



SENIOR CITIZEN'S CLUB NEWSLETTER

JULY 2017

Happy July 4th



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HAPPY BIRTHDAY!

JULY BIRTHDAYS

Kaleen Ruth	July 1
Catherine Volz	July 2
Elvira Benson	July 3
Don DeSoto	July 12
Joan Mahaffey	July 13
Carol Dillenburg	July 14
Helen Smith	July 15
Marge Bowin	July 16
Mary Ann Bellendir	July 19
Judy Clodfelder	July 19
BJ Langdon	July 24
Phyllis Dollerschell	July 24
Marlene Lazzaretti	July 24
Marianna Trott	July 28
James Clodfelder	July 30
Paulette McCoy	July 31
Neil Haines	July 31

JULY ANNIVERSARIES

Keith & Elizabeth Hobson	July 2, 1976
Cliff & Shirley Bickel	July 5, 1980
Ron & Paulette McCoy	July 8, 2000
Larry & Anne Dye	July 7, 1979

PLEASE JOIN US IN CELEBRATING CLUB MEMBERS

BIRTHDAYS AND ANNIVERSARIES ON

July 28th @ 3:00 P.M.

July 2017

Mon	Tue	Wed	Thu	Fri
3 Meatloaf Potatoes & Gravy Carrifruiot Salad Apple Muffins Fruit cup	4 Closed in Observance of Independence Day	5 Chicken a la King Biscuit Perfection Salad Mixed Vegetables Peach Slices Cookie	6 Beef Stroganoff & Noodles Layered Salad Broccoli Whole Wheat Roll Banana Split Fruit Cup	7 Tuna Pasta Salad Tomato Slices Confetti Coleslaw Oatmeal Roll Cinnamon Apple Slices
10 Beef Goulash Parslied Carrots Onion Roll Strawberries & Bananas	11 Chicken Salad Marinated Vegetable Salad Whole Wheat Roll Pineapplie Orange Compote Carrot Cake	12 Smothered Pork chops Scalloped Potatoes Brussel Sprouts Caraway Roll Fresh Fruit Cup	13 Salmon Loaf Mashed Potatoes & Gravy Confetti Coleslaw Peas Roll Fruit Salad	14 Corn Taco Casserole Refried Beans Tossed Green Salad Cantaloupe Cubes
17 Sweet & Sour Chicken Rice Oriental Vegetables Whole Wheat Roll Apricot Halves	18 Scallope Potatoes & Ham Broccoli Whole Wheat Roll Cinnamon Apple Slices	19 Baked Fish Tartar Sauce Baked Potato Mixed Vegetables Roll Cherry Banana Surprise	20 BBQ Chicken Rotini Pasta Salad Stir Fry Vegetables Bran Muffin Peach Slices	21 Lasagna Tossed Salad Italian Vegetables Garlic Bread Fruit Cup
24 Teriyaki Beef Rice Spinach Mandarin Orange Salad Roll Pear Slices	25 Salmon Biscuit Roll Perfection Salad Mixed Vegetables Mandarin Oranges w/ Bananas Nature Cookie	26 Braised Beef Mashed Potatoes Frito Salad Harvard Beets Roll Orange Wedges	27 Ham & Beans Waldorf Salad Corn Bread Melon Cup	28 Oven Fried Liver Parslied Potatoes Braised Celery & Tomatoes Whole Wheat Roll Pear Orange Fruit Cup
31 Spanish Rice w/ Ground Beef Peas Whole Wheat Roll Pineapple Orange Compote Cinnamon Crispie				

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



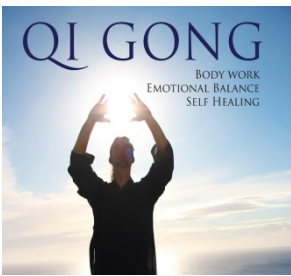
SilverSneakers® Yoga

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.**

July 2017

Mon	Tue	Wed	Thu	Fri
3 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Pinochle Group	4 CLOSED IN OBSERVANCE OF INDEPENDENCE DAY NO MEALS SERVED OR DELIVERED NO ACTIVITIES TODAY	5 9:15 .am. Council on Aging 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	6 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 2:00 p.m. Movie Matinee "Savannah Sunrise"	7 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool
10 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	11 10:00 a.m. Foot Care Clinic 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Quilting Class	12 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	13 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Hand & Foot Canasta	14 9:00 a.m. Departure for Leanin' Tree Art Museum and Lunch 10:00 a.m. Qi gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool
17 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Pinochle	18 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Las Amigas 1:30 p.m. Quilting Class	19 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	20 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 7:00 p.m. Camera Club	21 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool
24 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	25 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. BUNCO	26 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	27 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Hand & Foot Canasta	28 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool
31 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool				



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



QUILTING CLASSES FOR ANYONE INTERESTED
NO EXPERIENCE OR SEWING MACHINE REQUIRED.
TUESDAYS AFTERNOONS 1:30 P.M.
QUESTIONS CALL KATHY CAMPBELL AT (970) 371-2143



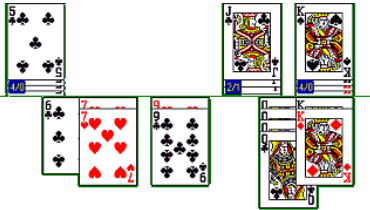
LEGAL AID DAY

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. 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



MOVIE MATINEE

**This month's feature movie is
"SAVANNAH SUNRISE"**

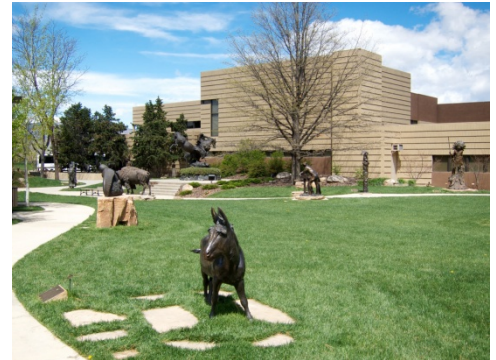
Efficiency expert Joy Miles has her free-spirited mother-in-law Loraine's move from Louisville to Savannah planned to the minute until one missed flight turns a straightforward road trip into the hilarious journey of a lifetime. Starring Pamela Reed.

Thurs, July 6th at 2:00 p.m.

The Leanin' Tree Cards Art Museum will be closing its doors after 40 years. Join the Heritage Center as we tour this wonderful Museum of Western Art in Boulder. We will have a delightful lunch at a local venue and then spend the afternoon at the museum and gift shop.

Friday, July 14th

Sign-up deadline is Wednesday, July 5th.



AGE WELL EASTERN COLORADO CONFERENCE

Thursday, October 5th and Friday, October 6th

Fort Morgan, CO

Registration Due by September 15, 2017

More information available at the Heritage Center or
call Karen Ness 522-1970.

The Heritage Center will be closed on Tuesday, July 4th in observance of the Independence Day Holiday. Have a safe and Happy Fourth!

DANCE SCHEDULE

Join us every Saturday Night for dancing to live music.

Cover Charge \$7.00

6:30-10:00 p.m.



July 1st

July 8th

July 15th

July 22nd

July 29th

FM Country

Joe Judd

Jim Ehrlich

Eldorado

Classic Country



MARK YOUR CALENDARS

MONDAY, AUGUST 7TH

**National Root Beer Float Day
(observed)**

Join us from 1:30-4:00

FREE Root Beer Floats

OPEN TO THE PUBLIC!!

**Invite your children, grandchildren,
neighbors and friends to join you at the
Heritage Center for a Root Beer Float.**