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2022

HERITAGE CENTER MONTHLY NEWSLETTER





JUNE BIRTHDAYS

Sheryl Brunner	June 3 rd	Skip Jobe	June 3 rd
Martelle Martens	June 7 th	Nancy Emmons	June 8 th
Virginia Stieb-Yahn	June 8 th	Mary Rich	June 10 th
Marcia Elwood	June 11 th	Charles Miner	June 11 th
Linda Buescher	June 12 th	Kevin Kyle	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
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

Gordon & Donna Sonnenberg	June 9 th , 1957
John & Karen Ertle	June 12 th , 1970
Skip Jobe	June 18 th , 2005
Russel & Ann Withrow	June 21 st , 1953

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

WEDNESDAY, JUNE 29TH

3:00 P.M.

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



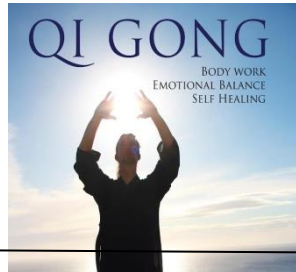
SilverSneakers® Yoga

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, 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 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™, the gold standard in Medicare fitness programs for body and mind, is coming to Logan County Heritage Center in January. The program is available at no additional cost with UnitedHealthcare® Medicare plans. In the meantime, you can learn more at UHCRenewActive.com



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

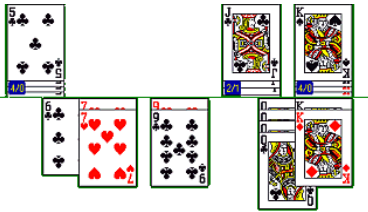
For Pinochle and Pool on

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

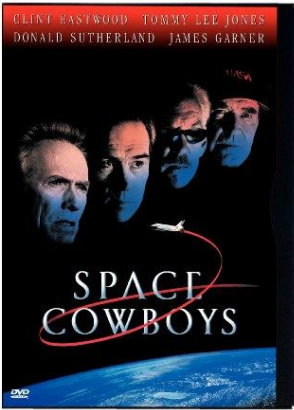
10:00-11:00 a.m. BY APPOINTMENT ONLY

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



MOVIE MATINEE

“Space Cowboys”

Clint Eastwood, Tommy Lee Jones, Donald Sutherland and James Garner star as a group of pilots whose time has come to serve their country and fulfill their dream of going to space. In 1958, the members of Team Daedalus, a group of top Air Force test pilots, were ready to serve their country as the first Americans in space. When NASA replaced the Air Force for outer atmospheric testing, they were pushed aside for a chimpanzee. The team retired, but the dream of going into space never died.

Thursday, June 16th

1:30 p.m. showing

Fresh popcorn and comfortable seating



HERITAGE CENTER DANCES

Dances will run from 6:30-9:30

\$7.00

LIVE MUSIC, WONDERFUL TALENT

June 4 th	Classic Country
June 11 th	Jim Ehrlich
June 18 th	Dan Dobson
June 25 th	FM Country

We are recruiting and organizing the

THE GRANS GARDEN CLUB

If you are interested in helping tend to the vegetable and flower beds one week at a time please let Cynthia know at 970 522-1237 or

heritagecenter@kci.net



SILVERSNEAKERS® QUARTERLY BIRTHDAY PARTY

Join us

Wednesday, June 22nd

11:15 a.m. for a

Dixie Derby Party

We will have our own derby horse races. Join us for Mint Juleps (non-alcohol of course), delicious food and see if you can come away the lucky winner of our horse race. Hats are encouraged, but not required. Reservations required please RSVP to Cynthia at 970 522 1237 by June 17th