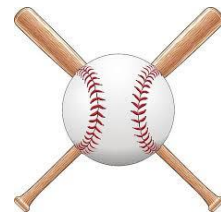




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2022

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.

JANUARY 2022 HERITAGE MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
SWEET & SOUR PORK BROWN RICE CALIFORNIA VEGETABLES WW ROLL PEAR SLICES OATMEAL RAISIN COOKIE Calories: 744 Carb: 108.2g Fiber: 9.8g Protein: 33.9g Fat: 21.84g Sod: 575mg	BBQ BEEF SANDWICH POTATO SALAD BRN BUTTER & DILL BRUSSEL SPROUTS FRUIT CUP Calories: 658 Carb: 96.8g Fiber: 12.1g Protein: 33.1g Fat: 19.0g Sod: 861mg	BEEF & NOODLES CREAMY COLESLAW PARSLIED CARROTS APRICOT HALVES CINNAMON CRISPIES ROLL Calories: 688 Carb: 100.6g Fiber: 11.60g Protein: 32.0g Fat: 19.8g Sod: 649mg	CHOICE:HAMBURGER STEAK BAKED FISH BAKED POTATO COUNTRY MIX VEGETABLES BRAN MUFFIN CHERRY BANANA SURPRISE COOKIE W/ CHOCOLATE CHIPS Calories: 723 Carb: 110.9g Fiber: 12.2g Protein: 30.5g Fat: 20.8g Sod: 826mg	CHICKEN RICE SOUP GREEN BEANS W/ TOMATOES ONION ROLL WINTER FRUIT CUP OATMEAL NUT COOKIE Calories: 635 Carb: 97.2g Fiber: 9.8g Protein: 23.0g Fat: 19.7g Sod: 1031mg
10	11	12	13	14
SPANISH RICE W/ GROUND BEEF TOSSED SALAD W/ DRESSING ROLLS PEACH SLICES APPLE GRANOLA COOKIE Calories: 660 Carb: 90.7g Fiber: 11.1g Protein: 31.9g Fat: 21.7g Sod: 484mg	CHICKEN FRIED STEAK MASHED POTATOES W/ COUNTRY GRAVY ITALIAN VEGETABLES OATMEAL ROLL SLICED BANANAS ORANGE JUICE Calories: 791 Carb: 105.3g Fiber: 10.5g Protein: 40.0g Fat: 25.5g Sod: 737mg	PARMESAN CHICKEN HERBED RICE MARINATED VEGETABLE SALAD ONION ROLL PEAR ORANGE FRUIT CUP Calories: 789 Carb: 81.3g Fiber: 8.5g Protein: 53.9g Fat: 28.5g Sod: 1027mg	BARBECUE PORK CHOPS AU GRATIN POTATOES CABBAGE BRAN MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE Calories: 808 Carb: 98.8g Fiber: 9.9g Protein: 44.3g Fat: 29.7g Sod: 915mg	CHOICE:HAMBURGER STEAK OVEN FRIED LIVER PARSLIED NOODLES STEWED TOMATOES WW ROLL STRAWBERRY APPLESAUCE Calories: 652 Carb: 96.7g Fiber: 9.8g Protein: 35.8g Fat: 15.7g Sod: 552mg
17	18	19	20	21
CHILI W/ BEANS CORN BREAD PINEAPPLE COLESLAW APRICOT HALVES Calories: 642 Carb: 106.8g Fiber: 15.9g Protein: 30.6g Fat: 12.9g Sod: 854mg	HAMBURGER ON A BUN BAKED BEANS COUNTRY MIX VEGETABLES MANDARIN ORANGES  Calories: 726 Carb: 91.8g Fiber: 12.2g Protein: 45.9g Fat: 22.0g Sod: 958mg	BARBECUE CHICKEN POTATO SALAD STIR FRY VEGETABLES BRAN MUFFIN TROPICAL FRUIT CUP Calories: 702 Carb: 91.4g Fiber: 10.1g Protein: 40.1g Fat: 21.4g Sod: 1172mg	ROAST TURKEY & GRAVY YAM APPLE BAKE COUNTRY MIX VEGETABLES WW ROLL PINEAPPLE MANDARIN ORANGE COMPOTE Calories: 701 Carb: 106.8g Fiber: 10.5g Protein: 26.6g Fat: 20.7g Sod: 712mg	SALISBURY STEAK MASHED POTATOES WINTER MIX VEGETABLES ONION ROLL FRUIT CUP Calories: 677 Carb: 79.5g Fiber: 10.1g Protein: 43.2g Fat: 22.6g Sod: 680mg
24	25	26	27	28
TERIYAKI BEEF RICE ORIENTAL VEGETABLES WW ROLL PEACH SLICES OATMEAL CHOCOLATE CHIP COOKIE Calories: 706 Carb: 109.3g Fiber: 9.7g Protein: 30.8g Fat: 17.1g Sod: 518mg	SPRING GARDEN CHICKEN HOT SPICED BEETS ORANGE MUFFIN OREGON BERRY COMPOTE Calories: 730 Carb: 92.3g Fiber: 9.7g Protein: 41.1g Fat: 22.3g Sod: 878mg	HAM POTATO OMELET BEAN MEDLEY BRAN MUFFIN CHERRY BANANA SURPRISE Calories: 629 Carb: 81.7g Fiber: 10.9g Protein: 30.2g Fat: 22.6g Sod: 910mg	BEEF BARLEY SOUP CAROLINA SALAD CORN BREAD PEAR ORANGE FRUIT CUP APPLE GRANOLA COOKIE Calories: 692 Carb: 101.9g Fiber: 9.8g Protein: 22.9g Fat: 24.1g Sod: 761mg	LASAGNA BIANCO GREEN BEANS TOSSED SALAD W/ DRESSING FRENCH BREAD FRUIT COCKTAIL APPLE JUICE Calories: 745 Carb: 83.3g Fiber: 10.8g Protein: 15.2g Fat: 25.6g Sod: 1097mg
31				
CABBAGE BURGERS COBBLER CORN BANANA SPLIT FRUIT CUP SPICE CAKE BIRTHDAY RECOGNITION Calories: 696 Carb: 103.7g Fiber: 10.0g Protein: 30.5g Fat: 21.5g Sod: 391mg		IF YOU CHOOSE THE CHOICE ENTREE, PLEASE MAKE THE RESERVATION FOR IT BY (1) ONE DAY BEFORE	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.	Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50 Menu may change due to availability of food items or conditions that cause the kitchen to close.

June 2022

Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 SilverSneakers® Yoga Noon Meet & Eat Nutrition Program 1:30 Cards, Cornhole, Dominoes, Mah Jong & Pool	2 7:45 a.m. Departure for Terry Bison Ranch 10:00 Exercise Class Noon Meet & Eat Nutrition Program 1:30 Billiards 2:00 Novice Tai chi	3 10:00 Qi Gong Noon Meet & Eat Lunch Program 1:30 Council on Aging Business Meeting 1:30 Cards, Checkers, Chess & Pool	4 6:30 p.m. Dance w/ Classic Country \$7.00 Everyone Welcome
6 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:00 Pinochle Group 1:30 Cards & Pool	7 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Sewing & Hobbies 1:30 Billiards	8 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards, Cornhole, Dominoes, Mah Jong & Pool	9 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai Chi	10 10:00 Qi Gong Noon Meet & Eat lunch Program 1:30 Cards, Checkers, Chess & Pool	11 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 All Ages Welcome
13 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards & Pool	14 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Rummy 1:30 Sewing & Hobbies 1:30 Billiards	15 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards, Cornhole, Dominoes, Mah Jong & Pool	16 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Move Matinee "Space Cowboys" 1:30 Billiards 2:00 Novice Tai Chi	17 10:00 Qi Gong Noon Meet & Eat Lunch Program 1:30 Cards, Checkers, Chess & Pool	18 6:30 p.m. Dance w/ Dan Dobson \$7.00 No membership required
20 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards & Pool	21 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Sewing & Hobbies 1:30 Billiards	22 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards, Cornhole, Dominoes, Mah Jong, & Pool	23 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai Chi	24 10:00 Qi Gong Noon Meet & Eat Lunch Program 1:30 Cards, Checkers, Chess & Pool	25 6:30 p.m. Dance w/ FM Country \$7.00 Public Welcome
27 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards & Pool	28 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards 1:30 Rummy	29 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards, Cornhole, Dominoes, Mah Jong & Pool	30 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Billiards 2:00 Novice Tai Chi		

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.

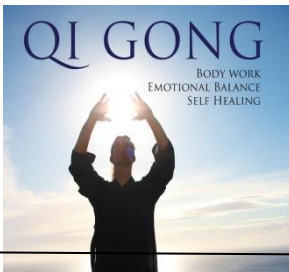
Some supplemental insurance will cover the expense of the class.

\$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.



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
by  **UnitedHealthcare®**

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

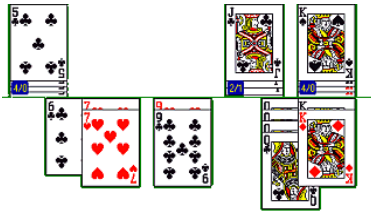
For Pinochle and Pool on

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

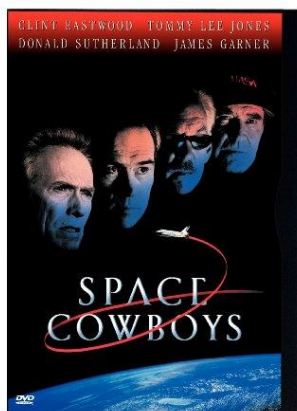
10:00-11:00 a.m. BY APPOINTMENT ONLY

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

Renew Active

by  UnitedHealthcare®

Available here

The gold standard in Medicare fitness programs for body and mind.

We are proud to be a premium
Renew Active® location



Participation in the Renew Active® program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Renew Active includes standard fitness membership and other offerings. Fitness membership equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, discounts, classes events, and online fitness offerings are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in these third-party services are subject to your acceptance of their respective terms and policies. UnitedHealthcare is not responsible for the services or information provided by third parties. The information provided through these services is for informational purposes only and is not a substitute for the advice of a doctor. The Renew Active program varies by plan/area. Access to gym and fitness location network may vary by location and plan. Renew Active premium gym and fitness location network only available with certain plans.

Plans insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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