



SR. CITIZEN'S NEWSLETTER



2017



HAPPY BIRTHDAY

DECEMBER BIRTHDAY'S

Clara Headley	December 5
Miller Kelley	December 5
Jake Mari	December 5
Amelia Schepler	December 6
Leslie Dyson	December 7
Marilyn Garretson	December 7
Jeff Eggers	December 8
Ed Lockard	December 9
Marilyn Slonecker	December 9
Galen Konken	December 10
Randy Martin	December 14
Beverly McGrath	December 17
Kristyne Hernandez	December 20
Irene Nelson	December 21
Donna Schuler	December 23
Kathleen Kloberdanz	December 25
Morean Felzien	December 26
Myron Graybill	December 29

WEDDING ANNIVERSARIES

Bob & Jane Mullanix

December 23, 1985

PLEASE JOIN US IN CELEBRATING
CLUB MEMBERS BIRTHDAY'S AND
ANNIVERSARIES ON
DECEMBER 29TH @ 3:00 P.M.

DECEMBER 2017
HERITAGE MEAL SITE
FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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December 2017

Mon	Tue	Wed	Thu	Fri
				1 10:00 Qi Gong 12:00 Meet & Eat 1:00 p.m. Cards & Pool
4 9:00 Sr Citizen's Club Busn. Mtg 10:00 SilverSneakers® Yoga Stretch 12:00 Meet & Eat 12:00 AAA Regional Meetings No afternoon activities	5 10:00 SilverSneakers® Classic 11: Apex Network "Balance Trials" 12:00 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 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 7:00 Camera Club	8 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool
11 10:00 SilverSneakers® Yoga 11:15 Apex Network "Balance Trials" 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle-Christmas Party	12 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic 12:00 Meet & Eat 1:30 Sewing & Etc. 5:30 Visitors Center Volunteer Pot-luck	13 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 7:00 Boy Scouts	15 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 1:00 Cards & Pool
18 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic	19 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc.	20 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	21 10:00 SilverSneakers® Classic 11:15 Apex Network "Balance Trials" 12:00 Meet & Eat 2:00 Movie Matinee "The Shack" 7:00 Camera Club	22 10:00 Qi Gong 12:00 Meet & Eat 1:00 Business Office Closes
25 Closed Merry Christmas	26 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 NO BUNCO	27 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	28 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta	29 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool 3:00 SCC B-day & Anniv Party

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

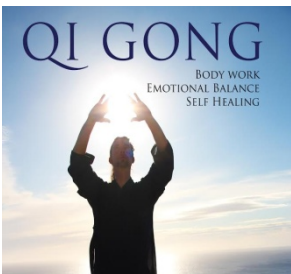


SilverSneakers® Yoga

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.



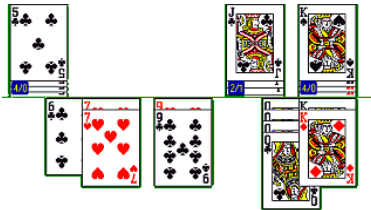
LEGAL AID DAY

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.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

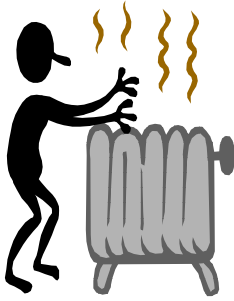
BLOOD PRESSURE CLINIC

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



L.E.A.P. runs through March 31st
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 \$1658 or less or \$2233 for a 2 person household.

Applications available at the Heritage Center or Department of Human Services. Applications will not be accepted at the local Dept. of Human Services office. For more information please call Cynthia at
522-1237 or
1-866-432-8435



Please note the Blood Pressure Clinic has been rescheduled for December only for Friday, December 15th at 11:00 a.m.

DANCE SCHEDULE

Join us every Saturday Night for dancing to live music.

Cover Charge \$7.00

6:30-10:00 p.m.



December 3rd

FM Country

December 9th

Joe Judd

December 16th

Classic Country

December 23rd

NO DANCE

December 30th

Jim Ehrlich



Have you ever wondered just how good your balance is?
Are you at a higher risk of falling than someone else your age and height?

BALANCE TRIALS

Dr. Noelia Santos with ApexNetwork will be here on the following dates offering a screening tool to measure your balance. This last 8-10 minutes and will be performed during class and/or after if necessary.

Tuesday, December 5th

Monday, December 11th

Thursday, December 21st

In January Dr. Noelia will come back to present on how physical therapy can help and other helpful tips to improve balance and avoid falls.

MOVIE MATINEE

"The Shack"

Thursday, December 21st

2:00 p.m.

After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.



DUES ARE DUE

Senior Citizen's Club members we are collecting the \$5.00 membership fee for 2018. Please let the office know if you have had a phone number or address change or if you would like to add your email so we can update the directory.

IF you have not paid dues in two years your name will not be listed in the directory and you will not be called for dinners.



WEATHER POLICY

As we enter into the winter season just a reminder that we will not be serving or delivering meals if the RE-1 Valley School district is closed. Or if we feel the weather and conditions are not safe for our volunteers. Please consider calling the Heritage Center before you venture out to attend activities, especially in the morning when the parking lot might still be icy.

OVERLAND TRAIL BUS LINES DAY TRIPS

- Monday, Dec. 11th 2:00 p.m. Watch the 63rd Annual performance of the U.S. Air Force Academy Band. Depart at **11:30** am from the **High Plains (Applewood) Shopping Center** The fare will be \$25 and can be paid when you board the bus. Call 522-1421 to make a reservation.
- Dirk and Cassie Kailey's Open House at their country home near Merino on Saturday, December 9 at 3:00 pm. We will leave from the courthouse and the fare will be \$3.00. We never miss this wonderful holiday event with Cassie and Dirk; what an outstanding Christian couple!
- Wednesday, December 6th Flatiron Crossing Mall
Depart at 8:00 a.m. Dinner at 5:00 at Texas Roadhouse \$30.00 per person. Reservations due by the 2nd.

FOR ALL OF THESE TRIPS PLEASE CALL
Carol or Myron at 522-1237!!

