



2022

HERITAGE CENTER
MONTHLY NEWSLETTER





Florence O'Neal	September 3 rd
Marsha Clark	September 4 th
Millie Egbert	September 8 th
Kelly Blecha	September 12 th
Kenneth Bond	September 14 th
Terry Frese	September 14 th
Eula Mae Green	September 17 th
Deb Preston	September 18 th
Bill Dobson	September 19 th
NaDean Meier	September 23 rd
Ellis Schmidt	September 25 th

WEDDING ANNIVERSARIES

Emil & Marianne Trott	September 3, 1966
Russ & Judy Clodfelder	September 16, 1967
Deb Neal (Lawrence)	September 22 nd

**BIRTHDAYS AND ANNIVERSARIES WILL BE
CELEBRATED QUARTERLY**

**Our next party will be held December 28th
3:00 p.m.**

For cake, angel food cake and ice cream to
celebrate Senior Citizen's Club Members
birthdays and anniversaries.

September 2022




Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Card Group 1:30 Billiards	2 10:00 Qi gong Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers 1:30 Council on Aging	3 NO Dance tonight
5 Closed in Observance of Labor Day holiday. No Meals served or delivered No activities	6 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 JWill Pink Village 1:30 Sewing & Hobbies 1:30 Pool	7 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Pool, Cornhole, Mah Jong, Dominoes	8 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	9 10:00 Qi gong Noon Meet & Eat 1:30 Cards, Pool, Chess & Checkers 1:30 Movie Matinee "Legends of the Fall"	10 DANCE MOVED to Gary DeSoto Building 6:30-9:30 pm Dance to Live Music \$7.00 Everyone Welcome
12 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards	13 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy 1:30 Sewing & Hobbies	14 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Mah Jong, & Dominoes	15 10:00 SilverSneakers® Classic Noon Meet & Eat	16 Noon Meet & Eat	17 DANCE MOVED to Gary DeSoto building @ Logan Co Fairgrounds 6:30-9:30 pm Dance to Dan Dobson
19 10:00 SilverSneakers® Yoga Noon Met & Eat 1:30 Cards 1:30 Pinochle Group	20 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies	21 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Mah Jong & Dominoes	22 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta	23 Noon Meet & Eat	24 DANCE MOVED to Gary DeSoto Building @ Logan Co Fairgrounds 6:30-9:30 Dance to FM Country
26 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards	27 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies	28 10:00 SilverSneakers® Yoga 10:30-11:30 Flu Shot Clinic Noon Meet & Eat 1:30 Cards, Mah Jong, Cornhole, Dominoes	29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai chi	30 Noon Meet & Eat	



SEPTEMBER 2022 HERITAGE MEAL SITE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> <p>Suggested Donation - \$6.25</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>		<p>SOUTHERN BEEF PIE BEETS CABBAGE TOSS APRICOT HALVES COOKIE W/ RAISINS GRAPE JUICE</p> <p>Calories: 654 Carb: 99.5g Fib: 9.6g Protein: 30.3g Fat: 18.3g Sod: 494mg</p>	<p>TUNA CROISSANT 3 BEAN SALAD PEAR ORANGE FRUIT CUP CARROT CAKE</p> <p>Calories: 730 Carb: 110.9g Fib: 10.7g Protein: 33.3g Fat: 19.4g Sod: 1039mg</p>
5	6	7	8	9
	<p>TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD W/ DRESSING FRUIT SALAD</p> <p>Calories: 631 Carb: 84.8g Fib: 10.3g Protein: 35.7g Fat: 17.6g Sod: 1026mg</p>	<p>LIVER AND ONIONS PARSLIED POTATOES BRAISED CELERY & TOMATOES WW ROLL APPLESAUCE</p> <p>Calories: 645 Carb: 91.9g Fib: 10.6g Protein: 33.6g Fat: 17.9g Sod: 525mg</p>	<p>BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD FRUIT COCKTAIL APPLE GRANOLA COOKIE</p> <p>Calories: 757 Carb: 110.1g Fib: 12.5g Protein: 34.6g Fat: 23.3g Sod: 900mg</p>	<p>CHICKEN ALFREDO MIXED VEGETABLES FRENCH BREAD PINEAPPLE MANDARIN ORANGE COMPOTE APPLESAUCE CAKE</p> <p>Calories: 733 Carb: 116.6g Fib: 10.6g Protein: 39.0g Fat: 15.6g Sod: 646mg</p>
12	13	14	15	16
<p>SWEDISH MEATBALLS MASHED POTATOES MARINATED VEGGIE SALAD GARLIC BREAD PLUMS</p> <p>Calories: 676 Carb: 94.0g Fib: 9.8g Protein: 33.7g Fat: 21.2g Sod: 819mg</p>	<p>PULLED PORK SANDWICH BAKED BEANS CALIFORNIA VEGETABLES MANDARIN ORANGES W/ BANANAS PUDDING</p> <p>Calories: 683 Carb: 99.0g Fib: 10.5g Protein: 43.5g Fat: 15.1g Sod: 1150mg</p>	<p>BEEF O'LE REFRIED BEANS MEXICALI CORN PEAR ORANGE FRUIT CUP CINNAMON CRISPY</p> <p>Calories: 731 Carb: 106.2g Fib: 13.4g Protein: 37.6g Fat: 20.6g Sod: 586mg</p>	<p>POT ROAST POT ROAST VEGETABLES ANNA'S DILLY BREAD FRUIT CUP NATURE COOKIE</p> <p>Calories: 683 Carb: 108.6g Fib: 10.4g Protein: 34.3g Fat: 15.0g Sod: 408mg</p>	<p>HAM & BEANS CORN MUFFIN CREAMY COLESLAW PINEAPPLE TIDBITS OATMEAL NUT COOKIES</p> <p>Calories: 724 Carb: 111.8g Fib: 14.1g Protein: 30.1g Fat: 19.9g Sod: 1191mg</p>
19	20	21	22	23
<p>SALISBURY STEAK BAKED POTATO LAYERED SALAD OATMEAL ROLL FRUIT CUP</p> <p>Calories: 768 Carb: 91.5g Fib: 9.5g Protein: 45.3g Fat: 26.1g Sod: 667mg</p>	<p>CHICKEN TETRAZZINI BROCCOLI RAISIN ROLL CANTALOUPE CUBES NATURE COOKIE</p> <p>Calories: 716 Carb: 95.9g Fib: 11.5g Protein: 41.2g Fat: 21.8g Sod: 495mg</p>	<p>BARBECUE PORK CHOPS BAKED POTATO JEANNIE'S SALAD BRAN MUFIN BANANA SPLIT FRUIT CUP</p> <p>Calories: 748 Carb: 100.9g Fib: 10.1g Protein: 35.4g Fat: 25.9g Sod: 807mg</p>	<p>HOT TURKEY SANDWICH CONFETTI COLESLAW GREEN BEANS ALMONDINE APRICOT HALVES BUTTERSCOTCH BROWNIE</p> <p>Calories: 782 Carb: 116.3g Fib: 10.3g Protein: 30.3g Fat: 24.6g Sod: 1384mg</p>	<p>TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN MANDARIN ORANGES W/ BANANAS</p> <p>Calories: 601 Carb: 99.2g Fib: 11.5g Protein: 30.2g Fat: 13.1g Sod: 627mg</p>
26	27	28	29	30
<p>HAMBURGER ON A BUN POTATO SALAD CALIFORNIA VEGETABLES LETTUCE/TOMATO/ONION SLICES DILL PICKLE CHIPS PEAR SLICES</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 711 Carb: 87.2g Fib: 11.0g Protein 43.2g Fat 23.3g Sod: 834 mg</p>	<p>LASAGNA TOSSED SALAD W/ DRESSING PEAS GARLIC BREAD APPLESAUCE</p> <p>Calories: 655 Carb: 87.5g Fib: 12.4g Protein: 35.2g Fat: 20.9g Sod: 554mg</p>	<p>BAKED FISH HERBED LENTILS AND RICE GREEN BEANS BRAN MUFFIN PEACH SLICES CINNAMON CRISPY</p> <p>Calories: 640 Carb: 96.8g Fib: 10.4g Protein: 32.3g Fat: 16.7g Sod: 1018mg</p>	<p>BEEF & NOODLES CARROT RAISIN SALAD BRUSSEL SPROUTS WW ROLL FRUIT SALAD APPLE GRANOLA COOKIE</p> <p>Calories: 798 Carb: 118.1g Fib: 13.3g Protein: 35.4g Fat: 24.2g Sod: 611mg</p> 	<p>SCALLOPED POTATOES W/ HAM WINTER MIX VEGETABLES CARAWAY ROLL TROPICAL FRUIT CUP OATMEAL CHOCOLATE CHIP COOKIE</p> <p>Calories: 726 Carb: 97.7g Fib: 9.8g Protein: 33.0g Fat: 24.6g Sod: 1001mg</p>

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.

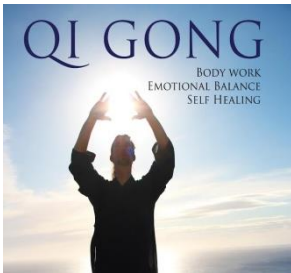
Some supplemental insurance will cover the expense of the class.

\$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. The program is available at no additional cost with UnitedHealthcare® Medicare plans. In the meantime, you can learn more at UHCRenewActive.com or call Cynthia at (970) 522-1237 to see if you are eligible.

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

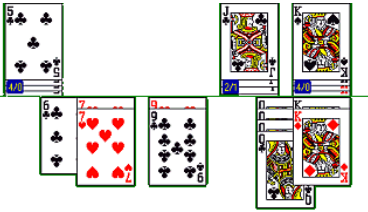
Mondays, Wednesdays, & Fridays

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~~

~~We do not take appointments until the 1st of the month clinic is being held~~

~~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

Due to our building renovations the Dances will be held at the Gary DeSoto building until further notice. The address for the DeSoto building is 1120 Pawnee Avenue

Dances start at 6:30 with a \$7.00 charge for admission. Dance to live music until 9:30 p.m.

September 3rd

NO DANCE

September 10th

Classic Country

September 17th

Dan Dobson

September 24th

FM Country

MOVIE MATINEE

**Friday, September 9th
1:30 p.m.**

“LEGENDS OF THE FALL”

We are going to squeeze in one more movie before we have to take a break due to our renovations.

Since Fall is in the air I thought it only appropriate to show this movie about three brothers and their father living in the wilderness and plains of Montana in the early 20th century and how their lives are affected by nature, history, war, and love. Starring Brad Pitt, Anthony Hopkins, and Aidan Quinn.





FLU SHOT CLINIC AT ST. Anthony's Catholic School

Walker's Pharmacy will be offering flu shots

WEDNESDAY, SEPTEMBER 28TH

10:30 a.m.-11:30 a.m.

Must bring your Medicare Card

VETERAN'S ASSISTANCE

September 29th from 8:00 a.m.-4:00 p.m. the Veteran's administration will have a bus in the parking lot of the Logan County Courthouse that will be taking medical appointments and walk-ins for Veterans. For more information please call John Haynie, Veterans Service Officer (970) 5520-5876



FOOT CARE CLINIC CANCELLED

The Foot Care Clinic scheduled for Tuesday, September 13th has been cancelled due to the lack of nursing staff available by the Home Health Agencies.

Please check back with us in December. If you need toenails trimmed by an R.N. you can try calling Dr. Yakel with the Sterling Regional MedCenter Specialty Clinic at (720) 600-3380

NEWS FROM THE SENIOR CITIZEN'S CLUB

CHANGE TO SR. CITIZEN'S CLUB BIRTHDAY & ANNIVERSARY PARTY

We will be changing our monthly birthday and anniversary party to a quarterly party.

Our next party will be held

December 28th 3:00 p.m.

Recognizing those members from the months of
October, November, December



The Senior Citizen's Club has financial assistance available to those who like to join the club, eat with us at one of our special banquet dinners, or if you need help paying for the Heritage Center day trips. If there are other things you would like to participate in but do not have the financial means please let us know and we will look into it.



We will miss seeing our pool players during our HVAC renovation project, I will keep trying to find a temporary home for you until we are back in our building. If anyone has any ideas or offers please let me know how we can accommodate about 6-10 men to play pool.



We will still be hosting cards while we are at Saint Anthony's School. We will have our regular Pinochle, Hand & Foot Canasta, Rummy and Sr. Citizen's club cards on Mondays and Wednesdays from 1:30-4:30. See-you there!!!



The Logan County Heritage Center will begin a renovation of our entire heating and cooling systems. This will require us to vacate the building for 6-8 weeks effective Monday, September 12th. We will be temporarily moving to the Saint Anthony's School Cafeteria located downstairs at 324 S. 3rd Street.

Here's what you need to know.

- We will continue to have SilverSneakers® Yoga and SilverSneakers® Classic on the usual day and usual time beginning Monday, September 12th.
- We will continue to host meals, please join us, with a reservation at 12:00 Monday-Friday downstairs of the school.
 - You can still call (970) 522-1237 to get a hold of us.
- We ask for your patience and understanding the first few weeks as we get used to a new set up. Please anticipate some delays and that we might not be able to accommodate everything.
- If Saint Anthony's needs to use their kitchen for a church function such as a funeral dinner we will try to provide our clients a sack lunch which we will have to package at the Heritage Center. OR we will have to cancel meals. If we have to cancel meals we will call and notify you. We will try to post these changes on our Facebook page and with the local radio stations.
- We will also have to cancel exercise and cards/social activities if the church has a function.
- You can park off of Beech Street in the paved parking lot on the North side of the building and please use the glass door on that side to gain access.
- There is a set of stairs and a very easy to operate lift. You will turn right, go down the hall and you will find us eagerly anticipating your arrival.
 - Please do not block any other vehicles or access to other doors/garages.
 - Please DO NOT park at the Lambrecht accounting office next door to the school.
- We will not deliver or host meals on Monday, September 12th to allow the kitchen time to move.

Here's some pictures to help you find your way.

