

June

2021

HERITAGE CENTER MONTHLY NEWSLETTER



© Can Stock Photo





JUNE BIRTHDAYS

Sheryl Brunner	June 3 rd	Harold Jobe	June 3 rd
Nancy Emmons	June 8 th	Virginia Stieb-Yahn	June 3 rd
Mary Rich	June 10 th	Marcia Elwood	June 11 th
Charles Miner	June 11 th	Linda Buescher	June 12 th
Marcella Schumacher	June 12 th	Russel Withrow	June 17 th
Betty Scharf	June 19 th	Lou Blagg	June 20 th
Al Peltzer	June 20 th	Janet Foos	June 23 rd
Sammy Kuhns	June 23 rd	Vi Weingardt	June 23 rd
Maxine Dennington	June 24 th	Faye Fehringer	June 24 th
Bob Mullanix	June 26 th	Marlene Keil	June 27 th

JUNE WEDDING ANNIVERSARIES

John & Karen Ertle	June 12 th , 1970
Harold Jobe	June 18, 2005
Russel & Ann Withrow	June 21, 1953

Senior Citizen's Club will resume birthday and anniversary parties in September (tentatively)



JUNE 2021 HERITAGE MEAL SITE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p style="text-align: center;">1</p> <p>BEEF GOULASH MIXED VEGETABLES ROLL CINNAMON APPLE SLICES</p> <p style="font-size: small;">Calories: 622 Carb: 93.1g Fiber: 13.1g Protein: 36.4g Fat: 15.6g Sod: 800mg</p>	<p style="text-align: center;">2</p> <p>SPANISH RICE w/ GROUND BEEF TOSSED SALAD w/ SALAD DRESSING ROLL PEACH SLICES BUTTERSCOTCH BROWNIE</p> <p style="font-size: small;">Calories: 778 Carb: 106.2g Fiber: 9.9g Protein: 31.5g Fat: 27.8g Sod: 546mg</p>	<p style="text-align: center;">3</p> <p>HAMBURGER STEAK BOILED POTATOES PARSLIED CARROTS WW ROLL TROPICAL FRUIT CUP</p> <p style="font-size: small;">Calories: 696 Carb: 78.3g Fiber: 9.7g Protein: 39.4g Fat: 25.8g Sod: 458mg</p>	<p style="text-align: center;">4</p> <p style="background-color: yellow;">CHOICE: CHICKEN SALAD</p> <p>TUNA SALAD 3 BEAN SALAD FRENCH BREAD MANDARIN ORANGES / BANANAS CHERRY CAKE</p> <p style="font-size: small;">Calories: 603 Carb: 89.2g Fiber: 9.5g Protein: 29.9g Fat: 16.9g Sod: 905mg</p>
<p style="text-align: center;">7</p> <p>BARBECUE CHICKEN ROTINI PASTA SALAD SPINACH APPLE MUFFINS APRICOT HALVES</p> <p style="font-size: small;">Calories: 716 Carb: 84.2g Fiber: 12.6 Protein: 46.2g Fat: 24.0g Sod: 927mg</p>	<p style="text-align: center;">8</p> <p>CABBAGE BURGERS COBBLER CORN BEAN MEDLEY SALAD BANANA SPLIT FRUIT CUP CHOCOLATE CAKE</p> <p style="font-size: small;">Calories: 736 Carb: 109.3g Fiber: 12.1g Protein: 31.0g Fat: 23.4g Sod: 418mg</p>	<p style="text-align: center;">9</p> <p>BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD PEACH POLKA DOT SALAD NATURE COOKIE</p> <p style="font-size: small;">Calories: 717 Carb: 113.5g Fiber: 12.6g Protein: 35.8g Fat: 17.3g Sod: 929mg</p>	<p style="text-align: center;">10</p> <p style="background-color: yellow;">CHOICE: HAMBURGER STEAK</p> <p>BAKED FISH BAKED POTATO CARROT COINS ANNA'S DILLY BREAD FRUIT SALAD COOKIE W/ CHOCOLATE CHIPS</p> <p style="font-size: small;">Calories: 694 Carb: 102.4g Fiber: 11.3g Protein: 31.9g Fat: 19.7g Sod: 794mg</p>	<p style="text-align: center;">11</p> <p>SWEET and SOUR CHICKEN RICE ORIENTAL VEGETABLES WW ROLL FRUIT CUP</p> <p style="font-size: small;">Calories: 643 Carb: 99.0g Fiber: 9.9g Protein: 35.1g Fat: 12.4g Sod: 489mg</p>
<p style="text-align: center;">14</p> <p>SOUTHERN BEEF PIE BEAN MEDLEY CINNAMON APPLE SLICES BROWNIE</p> <p style="font-size: small;">Calories: 606 Carb: 88.7g Fiber: 11.6 Protein: 30.0g Fat: 17.3g Sod: 304mg</p>	<p style="text-align: center;">15</p> <p>HAM POTATO OMELET COUNTRY MIX VEGETABLES ROLL FRUIT CUP COOKIE w/ RAISINS</p> <p style="font-size: small;">Calories: 754 Carb: 95.9g Fiber: 9.6g Protein: 32.9g Fat: 29.1g Sod: 811mg</p>	<p style="text-align: center;">16</p> <p style="background-color: yellow;">CHOICE: CHICKEN PENNE CASSEROLE</p> <p>TUNA PENNE CASSEROLE CALIFORNIA VEGETABLES BRAN MUFFIN FRUIT SALAD CINNAMON CRISPIES</p> <p style="font-size: small;">Calories: 659 Carb: 102.6g Fiber: 12.4g Protein: 32.1g Fat: 17.4g Sod: 665mg</p>	<p style="text-align: center;">17</p> <p>BEEF and NOODLES CREAMY COLESLAW BEAN MEDLEY ROLL APRICOT HALVES COOKIE W/ CHOCOLATE CHIPS</p> <p style="font-size: small;">Calories: 678 Carb: 93.9g Fiber: 10.5g Protein: 33.4g Fat: 20.6g Sod: 590mg</p>	<p style="text-align: center;">18</p> <p>SWEDISH MEATBALLS NOODLES FRITO SALAD ROLL MANDARIN ORANGES w/ BANANAS</p> <p style="font-size: small;">Calories: 789 Carb: 110.7g Fiber: 10.5g Protein: 38.8g Fat: 24.0g Sod: 554mg</p>
<p style="text-align: center;">21</p> <p>CORN TACO CASSEROLE REFRIED BEANS TOSSED SALAD w/ SALAD DRESSING CANTALOUPE CUBES CINNAMON CRISPIES</p> <p style="font-size: small;">Calories: 672 Carb: 88.7g Fiber: 11.8 Protein: 36.4g Fat: 20.8g Sod: 768mg</p>	<p style="text-align: center;">22</p> <p style="background-color: yellow;">CHOICE: HAMBURGER STEAK</p> <p>LIVER & ONIONS SCALLOPED POTATOES STEWED TOMATOES WW ROLL APPLESAUCE</p> <p style="font-size: small;">Calories: 621 Carb: 89.5g Fiber: 10.2g Protein: 34.9g Fat: 15.8g Sod: 670mg</p>	<p style="text-align: center;">23</p> <p>ROAST BEEF MASHED POTATOES & GRAVY LAYERED SALAD CALIFORNIA VEGETABLES ROLL TROPICAL FRUIT CUP COOKIE w/ RAISINS</p> <p style="font-size: small;">Calories: 687 Carb: 86.8g Fiber: 10.0g Protein: 37.3g Fat: 23.0g Sod: 961mg</p>	<p style="text-align: center;">24</p> <p>HAMBURGER ON A BUN LETTUCE, TOMATO & ONION DILL PICKLE CHIPS BAKED BEANS BROCCOLI FRUIT COCKTAIL</p> <p style="font-size: small;">Calories: 709 Carb: 87.8g Fiber: 13.2g Protein: 47.4g Fat: 21.6g Sod: 951mg</p>	<p style="text-align: center;">25</p> <p>SPRING GARDEN CHICKEN GREEN BEANS APPLE MUFFIN OREGON BERRY COMPOTE</p> <p style="font-size: small;">Calories: 645 Carb: 76.1g Fiber: 9.5g Protein: 40.0g Fat: 20.8g Sod: 906mg</p>
<p style="text-align: center;">28</p> <p>MEATLOAF TOMATO GRAVY MASHED POTATOES CARRIFRUIT SALAD APPLE MUFFIN FRUIT CUP</p> <p style="color: red; font-weight: bold; text-align: center;">BIRTHDAY RECOGNITION</p> <p style="font-size: small;">Calories: 689 Carb: 107.9g Fiber: 10.1 Protein: 33.2g Fat: 16.8g Sod: 1144mg</p>	<p style="text-align: center;">29</p> <p>CHICKEN A LA KING PERFECTION SALAD MIXED VEGETABLES BISCUITS PEACH SLICES OATMEAL BANANA RAISIN COOKIE</p> <p style="font-size: small;">Calories: 706 Carb: 100.2g Fiber: 10.4g Protein: 39.2g Fat: 19.6g Sod: 599mg</p>	<p style="text-align: center;">30</p> <p>BEEF STROGANOFF w/ NOODLES LAYERED SALAD BROCCOLI WW ROLL BANANNA SPLIT FRUIT CUP</p> <p style="font-size: small;">Calories: 650 Carb: 90.4g Fiber: 10.8g Protein: 37.7g Fat: 17.8g Sod: 707mg</p>	<p style="font-weight: bold; font-size: large;">Suggested Donation - \$4.00</p> <p style="font-weight: bold; font-size: large;">Under Age 60 Mandatory Charge - \$12.50</p> <p style="font-size: small;">Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	
<p style="font-weight: bold; font-size: large;">IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.</p>				

June 2021

Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Raised Garden Bed planting 1:30 Sewing & Hobbies 1:30 Bingo	2 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	3 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Patio Cornhole, Mah Jong, Chess, Dominoes	4 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Council on Aging Business Meeting	5 6:30 p.m. Dance w/ Classic Country \$7.00 All Ages Welcome
7 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Pinochle	8 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Book Club	9 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Mah Jong, Cornhole, Chess, Checkers	10 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Hand & Foot Canasta	11 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool	12 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 Public Welcome
14 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	15 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Las Amigas Bridge Club 1:30 Sewing & Hobbies	16 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Mah Jong, Cornhole, Dominoes	17 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Movie Matinee-Butch Cassidy and the Sundance Kid	18 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool	19 6:30 p.m. Dance w/ Dan Dobson \$7.00 Everyone can attend
21 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Pinochle	22 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing and Hobbies 1:30 Coffee, Tea, & We (trivia and reminisce)	23 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	24 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Hand & Foot Canasta	25 10:00 Qi gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Mah Jong, Cornhole, Checkers	26 6:30 p.m. Dance w/ FM Country \$7.00 All Ages Welcome
28 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Mah Jong, Cornhole, Chess, Dominoes	29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Bunco 1:30 Sewing & Hobbies	30 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 2:00 SilverSneakers® Birthday Celebration			

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.

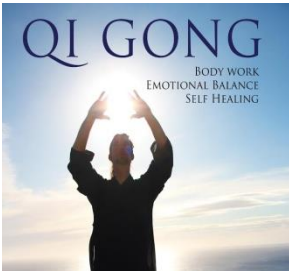
Monday & Wednesday mornings at 10:00 a.m.

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.

NOVICE TAI CHI



This class is offered on Thursdays at 1:30 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.

Guest speakers, guest instructors, Tai chi classes and other health related topics are offered throughout the year. Sign-up to receive our email newsletter to keep informed of upcoming opportunities to improve your health and to remain ACTIVE while AGING.





Join the SENIOR CITIZEN'S CLUB

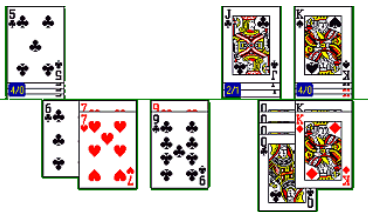
For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1: 30 start time, Snack break at 3:00 bring your
quarters 50 cents a snack



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
1:00 – 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.

BUNCO

We play bunco together on the last Tuesday of each month starting at
1:30. It is 50 cents to play and you can have all the fun you want. If you
would like to be added to the list of players please call us at 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

Call 522-1237 to schedule your 15 minute appointment

Suggested donation of \$5.00-\$10.00

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

Provided by Sterling MedCare Home Health



FOOT CARE CLINIC CHANGES

The foot care clinic has changed a bit.

TIME the clinic will start at 10:00 and run until 11:00

FREQUENCY the clinic is only available every other month.

Months of July, September, November, January, and March, May

APPOINTMENT you must schedule an appointment in order to guarantee a time. Appointments are 15 minute increments and only 8 appointments are available each clinic. The next clinic appointments do not come available until the 1st of that month.

Thank you to Sterling MedCare Home Health for continuing to offer this needed and valuable service.

COFFEE, TEA, & HISTORY

Please join us on **TUESDAY, JUNE 22ND** at 1:30 for an hour of trivia and reminiscing.

You can bring your own coffee or tea and we will provide the history.



MOVIE MATINEE

“Butch Cassidy and the Sundance Kid”

Thursday, June 17th

1:30 p.m. showing

Fresh popcorn and comfortable seating



HERITAGE CENTER DANCES

Dances will run from 6:30-9:30. At this time there will not be a “break” so don’t bring food with you.

LIVE MUSIC, WONDERFUL TALENT

June 5 th	Classic Country
June 12 th	Jim Ehrlich
June 19 th	Dan Dobson
June 26 th	FM Country



INVITE A FRIEND CHALLENGE

SilverSneakers® Members you are being challenged through the month of June to invite a friend to come back to exercise class. Or bring a friend to try a SilverSneakers® class in the month of June.

Daily incentives will be offered and the person who brought the most friends to class will get a grand prize.

WELCOME BACK.....POPCORN.....PUZZLES.....and the weekly BRAIN TEASERS.



HELP US PLAY WELL WITH OTHERS

The Summer Lunch program will be offered again this summer right out our back door at Prairie Park. Children 18 years of age and younger are being offered a free lunch, adults can eat as well for \$4.00. The kids eat and play from 11:30-12:30. We have been asked if we would sponsor the games on Wednesday, June 9th and Wednesday, June 23rd.

I **NEED** volunteers to come over and help me play with the kids.
We'll do Bingo, dominoes and checkers on the 9th
And on the 23rd we will do hula hoops, yoga and obstacle courses.
(subject to change)

SILVERSNEAKERS®

“BIRTHDAYS THROUGH THE YEAR” PARTY

We are celebrating all 12 months of birthdays in a special and unique way. This celebration is for anyone who has ever attended exercise classes at the Heritage Center. Whether you are active or inactive as a SilverSneakers® member.

WEDNESDAY, JUNE 30TH

2:00 P.M.

Logan County Heritage Center

RESERVATIONS PLEASE BY JUNE 23rd

522-1237

Please come wearing the color of your birthstone for you month of birth (i.e. May is Emerald, so wear dark green)



The City of Sterling Recreation Department is offering all kinds of great family oriented summer activities. June Walking Wednesdays AND June Movies in the Park more information on our bulletin board or call 522-7882.

A GREAT BIG THANK YOU!!!

Home Depot

Brian Kailey-CSU Extension Office

Logan County Commissioners

**Chance Wright, Jamie Brown and Gary Stone,
Logan County Buildings and Grounds**

Due to their generosity, hard work, time, energy and efforts we have been blessed with two new raised garden beds.

We are recruiting and organizing the

THE GRANS GARDEN CLUB

If you are interested in helping tend to the vegetable and flower beds a week at a time and helping plan and organize future gardens please let Cynthia know at 522-1237 or heritagecenter@kci.net