

2018
HERITAGE
CENTER
NEWSLETTER



HAPPY BIRTHDAY

Sr. Citizen's Club Members Birthdays


Bill Ertle	February 2 nd
Phyllis Wilkins	February 4 th
Mary Louise Wiebers	February 7 th
Mary Margaret Bianco	February 11 th
Larry Lybarger	February 12 th
Mary Ann Hiler	February 13 th
Janice Lechman	February 14 th
Betty Pancost	February 16 th
Barbara Mari	February 18 th
Janice Stieb	February 19 th
Kristyne Hernandez	February 20 th
Shirley Bickel	February 23 rd

Senior Citizen's Club Members Anniversaries

Dave & Glenda Conley	February 17, 1968
Larry & Joyce Lybarger	February 18, 1955

FEBRUARY 2018 HERITAGE MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	Menu may change due to availability of food items or conditions that cause the kitchen to close.		BEEF GOULASH GREEN BEANS & CORN BRAN MUFFIN PEACH SLICES CINNAMON CRISPIE	ROAST TURKEY YAM APPLE BAKE GRAVY WINTER MIX VEGETABLES ONION ROLLS CRANBERRY SAUCE
5	6	7	8	9
BAKED FISH MASHED POTATOES / GRAVY GREEN BEANS / BACON & ONIONS BRAN MUFFIN TROPICAL FRUIT CUP NATURE COOKIE	LASAGNA TOSSED SALAD BEAN MEDLEY GARLIC BREAD FRUIT CUP	VEGETABLE BEEF SOUP CRACKERS LAYERED SALAD PINEAPPLE ORANGE COMPOTE BANANA NUT BREAD	ROAST BEEF MASHED POTATOES/GRAVY CREAMY COLESLAW BEETS WW ROLL TROPICAL FRUIT CUP COOKIE w/ RAISINS	LIVER & ONIONS SCALLOPED POTATOES STEWED TOMATOES ONION ROLL CINNAMON APPLE SLICES
12	13	14	15	16
SLOPPY JOE SANDWICH POTATO SALAD BRUSSEL SPROUTS FRUIT COCKTAIL CINNAMON CRISPIE	BEEF STROGANOFF NOODLES CONFETTI COLESLAW BEAN MEDLEY BRAN MUFFIN APRICOT HALVES	CITRUS PEPPER SALMON BAKED SWEET POTATO ASPARAGUS CUTS PEAR SLICES ROLL NATURE COOKIE	BAKED CHICKEN MASHED POTATOES/GRAVY CAULIFLOWER & PEAS APPLE MUFFIN PEACH SLICES	TUNA ROLL UP TOSSED SALAD PEAS & CARROTS GARLIC BREAD FRUIT CUP
19	20	21	22	23
CHICKEN NOODLE SOUP CONFETTI COLESLAW COUNTRY MIX VEGETABLES ROLL ORANGE JUICE/BANANA JELLO	ROAST PORK GRAVY BAKED POTATO PARSLIED CARROTS CARAWAY ROLL STRAWBERRIES & BANANAS	PORCUPINE MEATBALLS SCALLOPED POTATOES CABBAGE WW ROLL APRICOT HALVES CINNAMON CRISPIE	BEEF O'LE MEXICALI CORN REFRIED BEANS FRUIT CUP	TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN MANDARIN ORANGES & BANANAS
26	27	28		
SPAGHETTI TOSSED SALAD GREEN BEANS GARLIC BREAD PEAR SLICES BIRTHDAY RECOGNITION	HOT TURKEY SANDWICH MARINATED VEGETABLE SALAD FRUIT SALAD COOKIE w/ RAISINS	HAMBURGER STEAK POTATOES MIXED VEGETABLES BRAN MUFFIN TROPICAL FRUIT CUP	For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.	Suggested Donation - \$3.00 Under Age 60 Mandatory Charge - \$11.00 If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.

February 2018

Mar 2018 ►

Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 SilverSneakers® Classic 12:00 Meet & Eat 7:00 p.m. Camera Club	2 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	3 6:30 p.m. Dance w/ FM Country \$7.00 Public Welcome
5 9:00 Sr. Citizen's Club Meeting 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	6 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc.	7 9:00 a.m. Council on Aging 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	8 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta	9 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool 2:00 Movie Matinee "A Dog's Purpose"	10 6:30 p.m. Dance w/ Classic Country \$7.00 Public Welcome
12 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	13 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Humanities Meeting	14 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	15 10:00 SilverSneakers® Classic 12:00 Meet & Eat 2:00 Movie Matinee-Carol Burnett Show 7:00 p.m Camera Club	16 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	17 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 Public Welcome
19 10:00 Qi Gong-No Yoga 12:00 Meet & Eat 1:00 p.m. Center Closes in Observance of President's Day	20 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas 1:30 Sewing & Etc.	21 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	22 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta	23 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 1:00 Cards & Pool 3:00 SCC B-day & Anniv Party	24 6:30 p.m. Dance w/ Joe Judd \$7.00 Public Welcome
26 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	27 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Bunco	28 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool			



FREE TAX ASSISTANCE

If you made less than \$54,000 in 2017 the NJC Business Department can assist you with your tax preparation.

To schedule an appointment please call 521-6637 between 12:00-5:00 p.m. Mon.-Fri.

This year NJC will be a "DROP-OFF" location only.

You will complete an intake and all necessary tax documents will be collected. Instead of waiting you will drop off your information and then pick it up for review and e-file the following week.

More information available at the Heritage Center.

ACUPUNCTURE

Are you curious? Want to know more? What do the needles look like? What does it feel like? Can it help me with stress, depression, create more energy or relieve painful or troubling symptoms?

COME GET ALL THE ANSWERS.

TUESDAY, FEBRUARY 6TH 10:00 A.M.

Our own Chris Jutz is a NADA Acudetox Acupuncture Specialist that offers 5 point ear acupuncture. She will answer your questions; provide demonstrations and samples of how this alternative medicine can help you or others.

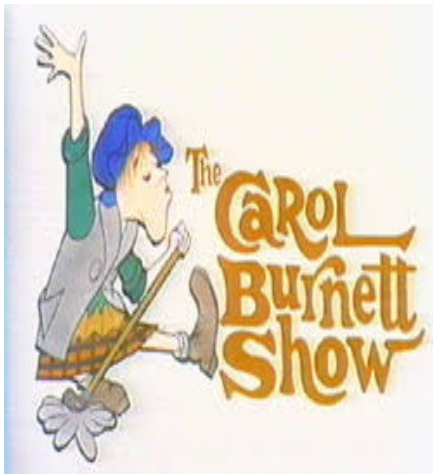
This will be held during our regular SilverSneakers® Classic class time
Take Advantage of this free information and demonstration.



ARTHRITIS RELIEF TIPS FOR THE WINTER

Sterling Living Center Rehabilitation and Therapy department will be offering a presentation with information and tips on how to get relief from arthritis pain during these cold winter months.

TUESDAY, FEBRUARY 6TH 10:00 A.M.



MOVIE MATINEE

This month we will be watching "lost episodes"
from the Carol Burnett Show.

(did anyone tell you laughter is good for the soul and the core muscles?)

Join us

Thursday, February 15th at 2:00 p.m.

Comfortable seating, fresh popcorn
Short intermission offered

POPCORN AND A MOVIE

Join us for our winter season movie series.

FRIDAY, FEBRUARY 9TH

2:00 p.m.

A DOG'S PURPOSE

Comfortable seats, tissue and
fresh popcorn available.



The Senior Citizen's Club directory will be printed in the next month. It's not too late to pay your club dues. If you have not paid club dues for more than two years you will not be listed in the directory. This means you might miss out on our banquet dinners and birthday parties. Instead of the Directories sitting out in the lobby, we ask you pick up your directory from the office for privacy and security reasons.

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

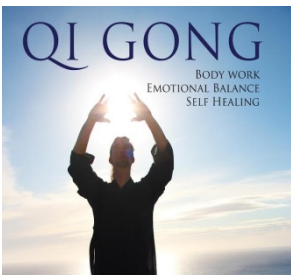


SilverSneakers® Yoga

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.



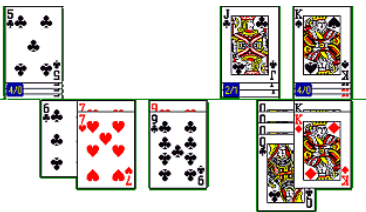
LEGAL AID DAY

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