon Meet & Eat 1:30 Movie Matinee "Boys in the Boat" 1:30 Pool	<b>17</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Checkers, Chess, Mah Jong	<b>18</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Bingo with Sterling Health & Rehab 1:30 Pitch 1:30 Pool	<b>19</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool	<b>20</b> NO DANCE TONIGHT
<b>22</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>23</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	<b>24</b> 10:00 SilverSneakers® Yoga 11:00-12:00 Senior Olympic Games Noon Meet & Eat 1:30 Cards, Pool, Checkers, Chess and Mah Jong	<b>25</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 11:00-12:00 Senior Olympic Games 1:30 Hand & Foot Canasta	<b>26</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool	<b>27</b> 6:30-9:30 Dance w/ FM Country \$8.00 No membership required
<b>29</b> 10:00 SilverSneakers® Yoga 11:00-12:00 Senior Olympic Games Noon Meet & Eat 1:30 Cards & Pool	<b>30</b> 10:00 SilverSneakers® Classic 11:00-12:00 Senior Olympic Games Noon Meet & Eat 1:30 Board Games	<b>31</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Checkers, Chess, Mah Jong			

# LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



## SilverSneakers® Yoga

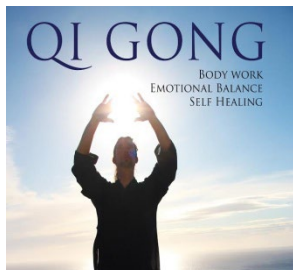
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

**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](http://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 2<sup>nd</sup> and 4<sup>th</sup> 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

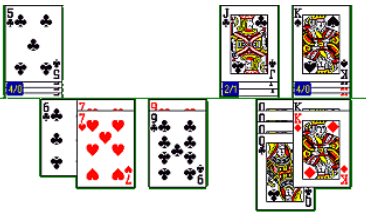


---

### 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

2<sup>nd</sup> and 4<sup>th</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> 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

2<sup>nd</sup> 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 EYEGLASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237**



**FOOT CARE CLINIC**

**Tuesday, July 9<sup>th</sup> 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 19<sup>th</sup> at [www.lcfair.org](http://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 31<sup>st</sup> 7:30-10:30 a.m.

Cash prizes awarded to winning entries.

**MOVIE MATINEE**

**Please join us on  
TUESDAY, JULY 16<sup>TH</sup>  
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 12<sup>TH</sup>**

**1:00-4:00**

\$15.00 for the class  
paid ahead of time.

Limited Space! 12 spots only

Sign up deadline is July 8<sup>th</sup>

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 16<sup>TH</sup>**  
**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







# 1<sup>st</sup> 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.

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

## DOOR PRIZE BINGO

Come join the fun

THURSDAY, JULY 18<sup>TH</sup>

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 <sup>TH</sup>	CLASSIC COUNTRY
JULY 13 <sup>TH</sup>	DAN DOBSON
JULY 20 <sup>TH</sup>	NO DANCE
JULY 27 <sup>TH</sup>	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 6<sup>th</sup>  
1:00-4:00

For a **FREE** Root Beer Float