



JANUARY

2019

SENIOR

CITIZEN'S

CLUB

NEWSLETTER





| | |
|-------------------|--------------------------|
| Kathleen Brownell | January 1 st |
| Elizabeth Hobson | January 6 th |
| Barbara Haines | January 8 th |
| Arnie Dietz | January 13 th |
| Ann Hahn | January 13 th |
| Leonard Henderson | January 13 th |
| Norman Speaker | January 16 th |
| Bruce Egger | January 18 th |
| Dorothy Hood | January 18 th |
| Larry Dye | January 20 th |
| Marge Howard | January 20 th |
| Jim Silknitter | January 20 th |
| Edna Nickal | January 25 th |
| Helen McKnight | January 26 th |
| Linda Gebauer | January 28 th |

WEDDING ANNIVERSARIES

| | |
|-----------------------|------------------|
| Dale & Modesta Stoops | January 2, 1999 |
| Bill & Dorothy Dobson | January 12, 1956 |
| Allen & Betty Pancost | January 19, 1956 |
| Ray & Nancy Pasqua | January 25, 1969 |

PLEASE JOIN US IN CELEBRATING CLUB MEMBERS
BIRTHDAYS & ANNIVERSARIES ON
FRIDAY, JANUARY 26TH AT 3:00 P.M.

JANUARY 2019
HERITAGE MEAL SITE
FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| 1 | 2 | 3 | 4 | |
| 7 | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 | 17 | 18 |
| 21 | 22 | 23 | 24 | 25 |
| 28 | 29 | 30 | 31 | |
| <p style="text-align: center;">For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p style="text-align: center;">If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p> |  | <p>BAKED FISH MASHED POTATOES & GRAVY WINTER MIX VEGETABLES BRAN MUFFIN FRUIT CUP</p> <p>Cal: 597 Protein: 32.0g Carb: 90.6g Fat: 15.0g Sod: 966mg Fib: 11.1g</p> | <p>BRUNSWICK STEW GREEN BEANS & TOMATOES ONION ROLL WINTER FRUIT CUP COOKIE</p> <p>Cal: 672 Protein: 38.1g Carb: 80.1g Fat: 24.5g Sod: 462mg Fib: 10.9g</p> | <p>BEEF & NOODLES COLESLAW BEAN MEDLEY ROLL APRICOT HALVES COOKIE</p> <p>Cal: 674 Protein: 34.0g Carb: 92.7g Fat: 20.5g Sod: 507mg Fib: 11.0g</p> |
| <p>SPANISH RICE TOSSED SALAD ROLL PEACH SLICES CINNAMON CRISPIES</p> <p>Cal: 677 Protein: 31.0g Carb: 93.6g Fat: 22.9g Sod: 529mg Fib: 10.9g</p> | <p>TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLES WW ROLL PLUMS COOKIE</p> <p>Cal: 727 Protein: 36.7g Carb: 93.4g Fat: 26.3g Sod: 603mg Fib: 10.0g</p> | <p>CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD ONION ROLL PEAR ORANGE FRUIT CUP</p> <p>Cal: 639 Protein: 36.3g Carb: 80.8g Fat: 21.3g Sod: 562mg Fib: 10.9g</p> | <p>SWISS STEAK POTATOES ITALIAN VEGETABLES BRAN MUFFIN BANANAS</p> <p>Cal: 741g Protein: 41.5g Carb: 95.5g Fat: 24.1g Sod: 560mg Fib: 12.9g</p> | <p>BBQ PORK CHOPS SCALLOPED POTATOES CABBAGE CARAWAY ROLL FRUIT CUP CINNAMON CRISPIES</p> <p>Cal: 825 Protein: 40.4g Carb: 109g Fat: 28.1g Sod: 947mg Fib: 9.9g</p> |
| <p>CHILI CRACKERS LAYERED SALAD CINNAMON ROLLS APRICOT HALVES</p> <p>Cal: 686 Protein: 35.2g Carb: 99.0g Fat: 18.9g Sod: 1045mg Fib: 15.6g</p> | <p>HAMBURGER ON A BUN BAKED BEANS CALIFORNIA VEGETABLES PEAR SLICES</p> <p>Cal: 682 Protein: 45.1g Carb: 83.2g Fat: 21.6g Sod: 795mg Fib: 13.1g</p> | <p>No Home Delivered Meals OR Meet & Eat today</p> <p style="color: red;">WINTER FEAST</p> <p>Senior Citizen's Club Members Reservations Required by 01-09-19 \$7.00</p> | <p>SWEET & SOUR PORK RICE ORIENTAL VEGETABLES ONION ROLL APRICOT HALVES</p> <p>Cal: 66 Protein: 34.5g Carb: 95.3g Fat: 16.6g Sod: 466mg Fib: 10.3g</p> | <p>BAKED FISH BAKED POTATO TOSSED SALAD GREEN BEANS ROLL PEACH SLICES</p> <p>Cal: 639 Protein: 29.3g Carb: 92.2g Fat: 19.0g Sod: 701mg Fib: 10g</p> |
| <p>BBQ BEEF SANDWICH POTATO SALAD BUTTER & DILL BRUSSEL SPROUTS SLICED BANANAS</p> <p>Cal: 712 Protein: 35.7g Carb: 106.5g Fat: 20.0g Sod: 765mg Fib: 14.1g</p> | <p>SPRING GARDEN CHICKEN ASPARAGUS APPLE MUFFINS OREGON BERRY COMPOTE</p> <p>Cal: 650 Protein: 42.5g Carb: 75.2g Fat: 21.0g Sod: 746mg Fib: 9.9g</p> | <p>BREAKFAST BURRITO GREEN CHILLI SPANISH RICE TOSSED SALAD STRAWBERRIES & BANANAS COOKIE</p> <p>Cal: 791 Protein: 29.7g Carb: 99.4g Fat: 32.6g Sod: 1079mg Fib: 9.8g</p> | <p>BRAISED BEEF MASHED POTATOES FRITO SALAD HARVARD BEETS MANDARIN ORANGES</p> <p>Cal: 621 Protein: 30.4g Carb: 87.4g Fat: 18.6g Sod: 957mg Fib: 9.8g</p> | <p>CHICKEN SPINACH LASAGNA TOSSED SALAD GREEN BEANS FRENCH BREAD FRUIT COCKTAIL</p> <p>Cal: 738 Protein: 49.3g Carb: 85.9g Fat: 24.2g Sod: 658mg Fib: 10.8g</p> |
| <p>SWEDISH MEATBALLS MASHED POTATOES FRITO SALAD WW ROLL MANDARIN ORANGES & BANANAS</p> <p style="color: red;">BIRTHDAY RECOGNITION</p> <p>Cal: 738 Protein: 36.5g Carb: 105.1g Fat: 22.4g Sod: 817mg Fib: 11.5g</p> | <p>ROAST TURKEY YAM APPLE BAKE BROCCOLI WW ROLL PEAR SLICES</p> <p>Cal: 633 Protein: 27.4g Carb: 91.7g Fat: 20.0g Sod: 603mg Fib: 12.1g</p> | <p>SCALLOPED POTATOES W/ HAM LAYERED SALAD PARSLIED CARROTS WW ROLLS CINNAMON APPLE SLICES</p> <p>Cal: 720 Protein: 33.3g Carb: 98.1g Fat: 24.7g Sod: 1162mg Fib: 13.9g</p> | <p>BEEF STEW COTTAGE CHEESE & FRUIT COCKTAIL CORNBREAD WINTER FRUIT CUP</p> <p>Cal: 608 Protein: 32.9 Carb: 93.3 Fat: 13.7 Sod: 606 Fib: 10.3</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> |

January 2019

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|--|
| | 1 Closed No Meals Served or Delivered HAPPY NEW YEAR! | 2 9:00 Council on Aging 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 3:30 Sr. Citizen's Club Business Meeting | 3 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 7:00 Camera Club | 4 10:00 Qi Gong 12:00 Meet & Eat 12:00 Trivia 1:00 Cards & Pool | 5 Public Welcome 6:30 P..M. Dance w/ FM Country \$7.00 |
| 7 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle | 8 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Humanities Meeting | 9 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool | 10 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi | 11 10:00 Qi Gong 12:00 Meet & Eat 12:00 Trivia 1:00 Cards & Pool | 12 Everyone Welcome \$7.00 Dance w/ Classic Country 6:30 p.m. |
| 14 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool | 15 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas Bridge Club 1:30 Sewing & Etc. | 16 12:00 Sr. Citizen's Club Winter Feast 1:00 Cards & Pool 2:00 SilverSneakers® Yoga | 17 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 2:00 Movie Matinee "On Golden Pond" 7:00 Camera Club | 18 10:00 Qi Gong 12:00 Meet & Eat 12:00 Trivia 1:00 Cards & Pool | 19 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 |
| 21 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Center Closes | 22 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. | 23 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool | 24 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novie Tai Chi | 25 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 12:00 Trivia 1:00 Cards & Pool 3:00 Sr. Citizne's Club B-day & Anniv. Party | 26 6:30 p.m. Dane w/ Ray Mullen Everyone Welcome \$7.00 |
| 28 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic | 29 8:00 I.C.E. Meeting 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Bunco | 30 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Homemade Cards Clinic w/ Karen Batman | 31 10:00 SilverSneakersClassic 12:00 Meet & Eat 1:30 Novice Tai Chi | | |

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



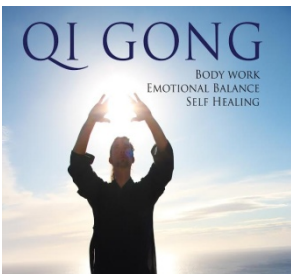
SilverSneakers® Yoga

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.



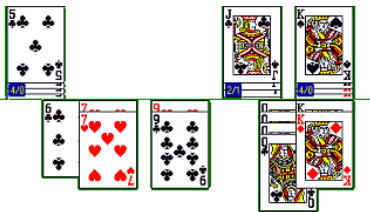
LEGAL AID DAY

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

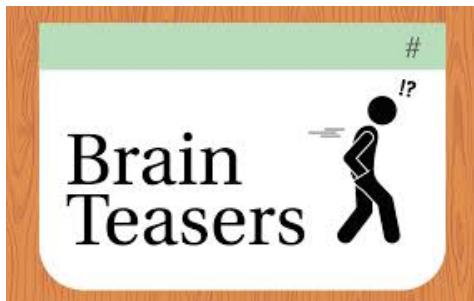
BLOOD PRESSURE CLINIC

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



BRAIN TEASERS

Beginning Friday, January 4th we will be offering a weekly brain teaser. These will be posted on the bulletin board in the entry way of the Heritage Center. A new brain teaser will be posted each Friday morning.

We will offer riddles, puzzles, pictures, etc. to challenge your brain and offer you the chance to take steps to stave off dementia disease.

LENZ POTATOES

We will still be taking orders from Lenz Potatoes in January. Deliveries will resume on the 14th of January. Please place your order by Friday at 3:00 and have your order paid for by Monday. The potatoes are usually delivered by 1:00 on Mondays.

5# bag is \$2.00

50# bag of utilities \$10.00

50# carton \$17.00





SCHEDULE CHANGE FOR LEGAL AID CLINIC

January and February the legal aid clinic will be changing its regularly scheduled clinic day due to County Holidays. Please note the Legal Aid Clinic will be hosted on Monday, January 28th with appointments required from 1:30-4:30.

Senior Citizen's Club Winter Feast

WEDNESDAY, JANUARY 16TH

12:00 p.m.

\$7.00 to attend

Reservations required by Wednesday, January 9th

Ham, Scalloped Potatoes, Green Beans,
Cranberry Salad, Pie & Rolls

Tickets go on sale Wednesday, December 26th



SILVERSNEAKERS® YOGA SCHEDULE CHANGE

SilverSneakers® Yoga will be rescheduled for
Wednesday, January 16th

We will have class at 2:00 p.m. instead of 10:00 a.m. due to Senior Citizen's Club banquet dinner.

This is for this day only!



MOVIE MATINEE

Our monthly movie for January will be

“On Golden Pond”

THURSDAY, JANUARY 17TH

2:00 P.M.

Cantankerous retiree Norman Thayer (Henry Fonda) and his conciliatory wife, Ethel (Katharine Hepburn), spend summers at their New England vacation home on the shores of idyllic Golden Pond. This year, their adult daughter, Chelsea (Jane Fonda), visits with her new fiancée and his teenage son. After leaving Billy behind to bond with Norman, Chelsea returns, attempting to repair the long-strained relationship with her aging father before it's too late.



MAKE AND TAKE CARD CLASS

- Karen Batman will be hosting a card making class. Join us on Wednesday, January 30th at 1:00 p.m. to learn to make Valentine, Birthday, and Get well cards. Karen provides the materials and design and shows you how to create your own personal cards

WEDNESDAY, JANUARY 30TH

1:00 P.M.

- Reservations required so we have enough supplies, please call into Cynthia at 522-1237 by Wednesday, January 23rd. You can pay your \$10.00 to Karen upon your arrival to class.

KITCHEN HELP NEEDED

Our nutrition program is looking for individuals of any age to help do the laundry for the kitchen, wash dishes, deep cleaning, and sanitize the delivery bags and delivery meals. If you are interested or have questions please speak with Kayla, head cook or Cynthia at 522-

1227



Senior Citizen's Club Officers & Board Members

Our thanks to following individuals for their willingness to serve as Officers and board members.

Christyne Hernandez, President

Carol Dillenburg, Vice President

Joyce Lybarger, Secretary

Clara Wilterdink, Treasurer

Betty Scharf, Historian

Paulette McCoy, Board Member

Carol Pershing, Board Member

Sue Horton, Board Member

Marlene Moyer, Board Member

Shirley Bickel, Board Member

Ron McCoy, Board Member



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Sterling Regional MedCenter is offering A Matter of Balance fall prevention class and curriculum at their facility in the Community Conference Room. A new class will be running Tuesdays, January 8th through February 26th from 9:00-11:00 a.m. The workshop

is free to participants 60 years or older but registration is required. Please call Angie Myers at (970) 521-3226 to register and for more information.

We are looking into the idea of partnering with CSU extension and our local CSU regional engagement center to offer

Mindfulness training

Mindfulness offers us the ability to pay attention to our everyday moments with curiosity and an open heart and mind. This program will introduce you to fundamental mindfulness concepts, principles, and practices that can help you cultivate greater awareness, better manage stress, and tap into more joy, gratitude, and compassion. Created by medical anthropologist and certified integrative health coach Sue Schneider, the program combines ancient wisdom with current scientific research to help you incorporate mindfulness into your everyday life.

Throughout this program, you will learn a range of skills, including:

- How to increase awareness of your own habits and behaviors.
- Techniques for observing thoughts, emotions, and sensations.
- Tips for managing stress more effectively in a variety of situations.
- How to practice self-compassion and compassion for others.

Whether you are new to mindfulness or you want to deepen your understanding, this program offers tools, support, and encouragement that can help you live a more mindful life.

We are still considering the best means to offer this training and would like your input on what might work best in our community. Please speak with Cynthia at 522-1237 to explore the idea further.