



SENIOR CITIZEN'S CLUB NEWSLETTER

AUGUST 2017



BIRTHDAY! HAPPY!

Sharon Fritzler	August 3 rd
Roberta Miller	August 3 rd
Harold Lauck	August 4 th
Jeanette Stubbe	August 4 th
Shirley Gore	August 6 th
Eloise Kearney	August 8 th
Dale Stoops	August 10 th
Curtis Benson	August 12 th
Marie Rogers	August 15 th
Willie Bogie	August 18 th
Maxine McFarland	August 19 th
Betty Ramey	August 19 th
Mary Lousie Wagner	August 19 th
Les Copass	August 20 th
Lorraine Guenthner	August 20 th
Betty Robinett	August 21 st
Louise Ten Eyck	August 21 st
Aneta Dillenburg	August 24 th
Nancy Lund	August 28 th
Ray Pasqua	August 30 th
Anna Mae Hagemeyer	August 31 st

ANNIVERSARIES

Joe & Kathleen Kloberdanz	August 6, 1961
Charles & Erma Miner	August 6, 1963
Curtis Benson (Dottie)	August 8, 1963
Hi & Linda Buescher	August 8, 1980
Ellis & Glenis Schmidt	August 18, 1948
Don & Loretta DeSoto	August 18, 1956

PLEASE JOIN US IN CELEBRATING CLUB MEMBERS
BIRTHDAY'S AND ANNIVERSARIES ON
AUGUST 25TH @ 3:00 P.M.

August 2017

Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Sewing Etc.	2 9:15 a.m. Council on Aging meeting 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	3 No SilverSneakers® Classic TODAY 11:30-12:30 Meet & Eat 1:30 Quilting Class	4 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	5 6:30 p.m. Dance w/ Ray Mullen All ages welcome. \$7.00 cover charge
7 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Pinochle 1:30 p.m. ROOT BEER FLOAT DAY-FREE ROOT BEER FLOATS OPEN TO THE PUBLIC	8 10:00 a.m. Foot Care Clinic 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 Sewing, Etc.	9 10:00 SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	10 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Hand & Foot Canasta 7:00 p.m. Boy Scouts	11 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	12 6:30 p.m. Dance w/ Dan Dobson All Ages Welcome. \$7.00 cover charge
14 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Pinochle	15 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Las Amigas Bridge Club 1:30 Sewing, Etc.	16 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	17 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 2:00 p.m. Movie Matinee	18 10:00 Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	19 6:30 p.m. Dance w/ Jim Ehrlich Pool
21 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards 1:30 p.m. Legal Aid Clinic	22 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 Sewing, Etc.	23 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	24 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Hand & Foot Canasta	25 10:00 a.m. Qi Gong 11:00 a.m. Blood Pressure Clinic 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 3:00 p.m. SCC B-day & Anniver Party	26 6:30 p.m. Dance w/ Joe Judd
28 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	29 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Bunco 1:30 Sewing, Etc.	30 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	31 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat		

August 2017

Mon	Tue	Wed	Thu	Fri
	1 Hot Turkey Sandwich Jeannie's Sald Banana Split Fruit Cup Cookie w/ Chocolate Chips	2 Porcupine Meatballs Scallope Potatoes Peas & Carrots Anna's Dilly Bread Fruit Cocktail	3 Chicken & Spinach Lasagna Tossed Salad & Dressing Green Beans Garlic Bread Fresh Fruit Cup	4 Potato Soup Supreme Tuna Croissant Bean Medley Salad Sunshine Salad Cookie
7 Sweet & Sour Pork Rice Oriental Vegetables Whole Wheat Roll Pineapple Orange Compote	8 Shepherd's Pie Cabbage Toss Roll Strawberry Applesauce Cinnamon Crispie	9 Soft Shell Taco Salsa Refried Beans Mexicali Corn Fruit Cup	10 Baked Fish Baked Potato California Vegetables Anna's Dilly Bread Cinnamon Apple Slices	11 Ham Rice Green Beans w/ Tomatoes Oatmeal Roll Pear Orange Fruit Cup Cookie
14 Lasagna Rotini Casserole Tossed Salad & Dressing Italian Vegetables French Bread Cantaloupe Cubes	15 Chicken Pot Pie Bean Medley Salad Fruit Cup Applesauce Cake	16 Tuna Noodle Casserole Broccoli Whole Wheat Roll Cinnamon Apple Slices	17 Beef Stew Cottage Cheese & Pineapple Corn Bread Fresh Fruit Cup	18 White Bean Soup w/ Chicken Spinach Salad Roll Cantaloupe Cubes Yellow Cake
21 Spring Garden Chicken California Vegetables Onion Roll Banana Split Fruit Cup	22 Tuna Lasagna Tossed Salad & Dressing Peas & Carrots Garlic Bread Fruit Cup	23 BBQ Pork Chops Scalloped Potatoes Cabbage Whole Wheat Roll Pears IN Jello Cookie	24 Sloppy Joe Sandwich Potato Salad BB & Dill Brussel Sprouts Fresh Fruit Cup	25 Brunswick Stew Green Beans w/ Tomatoes Onion Roll Fruit Cup
28 Ham Potato Omelet Bean Medley Bran Muffin Plums	29 Roast Turkey Spinach Strawberry Salad Yam Apple Bake Bran Muffin Orange Wedges	30 Beef & Noodles Creamy Coleslaw Bean Medley Roll Fresh Fruit Cup Cookie	31 Chicken Tetrazzini Tossed Salad & Dressing Stewed Tomatoes Whole Wheat Roll Watermelon Cookie	

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

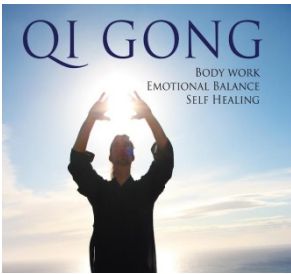


SilverSneakers® Yoga

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.



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.



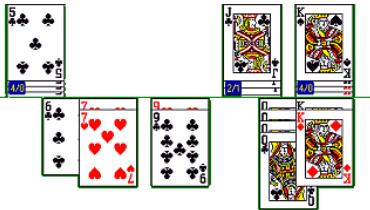
LEGAL AID DAY

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. 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



MARK YOUR CALENDARS

MONDAY, AUGUST 7TH

**National Root Beer Float Day
(observed)**

Join us from 1:30-4:00

FREE Root Beer Floats

OPEN TO THE PUBLIC!!

**Invite your children, grandchildren,
neighbors and friends to join you at the
Heritage Center for a
FREE Root Beer Float.**

DANCE SCHEDULE

Join us every Saturday Night for dancing to live music.

Cover Charge \$7.00

6:30-10:00 p.m.



August 5th

August 12th

August 19th

August 26th

Ray Mullen

Dan Dobson

Jim Ehrlich

Joe Judd

LEGAL AID CLINIC

Judge Jim Leh will be here on Monday, August 21st
offering legal advice and assistance to those who otherwise cannot
afford an attorney.

Appointments are strongly encouraged 1:30-4:30
522-1237 to set up your appointment time



MOVIE MATINEE

“My Fair Lady”

THURSDAY, AUGUST 17TH

2:00 P.M.

Intermission and Popcorn Provided

Quilting Classes Evolve

Our weekly quilting class, open to all the levels who are interested in quilting has evolved. If you would like to share in the company of others, get advice, tips and/or learn new things. Feel free to bring your embroidery, crocheting, cross stitching, knitting and anything else to the

Heritage Center every Tuesday at 1:30 p.m.

Look for it on our calendars as Sewing, Etc.



Overland Trail Bus Lines presents

**Lazy B Chuck Wagon & Western Show in Estes Park
Sunday Matinee August 20, 2017**

**The Lazy B delivers a delightful mix of cowboy music, skits and humor,
accompanied by an authentic cowboy dinner. \$75**

Call Myron or Carol at 522-1421