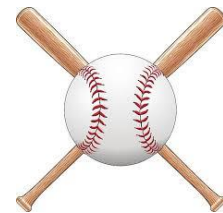




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2023

HERITAGE CENTER
MONTHLY NEWSLETTER





JUNE BIRTHDAYS

Skip Jobe	June 3 rd	Montelle Martens	June 7 th
Nancy Emmons	June 8 th	Virginia Stieb-Yahn	June 8 th
Marcia Elwood	June 11 th	Charles Miner	June 11 th
Linda Buescher	June 12 th	Kevin Kyle	June 12 th
Russel Withrow	June 17 th	Betty Scharf	June 19 th
Al Peltzer	June 20 th	Vi Weingardt	June 23 rd
Maxine Dennington	June 24 th	Bob Mullanix	June 26 th

JUNE WEDDING ANNIVERSARIES

Lee & Rose Roth	June 2, 1974
Mike & Chris Kinney	June 5, 1975
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 28TH

3:00 P.M.

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



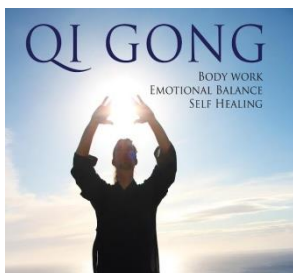
SilverSneakers® Yoga

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.



Renew Active™, the gold standard in Medicare fitness programs for body and mind; Logan County Heritage Center is a participating location. The program is available at no additional cost with UnitedHealthcare® Medicare plans. You can learn more at UHCRenewActive.com

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.



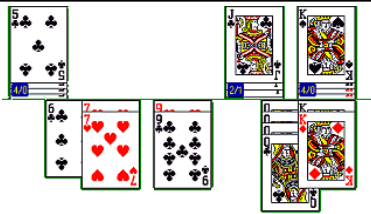
Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on
Mondays, Wednesdays, & Fridays



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. 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 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 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



MOVIE MATINEE

“80 for Brady”

Starring Jane Fonda, Rita Moreno, Sally Field,
Lily Tomlin and Tom Brady

The movie is inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero Tom Brady play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country.

Thursday, June 15th

1:30 p.m. showing

Fresh popcorn and comfortable seating



HERITAGE CENTER DANCES

Dances will run from 6:30-9:30

\$8.00

LIVE MUSIC, WONDERFUL TALENT

June 3rd Classic Country

June 10th FM Country

June 17th Dan Dobson

June 24th FM Country



Grands Garden Club will be going to the greenhouse and planting on June 1st if you would like to join us. Meet at the Heritage Center at 1:00.



EXERCISE CLASSES QUARTERLY BIRTHDAY PARTY

Join us
Thursday, June 29th
11:15 a.m. for
“A Tropical State of Mind”

All persons enrolled or participating (active or inactive) are welcome to attend our birthday celebration to honor our members who had birthdays in April, May or June. Please RSVP to Cynthia by June 23rd.

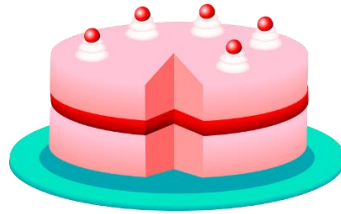


FOOT CARE CLINIC

TUESDAY, JUNE 13TH
10:00-11:00 a.m.

R.N. & L.P.N. staff will be here to provide toe nail trimming. By appointment ONLY. Please call June 1st or after to make your appointment
(970) 522-1237.

Happy
Birthday



Senior Citizen's Club

Quarterly Birthday & Anniversary Party

Wednesday, June 28th

3:00 p.m.

All members welcome to join us for cake (angel food cake available), and ice cream. We will recognize members with birthdays in April, May and June.

What's on your mind?

Cynthia will be working on the Heritage Center budget soon and would like your ideas on what improvements we need to make to the Heritage Center. If we were to add arts/crafts classes what would you like offered? If we were to have guest speakers or informative talks what topics should we cover?