



2022

Logan County
Heritage Center
Newsletter





Patty Wolfe	March 4
Harold Cook	March 5
Rosemary Bahr	March 8
Jane Mullanix	March 7
Rock Roche	March 10
Alice Didamo	March 11
Mary J. Wiebers	March 11
Elaine Ganong	March 13
Emil Trott	March 13
Joe Klobberdanz	March 14
Kevin White	March 14
Wanda Novacek	March 16
Dorothy Griess	March 21
Iris Lambert	March 25
Clara Wilterdink	March 26
Loretta DeSoto	March 27

ANNIVERSARIES

Glenda Castle (Gary)

March 2, 1956

Due to inclement conditions we postponed February's party. Please join us to celebrate birthdays/anniversaries for February and March on

Wednesday, March 30th 3:00 p.m.

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



SilverSneakers® Yoga

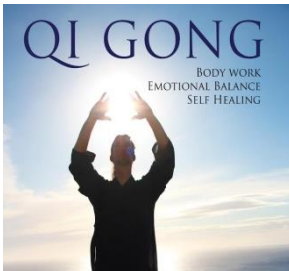
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

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
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.



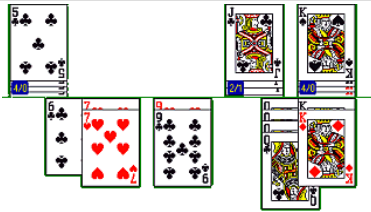
Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1: 30 start time, Snack break at 3:00



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



FOOT CARE CLINIC

Our next clinic offering toenail trimming will be held on

Tuesday, March 8th

10:00~11:00 a.m.

By appointment only, 8 slots available

Appointments can be made March 1st and after at
522-1237

Please soak your feet before you arrive.

Donations greatly appreciated

MARCH DANCE SCHEDULE



MARCH 5TH

CLASSIC COUNTRY

MARCH 12TH

JIM EHRLICH

MARCH 19TH

DAN DOBSON

MARCH 26TH

FM COUNTRY



SILVERSNEAKERS® QUARTERLY BIRTHDAY PARTY

We will gather on **Tuesday, March 29th at 2:00 p.m.** to celebrate the birthdays of our friends enrolled in exercise. (Participation not required)

Everyone that is registered as a SilverSneakers® member is welcome to attend, our guests of honor will be those who were born in the months of January, February and March. Please have your reservations turned in by Thursday, March 24th.

SILVERSNEAKERS® SCHEDULE CHANGE

We will not have regular SilverSneakers® Classic class on Thursday, March 17th due to Cynthia's absence. We will still exercise; please join us for the work out video.

Thanks for your flexibility so I may take vacation with my family.



MOVIE MATINEE

"Cry Macho"

Thursday, March 17th

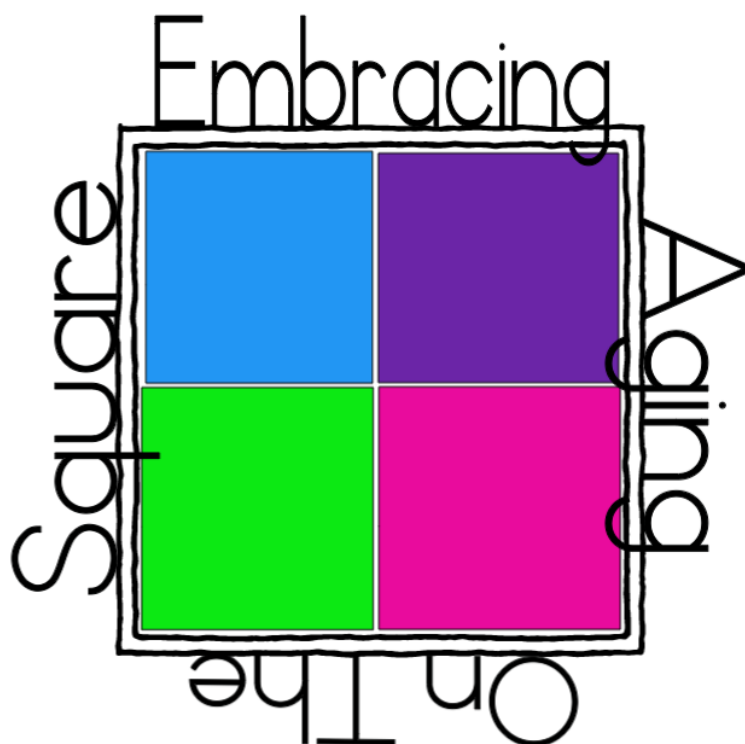
1:30 p.m.

Starring Clint Eastwood

A onetime rodeo star and washed-up horse breeder, in 1978, takes a job from an ex-boss to bring the man's young son home and away from his alcoholic mum. Crossing rural Mexico on their back way to Texas, the unlikely pair faces an unexpectedly challenging journey, during which the world-weary horseman may find his own sense of redemption through teaching the boy what it means to be a good man.



We are needing volunteers to help with delivering meals. Once a week, every other week, once a month. As often as you want or if you need to take a month off, we will work with your schedule. Only 30-60 minutes of your day from 11:00 a.m. to 11:30-12:00pm. See Cynthia for an application and or for more information. We desperately need help getting meals delivered to older adults in our community. If you can't do it will you please spread the word or ask someone who might.



Coming Soon "Embracing Aging on the Square" be watching for more information on this fun and exciting celebration of older adults and their important role in our community!!!

Age-Friendly Community Survey

The Logan Co. Coalition on Aging is an informal group of citizens, interested in the well-being of older adults in Logan County. They would like to find out what you feel would make your community a great place to live as you get older. Your views are important and they would greatly appreciate your participation in this survey. Answers are anonymous. This survey has 45 questions for those that are 18 years of age and older. It will take about 20 minutes to complete. Paper copies are available at the Logan County Heritage Center or at CSU Regional Engagement center. OR you can do the on-line version at the following link.

<https://tinyurl.com/LoganAgingSurvey>





Card Making Workshop with Jane DeSanti

Please join us for *one or for all* of the following dates to learn how to make a homemade card. All skill levels welcome!

Tuesday, April 5th 1:30-4:30

Tuesday, April 12th 1:30-4:30

Tuesday, April 19th 1:30-4:30

Tuesday, April 26th 1:30-4:30



Tuesday, May 2nd 1:30-4:30

Reservations not required but suggested so we have enough supplies.

MARCH 2022 HERITAGE MEAL SITE

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<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>HOT TURKEY SANDWICH MARINATED VEGETABLE SALAD MANDARIN ORANGES W/ BANANAS OATMEAL NUT COOKIE</p> <p>Calories: 737 Carb: 107.5g Fiber: 9.9g Protein: 29.6g Fat: 23.7g Sodium: 1148mg</p>	<p>BEEF O'LE MEXICALI CORN REFRIED BEANS FRUIT CUP</p> <p>Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sodium: 551mg</p>	<p>HAMBURGER STEAK BAKED POTATO MIXED VEGETABLES BRAN MUFFIN TROPICAL FRUIT CUP</p> <p>Calories: 669 Carb: 87.5g Fiber: 10.3g Protein: 35.0g Fat: 22.4g Sodium: 501mg</p>	<p>PENNE & CHEESE PEAS CONFETTI COLESLAW BLUEBERRY MUFFIN PLUMS</p> <p>Calories: 763 Carb: 104.3g Fiber: 12.4g Protein: 34.0g Fat: 26.7g Sodium: 799mg</p>
7	8	9	10	11
<p>SMOTHERED PORK CHOPS AU GRATIN POTATOES PEAS & CARROTS WW ROLL PINEAPPLE MANDARIN ORANGE COMPOTE</p> <p>Calories: 792 Carb: 87.7g Fiber: 9.7g Protein: 48.2g Fat: 30.0g Sodium: 616mg</p>	<p>MEATLOAF W/ GRAVY MASHED POTATOES CABBAGE ROLLS FRUIT CUP PUDDING</p>  <p>Calories: 619 Carb: 91.6g Fiber: 9.6g Protein: 37.8g Fat: 13.3g Sodium: 862mg</p>	<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI W/ PORK SPANISH RICE OREGON BERRY COMPOTE COOKIES W/ RAISINS</p> <p>Calories: 679 Carb: 91.7g Fiber: 10.3g Protein: 27.5g Fat: 23.3g Sodium: 693mg</p>	<p>LASAGNA ROTINI CASSEROLE BROCCOLI APPLE SALAD FRENCH BREAD FRUIT COCKTAIL SUGAR COOKIES</p> <p>Calories: 643 Carb: 92.3g Fiber: 9.6g Protein: 36.2g Fat: 17.9g Sodium: 705mg</p>	<p>CHOICE: CHICKEN CROISSANT SALMON SALAD MINESTRONE SOUP CROISSANT PEAR ORANGE FRUIT CUP CARROT CAKE</p> <p>Calories: 39 Carb: 115.8g Fiber: 10.7 Protein: 32.8g Fat: 17.8g Sodium: 1156mg</p>
14	15	16	17	18
<p>PULLED PORK SANDWICH OVEN BROWNED POTATOES PEAS & CORN PEAR HALF W/ CRANBERRY SAUCE OATMEAL RAISIN COOKIES</p> <p>Calories: 757 Carb: 112.0g Fiber: 10.1g Protein: 38.6g Fat: 18.7g Sodium: 609mg</p>	<p>SOFT SHELL TACOS REFRIED BEANS APRICOT HALVES APPLESAUCE CAKE APPLE JUICE</p> <p>Calories: 754 Carb: 108.7g Fiber: 11.6g Protein: 38.0g Fat: 20.5g Sodium: 1035mg</p>	<p>HAM AND BEANS CONFETTI COLESLAW CORN BREAD WINTER FRUIT CUP</p> <p>Calories: 623 Carb: 102.1g Fiber: 13.6g Protein: 28.5g Fat: 13.5g Sodium: 926mg</p>	<p>MULLIGAN STEW PERFECTION SALAD IRISH SODA BREAD CELTIC APPLE CRUMBLE GRAPE JUICE</p>  <p>Calories: 729 Carb: 113.8g Fiber: 10.4g Protein: 34.6g Fat: 16.2g Sodium: 729mg</p>	<p>CHEESE MANICOTTI TOSSED GREEN SALAD W/ DRESSING GARLIC BREAD CINNAMON APPLE SLICES COFFEE</p> <p>Calories: 682 Carb: 95.9g Fiber: 9.9g Protein: 33.7g Fat: 20.2g Sodium: 1129mg</p>
21	22	23	24	25
<p>HAM POTATO CHOWDER ASPARAGUS CUTS BRAN MUFFIN FRUIT MIX CRANBERRY CRUNCH</p> <p>Calories: 646 Carb: 115.3g Fiber: 11.2g Protein: 20.1g Fat: 16.0g Sodium: 494mg</p>	<p>POT ROAST POT ROAST VEGETABLES OATMEAL ROLL STRAWBERRIES & BANANAS NATURE COOKIE</p> <p>Calories: 653 Carb: 102.4g Fiber: 10.5g Protein: 32.7g Fat: 14.8g Sodium: 346mg</p>	<p>SHEPHERD'S PIE PINEAPPLE COLESLAW ONION ROLL APPLESAUCE CINNAMON CRISPIES</p> <p>Calories: 66 Carb: 99.3g Fiber: 10.1g Protein: 29.8g Fat: 16.4g Sodium: 692mg</p>	<p>CHICKEN CACCIATORE MASHED POTATOES BEAN MEDLEY OATMEAL ROLL BANANA SPLIT FRUIT CUP OATMEAL RAISIN COOKIE</p> <p>Calories: 783 Carb: 98.2g Fiber: 11.1g Protein: 43.6g Fat: 25.8g Sodium: 1124mg</p>	<p>CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CARROT COINS ANNA'S DILLY BREAD OATMEAL NUT COOKIES</p> <p>Calories: 700 Carb: 106.1g Fiber: 11.2g Protein: 31.0g Fat: 19.1g Sodium: 847mg</p>
28	29	30	31	
<p>WHITE CHILI W/ CHICKEN LAYERED SALAD MANDARIN ORANGES W/ BANANAS BUTTERSCOTCH BROWNIE</p> <p style="text-align: center;">BIRTHDAY RECOGNITION</p> <p>Calories: 732 Carb: 102.9g Fiber: 11.3g Protein: 32.0g Fat: 23.5g Sodium: 764mg</p>	<p>PORK CHOP SUEY PARSLIED RICE CARROT COINS PINEAPPLE TIDBITS ORANGE JUICE</p> <p>Calories: 719 Carb: 112.1g Fiber: 10.1g Protein: 32.7g Fat: 17.4g Sodium: 468mg</p>	<p>MEXICAN BEEF SPANISH RICE GREEN BEANS & CORN ROLL OREGON BERRY COMPOTE NATURE COOKIE</p> <p>Calories: 790 Carb: 123.7g Fiber: 15.4g Protein: 28.9g Fat: 12.5g Sodium: 985mg</p>	<p>SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES BRAN MUFFIN SLICED BANANAS</p> <p>Calories: 741 Carb: 95.5g Fiber: 12.9g Protein: 41.5g Fat: 24.4g Sodium: 560mg</p>	<p>Suggested Donation - \$4.00</p> <p style="text-align: center;">Under Age 60 Mandatory Charge - \$12.50</p> <p style="text-align: center;">IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE</p>

March 2022

Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 SilverSneakers® Classic 12:00 Meet & Eat Lunch Program 1:30 Sewing & Hobbies 2:00 Billiards	2 10:00 SilverSneakers® Yoga 12:00 Meet & Eat Lunch Program 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	3 10:00 SilverSneakers® Classic 12:00 Meet & Eat Lunch Program 1:30 Cards & Billiards 2:00 Novice Tai Chi	4 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards, Checkers, Chess and Pool	5 6:30 p.m. Dance w/ Classic Country \$7.00 entry All ages welcome
7 10:00 SilverSneakers® Yoga 12:00 Meet & Eat Lunch Program 1:00 Pinochle Group 1:30 Cards & Pool	8 10:00 Foot Care Clinic (by appointment) 10:00 SilverSneakers® Classic 12:00 Meet & Eat Lunch Program 1:30 Sewing & Hobbies 1:30 Rummy & Billiards	9 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	10 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai Chi	11 10:00 Qi Gong Noon Meet & Eat Lunch Program 1:30 Cards, Checkers, Chess & Pool	12 6:30 Dance w/ Jim Ehrlich \$7.00 Public invited
14 10:00 SilverSneakers® Yoga 12:00 Meet & Eat Lunch Program 1:30 Cards & Pool	15 10:00 SilverSneakers® Classic 12:00 Meet & Eat Lunch Program 1:30 Sewing & Hobbies 1:30 Las Amigas Bridge Club	16 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards, Cornhole, Dominoes, Mah Jong & Pool	17 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Movie Matinee "Cry Macho" 1:30 Billiards 2:00 Novice Tai Chi	18 10:00 Qi gong Noon Meet & Eat Lunch Program 1:30 Cards, Checkers, Chess & Pool	19 6:30 Dance w/ Dan Dobson \$7.00 No Membership required
21 10:00 SilverSneakers® Yoga 12:00 Meet & Eat Lunch Program 1:30 Cards & Pool	22 10:00 SilverSneakers® Classic 12:00 Meet & Eat Lunch Program 1:30 Sewing & Hobbies 1:30 Rummy & Billiards	23 10:00 SilverSneakers® Yoga 12:00 Meet & Eat Lunch Program 1:30 Cards, Cornhole, Dominoes, Mah Jong & Pool	24 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai Chi	25 10:00 Qi gong Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	26 6:30-9:30 PM Dance w/ FM Country \$7.00 Everyone welcome
28 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch 1:30 Cards & Pool	29 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Sewing & Hobbies 2:00 SilverSneakers® Quarterly Birthday Party	30 10:00 SilverSneakers® Yoga 12:00 Meet & Eat Lunch 1:30 Cards, Cornhole, Dominoes, Mah jong, & Pool 3:00 Sr. Citizen's Club B-day & Anniv. Party	31 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch 1:30 Billiards 2:00 Novice Tai Chi		



One Pass Accepted Here

One Pass™ gives you access to a healthier lifestyle with the convenience of a single program. Ask an associate for details.

Renew Active

by  UnitedHealthcare®

Available here

**Stay active.
Stay focused.
Stay you.**

**We are excited to be participating
in Renew Active®, the gold
standard in Medicare fitness
programs for body and mind**



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.

© 2021 United Healthcare Services, Inc. All Rights Reserved.

Y0066_210818_100731_M

WF4567667 137455-062021 OHC