



2018

HERITAGE
CENTER
Newsletter



SENIOR CITIZEN'S CLUB MEMBERS BIRTHDAYS

Glenda Conley	April 3
Tyson Phillips	April 6
Evelyn Hartwell	April 7
Kathy Campbell	April 8
Clay Prall	April 8
Larry Hartman	April 9
JoAnn Rizzolo	April 9
Rena Morrison	April 12
Dave Conley	April 13
Darlene Roche	April 13
Ron McCoy	April 16
Linda Ochoa	April 18
Irene Gomez	April 19
Margaret Meyer	April 20
Erma Miner	April 20
Gloria Phillips	April 22
Sue Horton	April 23
Don Werner	April 25
Elda Lousberg	April 26
Erwin Dobson	April 27
Ruth Prall	April 30

Wedding Anniversaries

Bill & Brenda Ertle	April 6, 2008
Tyson & Gloria Phillips	April 22, 1951
Bruce & Margaret Egger	April 23, 1950

**PLEASE JOIN US IN CELEBRATING CLUB MEMBERS
BIRTHDAY'S AND ANNIVERSARIES ON
APRIL 27TH at 3:00 P.M.**

APRIL 2018
HERITAGE MEAL SITE
 For Reservations or Cancellations call 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
ROAST PORK & GRAVY MASHED POTATOES PARSLIED CARROTS WW ROLL TROPICAL FRUIT CUP CINNAMON CRISPIE	LASAGNA TOSSED SALAD w DRESSING PEAS GARLIC BREAD APPLESAUCE	TERIYAKI BEEF RICE ORIENTAL VEGETABLES ROLL PEACH SLICES NATURE COOKIE	SWISS STEAK POTATOES ITALIAN VEGETABLES BRAN MUFFIN OJ BANANA SALAD	TUNA NOODLE CASSEROLE ALMOND BROCCOLI WW ROLL APRICOT HALVES
9	10	11	12	13
SALISBURY STEAK MASHED POTATOES LAYERED SALAD OATMEAL ROLL BANANA SPLIT FRUIT CUP	SMOTHERED PORK CHOPS SCALLOPED POTATOES STIR FRY VEGETABLES CARAWAY ROLL PINEAPPLE ORANGE COMPOTE	SAVORY BAKED CHICKEN SWEET POTATOES WINTER MIX VEGETABLES APPLE MUFFIN PEACH SLICES	SLOPPY JOE SANDWICH BRUSSEL SPROUTS POTATO SALAD SUNSHINE SALAD CINNAMON CRISPIE	SEAFOOD BURGER ON A BUN TARTAR SAUCE LETTUCE/TOMATO/ONION BAKED POTATO CALIFORNIA VEGETABLES PEAR SLICES
16	17	18	19	20
CHICKEN & SPINACH LASAGNA GREEN BEANS TOSSED SALAD w DRESSING FRENCH BREAD FRUIT COCKTAIL	BEEF STEW COTTAGE CHEESE PEACH SALAD CORN BREAD ORANGE WEDGES	CORNELIUS DINNER	SALMON LOAF MASHED POTATOES/GRAVY CONFETTI COLESLAW PEAS ROLL FRUIT SALAD	BREAKFAST BURRITO GREEN CHILI RICE TOSSED SALAD w DRESSING STRAWBERRIES & BANANAS COOKIE w RAISINS
23	24	25	26	27
CHICKEN TETRAZZINI MARINATED VEG SALAD GREEN BEANS ONION ROLL PEAR SLICES	BEEF STROGANOFF NOODLES FRITO SALAD BRUSSEL SPROUTS SUPREME ONION ROLL FRUIT COCKTAIL	BAKED FISH TARTAR SAUCE MASHED POTATOES/GRAVY TOSSES SALAD w DRESSING GREEN BEANS BRAN MUFFIN PEACH SLICES	TAHITIAN CHICKEN RICE STIR FRY VEGETABLES RAISIN ROLLS APRICOT HALVES	MEATLOAF/ GRAVY MASHED POTATOES COBBLER CORN ONION ROLL ORANGE WEDGES
30	For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.		Suggested Donation - \$3.00 Under Age 60 Mandatory Charge - \$11.00	Menu may change due to availability of food items or conditions that cause the kitchen to close.
PORCUPINE MEATBALLS POTATOES CARROT RAISIN SALAD ONION ROLL FRUIT CUP BIRTHDAY RECOGNITION				

April 2018

Mon	Tue	Wed	Thu	Fri	Sat
2 9:00 Sr. Citizen's Club Business Meeting 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	3 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing, etc.	4 9:00 Council on Aging 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	5 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Tai Chi 7:00 Camera Club	6 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	7 6:30 Dance w/ D & D Squares \$7.00 Welcome to the Public
9 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	10 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic 12:00 Meet & Eat 1:30 Sewing & etc. 1:30 Humanities Meeting	11 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	12 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Tai Chi 7:00 Boy Scouts	13 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	14 6:30 Dance w/ Classic Country \$7.00 Welcome to the public
16 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic	17 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas 1:30 Sewing & Etc.	18 10:00 a.m No Yoga 12:00 Sr. Citizen's Club Cornelius Dinner 1:00 Cards & Pool	19 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Tai chi 2:00 Movie Matiness "West Side Story" 7:00 Camera Club	20 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 1:00 Cards & Pool	21 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 Welcome to the public
23 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	24 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 BUNCO	25 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 2:00 Movie Matinee "Victoria & Abdul"	26 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Tai Chi	27 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool 3:00 Sr. Citizen's Club B-day & Anniv. Party	28 6:30 p.m. Dance w/ Joe Judd \$7.00 Welcome to the public
30 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	Tues. May 1 st 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. May 1 st -Trip to Denver Museum "Dead Sea Scrolls" Wed. May 2 nd 9:00 Council on Aging Meeting 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool Thurs. May 3 rd 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Tai Chi 7:00 Camera Club Fri. May 4 th 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool Sat. May 5 th 11:00 Nutrition Volunteer Appreciation Luncheon 6:30 Dance w/ live music				



DAY TRIP
DENVER MUSEUM OF NATURE AND SCIENCE
DEAD SEA SCROLLS EXHIBIT
TUESDAY, MAY 1ST

Estimated Time of Departure 9:30 a.m.

Estimated Time of Return 6:00 p.m.

Bring your own brown bag lunch or dine at the Museum cafeteria

Ticket price for 65 years and older \$17.55 for 65 and under \$20.75

Cost of transportation determined by number of participants going

Sign up deadline April 23rd

Cancel after the deadline you are still responsible for the cost of the trip or finding someone to go in your place.

The Dead Sea Scrolls are one of the greatest archaeological discoveries of all time. Dead Sea Scrolls is an exhibition about history, archaeology, and the roots of three world religions. They mean many different things to many different people, and shed light on shared history. The Dead Sea Scrolls were found in 11 caves in the desert hills near the ancient town of Qumran.

They were sheltered within the caves and preserved by dry heat. Some were protected in ceramic jars. Also on display from Jerusalem's Western Wall—and an authentic stone block, believed to have fallen in 70 CE, from the wall itself. As people do in Jerusalem, you may leave notes with your hopes, prayers, and dreams in cracks between stones.

CORNELIUS DINNER

All Senior Citizen Club Members are invited

WEDNESDAY, APRIL 18th

Tickets are on Sale NOW **\$7.00**

R.S.V.P.'s MUST be made by Thursday, April 12th

Menu

Pork, Potatoes & Gravy, Green Beans, Jello Dessert, Rolls



MOVIE SPECIAL FEATURE

VICTORIA & ABDUL

WEDNESDAY, APRIL 25TH

2:00 P.M.

Victoria & Abdul is a 2017 British biographical comedy-drama film directed by Stephen Frears and written by Lee Hall. The film is based on the book of same name by Shrabani Basu, about the real-life relationship between Queen Victoria of the United Kingdom and her Indian Muslim servant Abdul Karim



DATE CHANGE FOR BLOOD PRESSURE CLINIC

Just in the month of April we will change the date of our blood pressure clinic.

April 20th at 11:00 a.m.



VOLUNTEER APPRECIATION LUNCH

All Volunteers who provide the support and service to the Meet & Eat and Home Delivered Meals is invited to attend the annual Appreciation Lunch

Saturday, May 5th at 11:00 a.m.

Please make reservations at 522-1237 before April 16th

CLASSIC MOVIE MATINEE

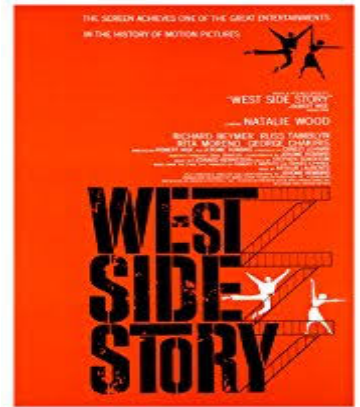
Please join us for the matinee showing of

WEST SIDE STORY

Thursday, April 19th

2:00 p.m.

Join us for a fun movie, comfortable seating and light refreshments during intermission.



SENIOR CITIZEN'S CLUB 2018 MEMBERSHIP DIRECTORY

The directory is complete and hopefully accurate. Members of the Senior Citizen's Club, please pick up your copy at the Heritage Center. They are available upon request. We do not leave them sitting out due to security reasons. If we made a mistake, kindly let us know so we can get it corrected for our next edition.

SATURDAY NIGHT DANCE SCHEDULE

Join us every Saturday night from 6:30 p.m.-10:00 p.m. for a dance to LIVE music. All ages welcome. \$7.00 cover charge

April 7TH	D & D Squares
April 14th	Classic Country
April 21st	Jim Ehrlich
April 28th	Joe Judd



LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

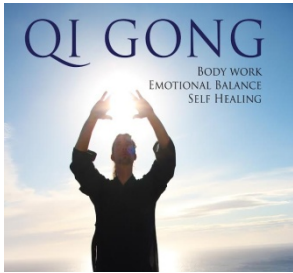


SilverSneakers® Yoga

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.



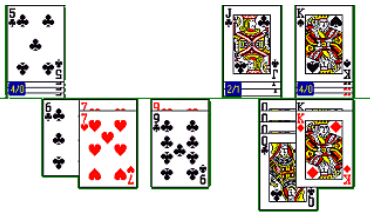
LEGAL AID DAY

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