



2021

**HERITAGE CENTER
MONTHLY NEWSLETTER**





Florence O'Neal	September 3 rd
Marsha Clark	September 4 th
Millie Egbert	September 8 th
Carmen Reyes	September 11 th
Kelly Blecha	September 12 th
Judy Henderson	September 16 th
Terry Frese	September 17 th
Eula Mae Green	September 17 th
Bill Dobson	September 19 th
Jeanet "Jan" Lebsack	September 21 st
NaDean Meier	September 23 rd
Sandy Proctor	September 25 th
Ellis Schmidt	September 25 th

WEDDING ANNIVERSARIES

Emil & Marianne Trott	September 3, 1966
Russ & Judy Clodfelder	September 16, 1967

JOIN US
WEDNESDAY, SEPTEMBER 29TH
3:00 P.M.
For cake, angel food cake and ice cream to
celebrate Senior Citizen's Club Members
birthdays and anniversaries.

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.

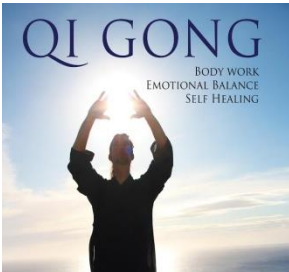
Monday & Wednesday mornings at 10:00 a.m.

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 1:30 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.



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

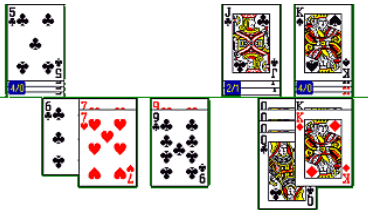
For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1: 30 start time, Snack break at 3:00
Bring your quarters/ 50 cents a snack



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.

BUNCO

We play bunco together on the last Tuesday of each month starting at 1:30. It is 50 cents to play and you can have all the fun you want. If you would like to be added to the list of players please call us at 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



DANCE SCHEDULE

Dances start at 6:30 with a \$7.00 charge for admission. Dance to live music until 10:00 p.m.

September 4th

Classic Country

September 11th

Jim Ehrlich

September 18th

Dan Dobson

September 25th

Ray & Pauletta Gerver

MOVIE MATINEE

“QUEEN BEES”

Starring Ann-Margaret, Christopher Lloyd,
James Caan, & Jane Curtin

Thursday, September 16th

1:30 p.m.

Join us in a cool environment, with comfortable seating, fresh popcorn and an intermission.

While her house undergoes repairs, a fiercely independent widow stays at the nearby retirement community and realizes it is like high school all over again: full of flirting, mean girls and maybe another chance at love this comedy about 2nd chance and staying young and heart.



RUMMY ANYONE??

We have a few people interested in starting a rummy group. If you would like to play rummy at the Heritage Center with a group of fun and friendly peers please call 522-1237 and let us know.



FLU SHOTS OFFERED AT HERITAGE CENTER

Walker's Pharmacy will be here
WEDNESDAY, SEPTEMBER 29TH
10:30 a.m.~11:30 a.m.
Must bring your Medicare Card

Celebrate
GRAND PARENT'S
Day!

September 12th
Prairie Park 1:30-3:30pm

Get creative with your grand kids or on your own at a LOCAL Art ROCKS! event. BYOR - Bring Your Own Rock. Paint and other supplies provided by Blick Art Materials.



SILVERSNEAKERS® Quarterly Birthday Party

ALL SilverSneakers® friends are encouraged to attend our birthday party honoring birthdays in July, August, & September.

THURSDAY, SEPTEMBER 30TH

2:00 P.M. (PLEASE RSVP)