

DECEMBER

A decorative graphic featuring the word "DECEMBER" in a red, serif font. The text is centered and flanked by green, stylized holly leaves and three red berries. The entire graphic is framed by green, swirling lines that extend upwards and outwards.

2018

Senior Citizen's
Club Newsletter





Margory Brandt	December 5 th
Clara Headley	December 5 th
Miller Kelley	December 5 th
Daniel Kuhns	December 5 th
Jake Mari	December 5 th
Amelia Schepler	December 6 th
Leslie Dyson	December 7 th
Marilyn Garretson	December 7 th
Jeff Eggers	December 8 th
Ed Lockard	December 9 th
Marilyn Slonecker	December 9 th
Galen Konken	December 10 th
Betty Carney	December 12 th
Beverly McGrath	December 17 th
Irene Nelson	December 21 st
Donna Schuler	December 23 rd
Kathleen Kloberdanz	December 25 th
Morean Felzien	December 26 th
Clara Merie	December 27 th
Rita House	December 28 th
Myron Graybill	December 29 th

Wedding Anniversaries

Bob & Jane Mullanix	December 23, 1985
Dan & Marsha Clark	December 27, 1980

Please Join Us in Celebrating
Member Birthdays and Anniversaries
Friday, December 28th at 3:00 p.m.

**DECEMBER 2018
HERITAGE MEAL SITE
FOR RESERVATIONS OR CANCELATIONS CALL 522-1237**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
SPANISH RICE TOSSED SALAD ONION ROLL PLUMS COOKIE w/ RAISINS Cal: 654 Protein: 31.7g Carb: 89.9g Fat: 21.9g Sod: 488mg Fib: 10.7g	HAM SCALLOPED POTATOES GREEN BEANS OATMEAL ROLL MANDARIN ORANGES NATURE COOKIE Cal: 704 Protein: 31.5g Carb: 108.5g Fat: 18.8g Sod: 1227mg Fib: 9.8g	CITRUS PEPPER SALMON FILET BAKED SWEET POTATO ASPARAGUS CUTS BRAN MUFFIN PEACH SLICES CINNAMON CRISPY Cal: 667 Protein: 32.9g Carb: 103.6g Fat: 17g Sod: 901mg Fib: 13g	CHILI CRACKERS CARROT RAISIN SALAD CINNAMON ROLLS WINTER FRUIT CUP Cal: 710 Protein: 31.1g Carb: 121.1g Fat: 14.7g Sod: 925mg Fib: 16.6g	SWEET & SOUR CHICKEN RICE STIR FRY VEGETABLES RAISIN ROLL APRICOT HALVES Cal: 609 Protein: 33.6g Carb: 94g Fat: 12.1g Sod: 461mg Fib: 10.3g
10	11	12	13	14
BBQ BEEF SANDWICH ROTINI PASTA SALAD BUTTER & DILL BRUSSEL SPROUTS BANANA SPLIT FRUIT CUP Cal: 696 Protein: 36.6g Carb: 94.5g Fat: 22.4g Sod: 557mg Fib: 15g	BAKED FISH BAKED POTATO CAROLINA SALAD ROLLS PEACH SLICES Cal: 610 Protein: 29.2g Carb: 101.4g Fat: 12.6g Sod: 770mg Fib: 9.6g	LASAGNA ROTINI CASSEROLE BEAN MEDLEY TOSSED SALAD FRENCH BREAD PEACH POLKA DOT SALAD Cal: 644 Protein: 37.7g Carb: 87.3g Fat: 19.1g Sod: 619mg Fib: 11.7g	PORK CHOP SUEY RICE CARROT COINS GRAPE JUICE WW ROLL WINTER FRUIT CUP Cal: 660 Protein: 31.6g Carb: 98.5g Fat: 17.1g Sod: 497mg Fib: 9.6g	PORCUPINE MEATBALLS SCALLOPED POTATOES PEAS & CARROTS ANNA'S DILLY BREAD PEAR SLICES Cal: 627 Protein: 36.1g Carb: 95.7g Fat: 14.3g Sod: 594mg Fib: 12.2g
17	18	19	20	21
VEGETABLE BEEF SOUP LAYERED SALAD CORN BREAD PEACH SLICES Cal: 620 Protein: 32.6g Carb: 88.8g Fat: 16.8g Sod: 671mg Fib: 9.8g	CHICKEN CROISSANT TUSCANY SOUP MARINATED VEGETABLE SALAD PINEAPPLE TIDBITS NATURE COOKIE Cal: 704 Protein: 36.5g Carb: 92g Fat: 23.5g Sod: 731mg Fib: 9.6g	CHEESE POTATO OMELET ALMOND BROCCOLI BRAN MUFFIN STRAWBERRY GELATIN SALAD Cal: 610 Protein: 30.6g Carb: 69.5g Fat: 26g Sod: 781mg Fib: 9.6g	SOUTHERN BEEF PIE RED BEETS TOSSED SALAD PEAR SLICES COOKIE w/ RAISINS Cal: 650 Protein: 30.2g Carb: 88.3g Fat: 22.8g Sod: 542mg Fib: 10.4g	TUNA BROCCOLI CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN FRUIT CUP Cal: 619 Protein: 32.5g Carb: 87.4g Fat: 18.9g Sod: 893mg Fib: 11.2g
24	25	26	27	28
BAKED HAM & RAISIN SAUCE SWEET POTATO STIR FRY VEGETABLE WW ROLL CRANBERRY MOLD PUMPKIN COOKIES Cal: 675 Protein: 25.6g Carb: 113.7g Fat: 15.1g Sod: 997mg Fib: 11.5g		CHICKEN & SPINACH LASAGNA TOSSED SALAD GREEN BEANS GARLIC BREAD FRUIT COCKTAIL Cal: 739 Protein: 49.4g Carb: 86.1g Fat: 24.2g Sod: 657mg Fib: 11g	BAKED FISH MASHED POTATOES/GRAVY CALIFORNIA VEGETABLES BRAN MUFFIN APRICOT HALVES CINNAMON CRISPY Cal: 712 Protein: 33.5g Carb: 107.2g Fat: 19.9g Sod: 1080mg Fib: 11.8g	POT ROAST w/ VEGETABLES CONFETTI COLESLAW ANNA'S DILLY BREAD WINTER FRUIT CUP Cal: 611 Protein: 33.1g Carb: 99.6g Fat: 11.8g Sod: 511mg Fib: 11.3g
31				
BACON POTATO BREAKFAST BURRITO GREEN CHILI w PORK SPANISH RICE TOSSED SALAD STRAWBERRIES & BANANAS COOKIE w/ RAISINS Cal: 783 Protein: 29.3g Carb: 97.4g Fat: 32.6g Sod: 863mg Fib: 9.5g		<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>Suggested Donation - \$3.00</p> <p>Under Age 60 Mandatory Charge - \$11.00</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 6:30 p.m. Dance w/ FM Country \$7.00 Public Welcome
2	3 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 12:45 AAA Regionals 1:00 No afternoon activities	4 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc.	5 9:00 Council on Aging 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 3:30 Sr. Citizens Club Busn. Mtg	6 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 7:00 Camera Club	7 10:00 Qi Gong 12:00 Meet & Eat 12:00 Trivia 1:00 Cards & Pool	8 Dance Group Christmas party 6:30 p.m. Dance w/ Classic Country \$7.00 All Ages welcome
9	10 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle Group	11 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic 12:00 Meet & Eat 1:30 Sewing & Etc.	12 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	13 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi 7:00 Boy Scouts	14 10:00 Qi Gong 12:00 Meet & Eat 12:00 Trivia 1:00 Cards & Pool	15 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 Public Welcome
16	17 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 12:00 Pinochle Christmas Luncheon 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic	18 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 2:00 SilverSneakers® Christmas Party	19 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	20 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 2:00 Movie Matinee "A Christmas Memory" 7:00 Camera Club	21 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 12:00 Trivia 1:00 Cards & Pool	22 NO Dance
23	24 NO SILVERSNEAKERS® YOGA 12:00 Meet & Eat 1:00 Heritage Center closes	25 CHRISTMAS No Meals Served or Delivered Business Office Closed	26 Qi Gong/Yoga/Exercise 12:00 Meet & Eat 1:00 Cards & Pool	27 10:00 a.m. Exercise Class 12:00 Meet & Eat 1:00 Hand & Foot Canasta	28 10:00 Qi Gong 12:00 Meet & Eat 12:00 Trivia 1:00 Cards & Pool 3:00 Sr. Citizen's Club B-day & Anniversary Party	29 6:30 p.m. Dance w/ Paul Evans \$7.00 All Ages welcome
30	31 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool					

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

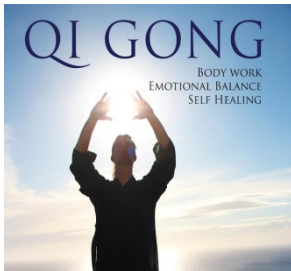


SilverSneakers® Yoga

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



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.



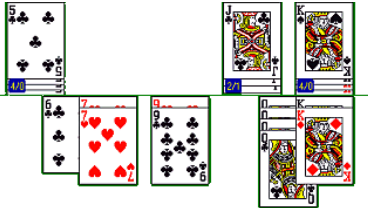
LEGAL AID DAY

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



LENZ FAMILY POTATO FARMS

We will be partnering with Lenz Family Farms, offering you an opportunity to purchase locally grown potatoes while supplies last. Pick-up will be Monday. Exact change or check accepted only. Prices are as follows. Please have your order and money to me by 10:00 AM morning prior to delivery.

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

MOVIE MATINEE

"A CHRISTMAS MEMORY"
 Thursday, December 20th
 2:00 P.M.

Originally a short story by Truman Capote's rural Alabama boyhood. Seven-year-old Buddy inaugurates the Christmas season by crying out to his cousin, Miss Sook Falk: "It's fruitcake weather!" Thus begins an unforgettable portrait of an odd but enduring friendship between two innocent souls--one young and one old--and the memories they share of beloved holiday rituals.



**SENIOR CITIZEN'S CLUB
 WINTER FEAST**

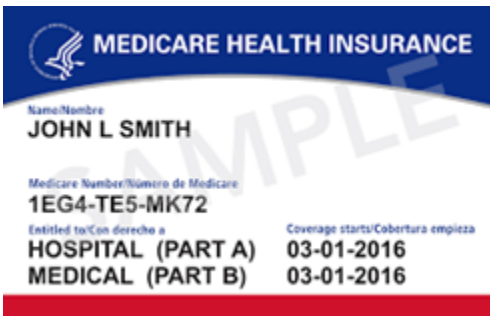
Wednesday, January 16th @ 12:00

\$7.00

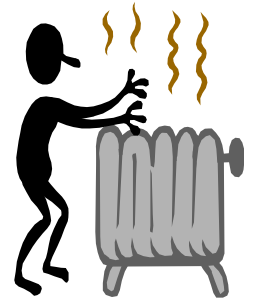
**Ham, Scalloped Potatoes, Green Beans, Cranberry Salad,
 Rolls and Pie**

Reservations due by January 10th

Tickets go on sale December 26th



The Area Agency on Aging is offering the service of laminating your NEW Medicare Card. If you would like us to place a hard, durable cover over your new card, stop by the Heritage Center during normal business hours.



L.E.A.P. Assistance Still Being Offered

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 \$1,670 or less or \$2,264 for a 2 person household.

Applications available at the Heritage Center or Dept. 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

Cheryl Dillon, LPN will be on duty from 8:00 a.m. this month. (a



DUES ARE DUE

Senior Citizen's Club Members we are collecting the 2019 membership fee of \$5.00. Please be prepared to pay at the next banquet dinner or before the end of January.

Make sure we have your updated phone number and address. And feel free to leave your email address with us so we can email you our monthly newsletter.