



SR. CITIZEN'S
NEWSLETTER



2019





NOVEMBER BIRTHDAYS

Anne Dye
Dorothy Hanson
Modesta Stoops
Dorothy Dietz
Hi Buescher
Joyce Morrell
Rita Wickham
Donna Sonnenberg
Edna Lovell
Jeanne Windsor
Sally Lock
Margaret "Lorrie" Frick
Shirley Manuello
Joyce Lybarger
Russell Clodfelder
Adelaide Cook
Ann Brunner
John Stieb
Gene Facchinello

November 1st
November 3rd
November 4th
November 8th
November 8th
November 9th
November 11th
November 15th
November 15th
November 16th
November 20th
November 24th
November 24th
November 25th
November 26th
November 26th
November 28th
November 28th
November 29th

WEDDING ANNIVERSARIES

Bob & Marilyn Slonecker


November 15, 1952

John & Janice Steib

November 26, 2016

PLEASE JOIN US IN CELEBRATING
CLUB MEMBERS BIRTHDAY'S AND
ANNIVERSARIES ON
NOVEMBER 22nd @ 3:00 P.M.

**NOVEMBER 2019
HERITAGE MEAL SITE
FOR RESERVATIONS OR CANCELATIONS CALL 522-1237 BY 8:00 A.M.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu may change due to availability of food items or conditions that cause the kitchen to close.	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 - \$3.00 Under Age 60 Mandatory Charge - \$11.00	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY <u>1</u> DAY BEFORE.	SCALLOPED POTATOES & HAM COUNTRY MIX VEGETABLES CARAWAY ROLL WINTER FRUIT CUP COOKIE w/ CHOCOLATE CHIPS Calories: 758 Carb: 102.1g Fiber: 10.9g Protein: 33.1g Fat: 27.1g Sod: 945mg
4	5	6	7	8
CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD GREEN BEANS ONION ROLL PLUMS Calories: 639 Carb: 79.9g Fiber: 10.7g Protein: 37.2g Fat: 21.2g Sod: 560mg	CORN TACO CASSEROLE REFRIED BEANS TOSSED SALAD FRUIT CUP Calories: 610 Carb: 85.0g Fiber: 12.1g Protein: 35.1g Fat: 16.2g Sod: 728mg	CHILI CRACKERS CARROT RAISIN SALAD CINNAMON ROLL WINTER FRUIT CUP Calories: 682 Carb: 112.8g Fiber: 15.5g Protein: 30.7g Fat: 15.1g Sod: 924mg	ROAST BEEF MASHED POTATOES & GRAVY CONFETTI COLESLAW PEAS & CARROTS ANNA'S DILLY BREAD PEAR ORANGE FRUIT CUP Calories: 623 Carb: 97.7g Fiber: 12.1g Protein: 35.5g Fat: 13.2g Sod: 940mg	SWEET & SOUR PORK RICE SPINACH CAULIFLOWER SALAD WW ROLL BANANA SPLIT FRUIT CUP COOKIE w/ RAISINS Calories: 789 Carb: 108.1g Fiber: 9.6g Protein: 34.9g Fat: 26.5g Sod: 506mg
11	12	13	14	15
SALISBURY STEAK MASHED POTATOES STIR FRY VEGETABLES ONION ROLL FRUIT COCKTAIL Calories: 697 Carb: 84.4g Fiber: 10.0g Protein: 41.9g Fat: 22.3g Sod: 697mg	SAVORY BAKED CHICKEN MASHED POTATOES & GRAVY CALIFORNIA VEGETABLES WW ROLL CHERRY BANANA SURPRISE NATURE COOKIE Calories: 798 Carb: 104.1g Fiber: 10.5g Protein: 45.2g Fat: 24.9g Sod: 1110mg	BEEF STROGANOFF NOODLES LAYERED SALAD WINTER MIX VEGETABLES WW ROLL FRUIT CUP Calories: 604 Carb: 96.2g Fiber: 11.9g Protein: 33.0g Fat: 12.1g Sod: 427mg	BEEF & NOODLES APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS ONION ROLL PLUMS Calories: 604 Carb: 96.2g Fiber: 11.9g Protein: 33.0g Fat: 12.1g Sod: 427mg	SPAGHETTI w/ MEATSAUCE TOSSED SALAD GARLIC BREAD CINNAMON APPLE SLICES Calories: 607 Carb: 88.5g Fiber: 11.7g Protein: 30.3g Fat: 18.0g Sod: 414mg
18	19	20	21	22
CHICKEN NOODLE SOUP CRACKERS PEAS BLUEBERRY MUFFIN PINEAPPLE ORANGE COMPOTE Calories: 694 Carb: 96.2g Fiber: 11.3g Protein: 39.9g Fat: 18.0g Sod: 581mg	<i>CHOICE: HAMBURGER STEAK</i> CITRUS SALMON FILET BAKED SWEET POTATOES BRAN MUFFIN MANDARIN ORANGES/ BANANAS CINNAMON CRISPY Calories: 653 Carb: 102.7g Fiber: 10.8g Protein: 33.7g Fat: 14.2g Sod: 499mg	Senior Citizen's Club Thanksgiving Dinner Reservations Required \$7.00 No Meet & Eat No Home Delivered Meals Calories: 620 Carb: 88.8g Fiber: 9.8g Protein: 32.6g Fat: 16.8g Sod: 671mg	BEEF GOULASH GREEN BEANS & CORN ROLL CINNAMON APPLE SLICES Calories: 599 Carb: 97.4g Fiber: 13.8g Protein: 30.7g Fat: 13.6g Sod: 423mg	BRUNSWICK STEW GREEN BEANS w/ TOMATOES ONION ROLL WINTER FRUIT CUP COOKIE w/ RAISINS Calories: 672 Carb: 80.1g Fiber: 10.9g Protein: 38.1g Fat: 24.5g Sod: 462mg
25	26	27	28	29
CABBAGE BURGERS COBBLER CORN BEAN MEDLEY SALAD BANANA SPLIT FRUIT CUP CHOCOLATE CAKE BIRTHDAY RECOGNITION Calories: 733 Carb: 108.7g Fiber: 12.7g Protein: 31.2g Fat: 23.5g Sod: 418mg	ROAST TURKEY YAM APPLE BAKE BREAD DRESSING BROCCOLI CRANBERRY SAUCE PUMPKIN COOKIES Calories: 728 Carb: 108.6g Fiber: 9.5g Protein: 26.8g Fat: 23.0g Sod: 721mg	TAHITIAN CHICKEN RICE ORIENTAL VEGETABLES RAISIN ROLL PEAR ORANGE FRUIT CUP NATURE COOKIE Calories: 861 Carb: 113.4g Fiber: 11.5g Protein: 45.2g Fat: 26.7g Sod: 447mg	 No Meals Served or Delivered	<i>CHOICE: HAMBURGER STEAK</i> BAKED FISH BROCCOLI RICE CASSEROLE GREEN BEANS BRAN MUFFIN PEACH SLICES CINNAMON CRISPY Calories: 657 Carb: 96.0g Fiber: 11.0g Protein: 32.0g Fat: 18.8g Sod: 864mg

November 2019

Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 Qi Gong Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool	2 6:30 p.m Dance w/ FM Country Public Welcome \$7.00
4 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	5 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Etc.	6 9:00 Council on Aging 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	7 10:00 No SilverSneakers® today 12:00 Meet & Eat 1:00 Corn Hole 1:30 Novice Tai Chi	8 10:00 Qi Gong 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool	9 6:30 p.m. Dance w/ Classic Country \$7.00 All ages welcome
11 Business Office Closed in Observance of Veteran's Day 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Heritage Center Closes	12 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic Noon Meet & Eat 1:30 Sewing & Etc. 1:30 Humanities Meeting	13 9:00 Departure for Monet 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	14 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi	15 10:00 Qi Gong 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool	16 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 Everyone Welcome
18 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 p.m. Cards & Pool 1:00 Pinochle	19 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas 1:30 Sewing & Etc.	20 8:00 Set up Thanksgiving Dinner 10:00 Yoga being held at 2:00 Noon Sr. Citizen's Club Thanksgiving Dinner 1:00 Cards & Pool 2:00 SilverSneakers® Yoga	21 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 2:00 Movie Matinee "The Darkest Hour" 7:00 Camera Club	22 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool 3:00 Sr. Citizen's Club B-day & Anniv Party	23 6:30 p.m. Dance /w Ray Mullen \$7.00 Public Welcome
25 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 1:30 Legal Aid Clinic	26 8:00 Inter-Agency Council for the Elderly 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Bunco	27 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 1:00 Corn Hole	28 Closed for Thanksgiving No Meals will be served or delivered No activities	29 10:00 Qi Gong Noon Meet & Eat 1:00 Heritage Center Closes	30 6:30 p.m. Dance w/ Out of the Blue \$7.00 All ages Welcome

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



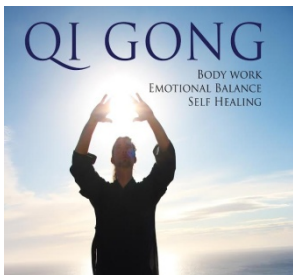
SilverSneakers® Yoga

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.-11:15 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.



Guest speakers, guest instructors, Tai chi classes and other health related topics are offered throughout the year. Sign-up to receive our email newsletter to keep informed of upcoming opportunities to improve your health and to remain **ACTIVE while AGING.**



Join the **SENIOR CITIZEN'S CLUB**
For Pinochle and Pool on
Mondays, Wednesdays, and Fridays
1:00-4:30
Snack break at 3:00 so bring your quarters



SEWING, AND ETC.

Bring what you want to work on and be prepared to talk/visit.
Beginning quilting, embroidery, Christmas decorations, Table runners and anything else
your crafting heart desires.



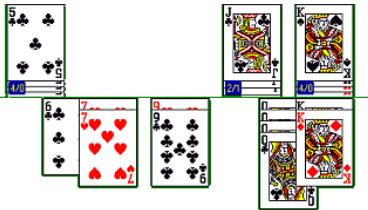
LEGAL AID DAY

3rd MONDAY OF EACH MONTH

1:30-4:30 p.m.

Appointments strongly suggested, please call 522-1237

Judge Jim Leh will be available at the Heritage Center to meet with
anyone who might need legal advice or assistance who cannot
otherwise afford an attorney.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month

1:00 – 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.

FOOT CARE CLINIC

2nd Tuesday of each month

10:00 a.m. no appointments, Sign-up sheet doesn't go out until 9:30

Suggested donation of \$5.00-\$10.00

Please soak your feet before you come and bring a towel for your added comfort

Provided by Northeast Plains Home Health and Sterling MedCare Home Health

BLOOD PRESSURE CLINIC

4th Friday of each month

R. N. or L.P.N. will be available to check your blood pressure

Provided by Hospice of the Plains-Cheryl Dillon

No Cost

*Happy
Thanksgiving*



SENIOR CITIZEN'S CLUB THANKSGIVING DINNER

Wednesday, NOVEMBER 20th, @ Noon

Tickets go on Sale October 28th for \$7.00

We must have your reservation in no later than November 12th so we can order the turkeys. You must be in good standing with the Senior Citizen's Club (dues paid).

Please remember your utensils.

MENU

Turkey, Dressing, Potatoes & Gravy, Glazed Carrots, Cranberries, Pumpkin Dessert

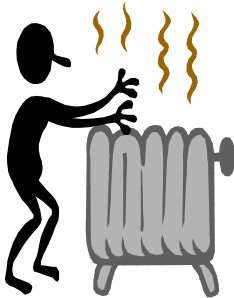


Medicare Part D

**Remember open enrollment is October 15th through
December 7th.**

You can schedule an appointment with Karen to make changes or review your plan.

Please call 474-3736 OR 522-1970
to set up your appointment.



L.E.A.P. starts November 1

The Low-income Energy Assistance Program starts November 1st and applications are accepted through April 30th. LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. It is not intended to pay the entire cost of home heating, but rather to help alleviate some of the burden associated with the colder months. You can qualify if your monthly income for **1 person is \$2,371 or less or \$3,101 for a 2 person household.**

Applications available at the Heritage Center or Department of Human Services. Help completing the application is available through our local Dept. of Human Services office. For more information please call Cynthia at 522-1237 or 1-866-432-8435



MOVIE MATINEE
Thursday, November 21st
2:00 p.m.
“DARKEST HOUR”

This film is received an award for best actor, Gary Oldman and a nomination for best picture in 2018.

The fate of Western Europe hangs on Winston Churchill in the early days of World War II. The newly appointed British prime minister must decide whether to negotiate with Hitler or fight on against incredible odds. During the next four weeks in 1940, Churchill cements his legacy as his courageous decisions and leadership help change the course of world history.



Please note the Sr. Citizen's Club Monthly Birthday and Anniversary Party has been rescheduled for Friday, November 22nd at 3:00 p.m. due to the Thanksgiving Holiday

DANCE SCHEDULE

Join us every Saturday Night for dancing to live music.

Cover Charge \$7.00

6:30-10:00 p.m.



November 2nd

FM Country

November 9th

Classic Country

November 16th

Jim Ehrlich

November 23rd

Ray Mullen

November 30th

Out of the Blue

LENZ FAMILY POTATO FARMS

We will be partnering with Lenz Family Farms offering you an opportunity to purchase locally grown Yukon Gold potatoes while supplies last.

Delivery and Pick-up will be Monday. Exact change and/or check accepted only. Prices are as follows. Please have your order and money to me by the Monday morning prior to delivery.

50 lb. carton	\$17.00
50 lb. #2s	\$10.00
5 lb. bags (utilities)	\$2.00



**LIFELONG LEARNING SERIES
Native Americans & White Settlers
in Logan County**

By PAUL BUDIN

Thursday, November 7th

1:00 p.m. @ CSU Regional

Engagement Center

304 Main Street or you can join

us on your computer. Call

Cynthia for the link



FOCUS GROUPS FORMING

We are looking for individuals older and younger to help serve on a focus group for a new building project. If you would be willing to help make decisions and move us in the right direction please speak with Cynthia or Commissioner Jane Bauder.



SilverSneakers® Classic on Thursday, November 7th will be **cancelled**.

I apologize for the inconvenience!

SAVE THE DATE

**Senior Citizen's Club
January Winter Feast
Wednesday, January 15th
Tickets go on sale January 2nd**



DAY TRIP

Join the Logan County Heritage Center and put yourself in the Holiday spirit.

Tour Hammond's Candies Factory and shop in their gift shop for cocoa, gourmet candy canes and ribbon candy. Then dine with us at Cinzetti's Italian Market Place.

THURSDAY, DECEMBER 5TH
Sign-up deadline November 28th

The cost for the day will be your lunch and transportation estimated at \$41.63 for 65 years of age and older and \$44.38 for 64 years of age and younger.

Call Cynthia at 522-1237 to sign-up. Heritage Center Travel policy in affect.

HERITAGE CENTER TRAVEL POLICY

If you cancel after the sign-up deadline you are still responsible for the cost of the ticket, transportation and meal (if applicable) or for finding someone to go in your place. **ALWAYS** call as soon as you know you cannot attend.