



2023

HERITAGE CENTER
MONTHLY
NEWSLETTER





MAY BIRTHDAYS

Allen Pancost	May 1 st
Gerald Jeffries	May 6 th
Joe Sutherland	May 10 th
Anna Adams	May 12 th
Carol Pershing	May 15 th
Bill St. John	May 21 st
Myron House	May 24 th
Glenda Castle	May 26 th
Mike Canchola	May 27 th
Pat Rieb	May 28 th
Dee St. John	May 30 th

MAY ANNIVERSARIES

Bill & Dee St. John	May 13, 1952
Rock & Darlene Roche	May 21, 1955

PLEASE JOIN US for our quarterly
birthday and anniversary party

WEDNESDAY, JUNE 28th

3:00 P.M.

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



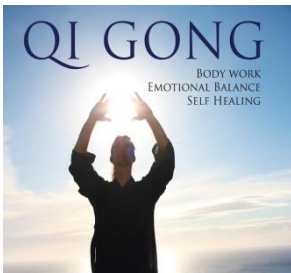
SilverSneakers® Yoga

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, 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.



Renew Active

by  UnitedHealthcare®

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.



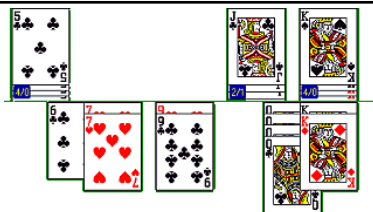
Join the SENIOR CITIZEN'S CLUB

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

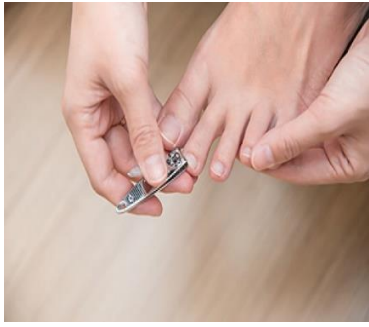
10:00-11:00 a.m. BY APPOINTMENT ONLY

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



FOOT CARE CLINIC THIS MONTH

The foot care clinic provided by
Northeast Plains Home Health will be on

Tuesday, May 9th

10:00-11:00 a.m.

By appointment only

Call after May 1st to schedule your 15 minute appointment



HERITAGE CENTER DANCES

Dance from 6:30-9:30 to
LIVE MUSIC, WONDERFUL TALENT

May 6th Classic Country

May 13th FM Country

May 20th Dan Dobson

May 27th FM Country

www.agewisecolorado.org

AgeWise is the on-line hub for Aging Adults and
Caregivers in Colorado

AgeWise provides great information, educational webinars,
vetted service providers.

MOVIE MATINEE

“SULLY”

**Directed by Clint Eastwood
Starring Tom Hanks**

**Thursday, May 19th
1:30 p.m.**

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.



GRANDS GARDEN PLANNING MEETING

All volunteers interested in helping with our raised garden beds there will be a meeting on

**MONDAY, MAY 15th
2:30 p.m.**

We will make a list of what we would like to plant and get a schedule set up of who will be tending the garden when.



AMERICAN RED CROSS

Sleeves Up. Heart Open. All In.

The American Red Cross is looking for 4-6 volunteers in the Logan County Community to help with community projects such as the Home Smoke Detector Installation and Home Fire Preparedness Volunteers. If interested please reach out to William O'Connor at (970) 206-1252

COFFEE, TEA & WE

Just a reminder the CSU Regional Engagement Center offers programs, presenters, lectures, and discussions on all kinds of topics and interests once a week, every week.

You can join them in person every Monday at 1:00 p.m. or contact the CSU Northeast Regional Engagement Center and they can share a Zoom link so you can join remotely. (970) 522-7207





Text2LiveHealthy (T2LH) is a nutrition and physical activity, mental health outreach effort funded by the United States Department of Agriculture (USDA), through the SNAP-Ed funding mechanism, which utilizes text messaging to reach and engage Coloradoans. The goal of T2LH is to provide resources and helpful tips to keep Coloradoans engaged in a healthy lifestyle. When you sign up for T2LH you will receive text messages with creative recipes, tips to eat more fruits and vegetables, ideas to stay physically active.

**Text FRUIT to
97699 to sign up**

HOW TO HELP YOUR HERITAGE CENTER

The Logan County Heritage Center and the Logan County Council on Aging are moving forward with programs, activities and materials to better our senior center and the patrons that come in and out of our building. If you would like to donate office supplies, water, decorations for the Holidays we would appreciate your support. If you would like to leave a financial gift, the Logan County Council on Aging is a 501C-3 and can accept tax deductible donations. Please speak with Cynthia if this is something you would like to consider.