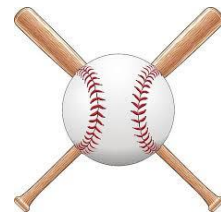




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2023

# HERITAGE CENTER MONTHLY NEWSLETTER





## **JUNE BIRTHDAYS**

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

## **JUNE WEDDING ANNIVERSARIES**

Lee & Rose Roth	June 2, 1974
Mike & Chris Kinney	June 5, 1975
Gordon & Donna Sonnenberg	June 9 <sup>th</sup> , 1957
John & Karen Ertle	June 12 <sup>th</sup> , 1970
Skip Jobe	June 18 <sup>th</sup> , 2005
Russel & Ann Withrow	June 21 <sup>st</sup> , 1953



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

**WEDNESDAY, JUNE 28<sup>TH</sup>  
3:00 P.M.**



# JUNE 2023 HERITAGE MEAL SITE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<p><b>For Reservations</b> Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p><b>If you must cancel your meal,</b> please do so by 8:00 a.m. the day of the meal.</p>	<p><b>Suggested Donation - \$6.25</b></p> <p><b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b></p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p><b>CHICKEN FRIED STEAK</b> <b>MASHED POTOATOES &amp; GRAVY</b> <b>WINTER MIX VEGETABLES</b> <b>WW ROLL</b> <b>SLICED BANANAS</b></p> <p>Calories: 703 Carb: 84.1g Fiber: 9.6g Protein: 38.1g Fat: 26.2g Sod: 742mg</p>	<p><b>BARBECUE CHICKEN</b> <b>POTATO SALAD</b> <b>BRUSSEL SPROUTS</b> <b>APPLE MUFFINS</b> <b>APRICOT HALVES</b></p> <p>Calories: 694 Carb: 89.9g Fiber: 10.2 Protein: 42.0g Fat: 21.4g Sod: 1131mg</p>
5	6	7	8	9
<p><b>TUNA SALAD</b> <b>3 BEAN SALAD</b> <b>FRENCH BREAD</b> <b>MANDARIN ORANGES w/ BANANAS</b> <b>GRAPE JUICE</b></p> <p>Calories: 720 Carb: 120.9g Fiber: 10.5 Protein: 30.6g Fat: 16.2g Sod: 867mg</p>	<p><b>CABBAGE BURGERS</b> <b>COBBLER CORN</b> <b>FRITO SALAD</b> <b>BANANA SPLIT FRUIT CUP</b> <b>CHOCOLATE CAKE</b></p> <p>Calories: 782 Carb: 111.8g Fiber: 12.3g Protein: 33.2g Fat: 26.7g Sod: 576mg</p>	<p><b>BBQ BEEF SANDWICH</b> <b>BRUSSEL SPROUTS</b> <b>POTATO SALAD</b> <b>PEACH POLKA DOT SALAD</b> <b>BUTTERSCOTCH BROWNIE</b></p> <p>Calories: 768 Carb: 114.4g Fiber: 11.6g Protein: 35.3g Fat: 22.2g Sod: 912mg</p>	<p><b>BAKED FISH</b> <b>BAKED POTATO</b> <b>CARROT COINS</b> <b>ANNA'S DILLY BREAD</b> <b>SUMMER FRUIT SALAD</b></p>  <p>Calories: 699 Carb: 98.4g Fiber: 11.8g Protein: 34.9g Fat: 21.1g Sod: 940mg</p>	<p><b>MEXICAN CHICKEN BAKE</b> <b>PEAS &amp; CARROTS</b> <b>CORN MUFFIN</b> <b>OREGON BERRY MIX</b></p> <p>Calories: 711 Carb: 90.9g Fiber: 11.6g Protein: 38.9g Fat: 22.2g Sod: 738mg</p>
12	13	14	15	16
<p><b>HAM POTATO OMELET</b> <b>COUNTRY MIX VEGETABLES</b> <b>RAISIN BRAN MUFFIN</b> <b>FRUIT CUP</b></p> <p>Calories: 741 Carb: 112.5g Fiber: 13.8 Protein: 32.1g Fat: 22.6g Sod: 1087mg</p>	<p><b>CHICKEN ALFREDO</b> <b>CAESAR SALAD</b> <b>MIXED VEGETABLES</b> <b>GARLIC CHEESE BISCUIT</b> <b>MANDARIN ORANGES w/ BANANAS</b></p> <p>Calories: 802 Carb: 99.6g Fiber: 10.1g Protein: 38.7g Fat: 31.1g Sod: 789mg</p>	<p><b>BEEF and NOODLES</b> <b>CRISPY CUCUMBERS &amp; TOMATOES</b> <b>BEAN MEDLEY</b> <b>ROLL</b> <b>ORANGE WEDGES</b> <b>OATMEAL NUT COOKIE</b></p> <p>Calories: 653 Carb: 88.0g Fiber: 9.7g Protein: 32.1g Fat: 20.5g Sod: 504mg</p>	<p><b>CITRUS PEPPER SALMON FILET</b> <b>OVEN BROWNED POTATOES</b> <b>CALIFORNIA VEGETABLES</b> <b>BRAN MUFFIN</b> <b>SUMMER FRUIT SALAD</b> <b>CINNAMON CRISPIES</b></p> <p>Calories: 654 Carb: 100.3g Fiber: 11.3g Protein: 31.1g Fat: 17.5g Sod: 904mg</p>	<p><b>SWEDISH MEATBALLS</b> <b>NOODLES</b> <b>CARROT COINS</b> <b>ROLL</b> <b>APRICOT HALVES</b> <b>ORANGE JUICE</b></p> <p>Calories: 734 Carb: 111.7g Fiber: 11.4g Protein: 36.5g Fat: 18.1g Sod: 445mg</p>
19	20	21	22	23
<p><b>SPRING GARDEN CHICKEN</b> <b>BEAN MEDLEY SALAD</b> <b>APPLE MUFFIN</b> <b>OREGON BERRY COMPOTE</b></p> <p>Calories: 702 Carb: 83.0g Fiber: 10.2 Protein: 40.3g Fat: 23.5g Sod: 758mg</p>	<p><b>ROAST BEEF</b> <b>MASHED POTATOES &amp; GRAVY</b> <b>LAYERED SALAD</b> <b>CALIFORNIA VEGETABLES</b> <b>ROLL</b> <b>TROPICAL FRUIT CUP</b> <b>BUTTERSCOTCH BROWNIE</b></p> <p>Calories: 772 Carb: 101.5g Fiber: 9.6g Protein: 37.2g Fat: 25.9g Sod: 980mg</p>	<p><b>LIVER &amp; ONIONS</b> <b>SCALLOPED POTATOES</b> <b>STEWED TOMATOES</b> <b>WW ROLL</b> <b>APPLESAUCE</b></p> <p>Calories: 621 Carb: 89.5g Fiber: 10.2g Protein: 34.9g Fat: 15.8g Sod: 670mg</p>	<p><b>HAMBURGER ON A BUN</b> <b>LETTUCE, TOMATO &amp; ONION SLICES</b> <b>DILL PICKLE CHIPS</b> <b>BAKED BEANS</b> <b>BROCCOLI APPLE SALAD</b> <b>FRUIT COCKTAIL</b></p> <p>Calories: 737 Carb: 90.6g Fiber: 11.7g Protein: 45.9g Fat: 24.1g Sod: 1079mg</p>	<p><b>CORN TACO CASSEROLE</b> <b>REFRIED BEANS</b> <b>TOSSED GREEN SALAD w/ DRESSING</b> <b>CANTALOUPE CUBES</b> <b>CINNAMON CRISPIES</b></p> <p>Calories: 662 Carb: 93.9g Fiber: 12.7g Protein: 36.8g Fat: 17.2g Sod: 1080mg</p>
26	27	28	29	30
<p><b>MEATLOAF</b> <b>MASHED POTATOES &amp; GRAVY</b> <b>CARRI FRUIT SALAD</b> <b>APPLE MUFFIN</b> <b>FRUIT CUP</b></p>  <p><b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 667 Carb: 103.6g Fiber: 9.8 Protein: 32.8g Fat: 16.5g Sod: 1034mg</p>	<p><b>HOT TURKEY SANDWICH</b> <b>MIXED VEGETABLES</b> <b>SPINACH MANDARIN ORANGE SALAD</b> <b>PEACH SLICES</b> <b>OATMEAL BANANA RAISIN COOKIE</b></p> <p>Calories: 701 Carb: 115.5g Fiber: 11.8g Protein: 32.0g Fat: 15.8g Sod: 834mg</p>	<p><b>BEEF STROGANOFF w/ NOODLES</b> <b>LAYERED SALAD</b> <b>BROCCOLI</b> <b>WW ROLL</b> <b>BANANNA SPLIT FRUIT CUP</b></p> <p>Calories: 650 Carb: 90.4g Fiber: 10.8g Protein: 37.7g Fat: 17.8g Sod: 707mg</p>	<p><b>TUNA PASTA SALAD</b> <b>CONFETTI COLESLAW</b> <b>TOMATO WEDGE</b> <b>RAISIN BRAN MUFFIN</b> <b>PINEAPPLE MANDARIN ORANGE COMPOTE</b></p> <p>Calories: 677 Carb: 112.8g Fiber: 13.1g Protein: 30.7g Fat: 17.3g Sod: 1022mg</p>	<p><b>BEEF GOULASH</b> <b>PARSLIED CARROTS</b> <b>ANNA'S DILLY BREAD</b> <b>STRAWBERRIES &amp; BANANAS</b></p> <p>Calories: 605 Carb: 82.6g Fiber: 13.7 Protein: 36.7g Fat: 17.3g Sod: 885mg</p>

## June 2023

Mon	Tue	Wed	Thu	Fri	
			<b>1</b> 10:00 Exercise Class Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool 1:30 Card Group	<b>2</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards, Chess, Checkers, & Pool	<b>3</b> 6:30-9:30 Dance w/ Classic Country
<b>5</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	<b>6</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	<b>7</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	<b>8</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>9</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	<b>10</b> 6:30-9:30 Dance w/ FM Country
<b>12</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>13</b> 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 JWill Pink Village 1:30 Rummy/Five Crowns 1:30 Pool	<b>14</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	<b>15</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "80 for Brady" 1:30 Card Group 1:30 Pool	<b>16</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	<b>17</b> 6:30-9:30 Dance w/ Dan Dobson
<b>19</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	<b>20</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	<b>21</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes Mah Jong & Pool	<b>22</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>23</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	<b>24</b> 6:30-9:30 Dance w/ FM Country
<b>26</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>27</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool 1:30 Rummy/Five Crowns	<b>28</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:00 Sr. Citizen's Club B-day & Anniver Party	<b>29</b> 10:00 SilverSneakers® Classic 11:15 Exercise Classes Quarterly Birthday Party Noon Meet & Eat 1:30 Pool	<b>30</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	

# LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



## SilverSneakers® Yoga

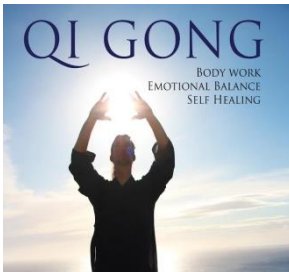
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

**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.

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## 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.

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## 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.

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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](http://UHCRenewActive.com)

# 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

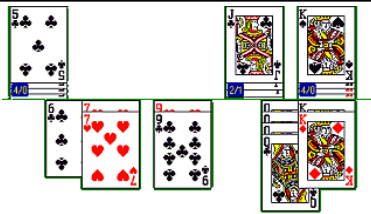
For Pinochle and Pool on  
Mondays, Wednesdays, & Fridays



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## 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

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 522-1237.

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## 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.

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## 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



## 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 15<sup>th</sup>

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 3 <sup>rd</sup>	Classic Country
June 10 <sup>th</sup>	FM Country
June 17 <sup>th</sup>	Dan Dobson
June 24 <sup>th</sup>	FM Country



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





## EXERCISE CLASSES QUARTERLY BIRTHDAY PARTY

Join us  
Thursday, June 29<sup>th</sup>  
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 23<sup>rd</sup>.

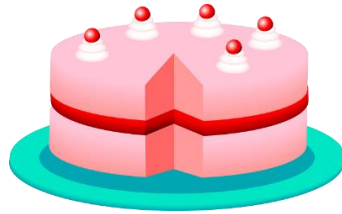


## FOOT CARE CLINIC

TUESDAY, JUNE 13<sup>TH</sup>  
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 1<sup>st</sup> or after to make your appointment  
(970) 522-1237.





# Senior Citizen's Club

## Quarterly Birthday & Anniversary Party

Wednesday, June 28<sup>th</sup>

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?