



2018

HERITAGE CENTER

MONTHLY

NEWSLETTER






Kaleen Ruth	July 1	Judy Clodfelder	July 19
Catherine Volz	July 2	Rita Zupanic	July 23
Elvira Benson	July 3	BJ Langdon	July 24
Jossie Wasson	July 3	Phyllis Dollerschell	July 24
Betty Townsend	July 9	Karen Ertle	July 26
Don DeSoto	July 12	Edward Brandt	July 27
Joan Mahaffey	July 13	Marianna Trott	July 28
Carol Dillenburg	July 14	James Clodfelder	July 30
Helen Smith	July 15	Paulette McCoy	July 31
Marge Bowin	July 16	Neil Haines	July 31

#### JULY ANNIVERSARIES

Keith & Elizabeth Hobson	July 2, 1976
Don & Joyce Werner	July 5, 1953
Arnold & Dorothy Dietz	July 7, 1973
Larry & Anne Dye	July 7, 1979
Ron & Paulette McCoy	July 8, 2000
Myron & Carol Graybill	July 19, 1996
Clay & Ruth Prall	July 21, 1961

PLEASE JOIN US IN CELEBRATING CLUB  
MEMBERS BIRTHDAY'S AND ANNIVERSARIES  
ON  
July 27th @ 3:00 P.M.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<b>MEATLOAF</b> <b>POTATOES &amp; GRAVY</b> <b>CARRIFRUIT SALAD</b> <b>APPLE MUFFINS</b> <b>FRUIT CUP</b>  Cal:690    Protein: 33.6g    Carb: 107.4g Fat: 16.4g    Sod: 1097mg    Fib: 10.1g	<b>CHICKEN A LA KING</b> <b>BISCUIT</b> <b>PERFECTION SALAD</b> <b>MIXED VEGETABLES</b> <b>PEACH SLICES</b> <b>COOKIE</b>  Cal: 706    Protein: 39.2g    Carb: 100.2g Fat: 19.6g    Sod: 599mg    Fib: 10.4g		<b>BEEF STROGANOFF/ NOODLES</b> <b>LAYERED SALAD</b> <b>BROCCOLI</b> <b>WW ROLL</b> <b>BANANA SPLIT FRUIT CUP</b>  Cal: 644    Protein: 38.2g    Carb: 89.5g Fat: 17.3g    Sod: 649mg    Fib: 11.2g	<b>TUNA PASTA SALAD</b> <b>TOMATO SLICES</b> <b>CONFETTI COLESLAW</b> <b>OATMEAL ROLL</b> <b>CINNAMON APPLE SLICES</b>  Cal: 628    Protein: 25.6g    Carb: 103.0g Fat: 16.2g    Sod: 697mg    Fib: 11.8g
9	10	11	12	13
<b>BEEF GOULASH</b> <b>PARSLIED CARROTS</b> <b>ONION ROLL</b> <b>STRAWBERRIES &amp; BANANAS</b>  Cal:607    Protein: 35.3g    Carb: 82.2g Fat: 17.5g    Sod: 579mg    Fib: 12.5g	<b>CHICKEN SALAD</b> <b>MARINATED VEGETABLE SALAD</b> <b>WW ROLL</b> <b>PINEAPPLE MAN ORANGE COMPOTE</b> <b>CARROT CAKE</b>  Cal: 677    Protein: 35.5g    Carb: 90.5g Fat: 22.1g    Sod: 806mg    Fib: 9.5g	<b>SMOTHERED PORK CHOP</b> <b>SCALLOPED POTATOES</b> <b>BRUSSEL SPROUTS</b> <b>CARAWAY ROLL</b> <b>FRESH FRUIT CUP</b>  Cal: 676    Protein: 41.6g    Carb: 78.0g Fat: 24.1g    Sod: 658mg    Fib: 9.8g	<b>SALMON LOAF</b> <b>MASHED POTATOES &amp; GRAVY</b> <b>CONFETTI COLESLAW</b> <b>PEAS</b> <b>ROLL</b> <b>FRUIT SALAD</b>  Cal: 713    Protein: 38.6g    Carb: 100.2g Fat: 20.4g    Sod: 923mg    Fib: 13.3g	<b>CORN TACO CASSEROLE</b> <b>REFRIED BEANS</b> <b>TOSSED GREEN SALAD</b> <b>CANTALOUPE CUBES</b>  Cal: 607    Protein: 34.9g    Carb: 74.7g Fat: 19.8g    Sod: 736mg    Fib: 10.9g
16	17	18	19	20
<b>SWEET &amp; SOUR CHICKEN</b> <b>RICE</b> <b>ORIENTAL VEGETABLES</b> <b>WW ROLL</b> <b>APRICOT HALVES</b>  Cal:620    Protein: 34.6g    Carb: 93.9g Fat: 12.3g    Sod: 486mg    Fib: 9.9g	<b>SCALLOPED POTATOES &amp; HAM</b> <b>BROCCOLI</b> <b>WW ROLL</b> <b>CINNAMON APPLE SLICES</b>  Cal: 609    Protein: 30.8g    Carb: 87.5g Fat: 18.2g    Sod: 887mg    Fib: 11.3g	<b>BAKED FISH</b> <b>TARTAR SAUCE</b> <b>BAKED POTATO</b> <b>MIXED VEGETABLES</b> <b>ROLL</b> <b>CHERRY BANANA SURPRISE</b>  Cal: 606    Protein: 30.4g    Carb: 100.3g Fat: 12.4g    Sod: 662mg    Fib: 10.4g	<b>BBQ CHICKEN</b> <b>ROTINI PASTA SALAD</b> <b>STIR FRY VEGETABLES</b> <b>BRAN MUFFIN</b> <b>PEACH SLICES</b>  Cal: 703    Protein: 43.5g    Carb: 83.6g Fat: 23.4g    Sod: 928mg    Fib: 12.0g	<b>LASAGNA</b> <b>TOSSED SALAD</b> <b>ITALIAN VEGETABLES</b> <b>GARLIC BREAD</b> <b>FRUIT CUP</b>  Cal: 645    Protein: 34.2g    Carb: 86.0g Fat: 21.0g    Sod: 597mg    Fib: 10.9g
23	24	25	26	27
<b>TERIYAKI BEEF</b> <b>RICE</b> <b>SPINACH MANDARIN ORANGE SALAD</b> <b>ROLL</b> <b>PEAR SLICES</b>  Cal:631    Protein: 28.4g    Carb: 106.3g Fat: 12.4g    Sod: 443mg    Fib: 10.0g	<b>BACON POTATO BREAKFAST BURRITO</b> <b>GREEN CHILI W/PORK</b> <b>SPANISH RICE</b> <b>TOSSED GREEN SALAD</b> <b>STRAWBERRIES &amp; BANANAS</b> <b>COOKIES W/RAISINS</b>  Cal: 737    Protein: 29.1g    Carb: 93.5g Fat: 29.1g    Sod: 824mg    Fib: 9.7g	<b>BRAISED BEEF</b> <b>MASHED POTATOES</b> <b>FRITO SALAD</b> <b>HARVARD BEETS</b> <b>ROLL</b> <b>MANDARIN ORANGES</b>  Cal: 621    Protein: 30.5g    Carb: 87.5g Fat: 18.7g    Sod: 970mg    Fib: 9.8g	<b>HAM &amp; BEANS</b> <b>WALDORF SALAD</b> <b>CORN BREAD</b> <b>MELON CUP</b>  Cal: 611    Protein: 28.7g    Carb: 100.1g Fat: 12.8g    Sod: 847mg    Fib: 12.4g	<b>OVEN FRIED LIVER</b> <b>PARSLIED POTATOES</b> <b>BRAISED CELERY &amp; TOMATOES</b> <b>WW ROLL</b> <b>PEAR ORANGE FRUIT CUP</b>  Cal: 684    Protein: 34.4g    Carb: 101.4g Fat: 17.9g    Sod: 547mg    Fib: 12.3g
30	31			
<b>SPANISH RICE w/ GROUND BEEF</b> <b>PEAS</b> <b>WW ROLL</b> <b>PEACH SLICES</b> <b>CINNAMON CRISPIE</b>  <b>BIRTHDAY RECOGNITION</b>  Cal:656    Protein: 34.6g    Carb: 99.4g Fat: 15.7g    Sod: 518mg    Fib: 13.3g	<b>HOT TURKEY SANDWICH</b> <b>JEANNIES'S SALAD</b> <b>BANANA SPLIT FRUIT CUP</b> <b>COOKIE W/CHOCOLATE CHIPS</b>  Cal: 702    Protein: 29.5g    Carb: 95.9g Fat: 24.9g    Sod: 922mg    Fib: 9.9g	Menu may change due to availability of food items or conditions that cause the kitchen to close.	<b>Suggested Donation - \$3.00</b>  <b>Under Age 60</b> <b>Mandatory Charge - \$11.00</b>	<b>For Reservations</b> <b>Call 522-1237 by 8:00 a.m.</b> <b>the day you want the meal.</b>  <b>If you must cancel your meal,</b> <b>please do so by 8:00 a.m.</b> <b>the day of the meal.</b>

## July 2018

Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	<b>3</b> 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Billards 1:30 Sewing & Etc.	<b>4</b> Closed in Observance of Independence Day	<b>5</b> 10:00 a.m. SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Tai Chi 7:00 Camera Club	<b>6</b> 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	<b>7</b> 6:30 Dance w/ FM Country Public Welcome \$7.00
<b>9</b> 10:00 SilverSneakers Yoga 12:00 Meet & Eat 1:00 Cards & Pool	<b>10</b> 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic 12:00 Meet & Eat 1:30 Sewing & Etc.	<b>11</b> 9:00 Council on Aging 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	<b>12</b> 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Tai Chi	<b>13</b> 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	<b>14</b> 6:30 p.m. Everyone Welcome \$7.00 Dance w/ Classic Country
<b>16</b> 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	<b>17</b> 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas 1:30 Sewing & Etc.	<b>18</b> 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	<b>19</b> Departure for Longmont Discovery Trip 10:00 NO SILVERSNEAKERS® TODAY 12:00 Meet & Eat 1:30 Tai Chi 7:00 Camera Club	<b>20</b> 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	<b>21</b> 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 Everyone Welcome
<b>23</b> 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	<b>24</b> 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Tai Chi 2:00 Movie Matinee-National Treasure	<b>25</b> 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	<b>26</b> 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Tai Chi 6:30 Boy Scouts	<b>27</b> 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 1:00 Cards & Pool 3:00 Sr. Citizen's Club B-day & anniv party	<b>28</b> 6:30 p.m. Dance w/ Paul Evans \$7.00 Public Welcome
<b>30</b> 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	<b>31</b> 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 BUNCO 1:30 Sewing & Etc.				

# LOGAN COUNTY HERITAGE CENTER

## ACTIVE AGING ADULT FITNESS CLASSES



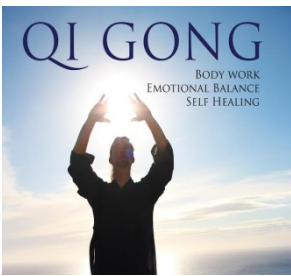
### SilverSneakers® Yoga

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.

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### 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.

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### 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.

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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.  
QUESTIONS CALL KATHY CAMPBELL AT (970) 371-2143



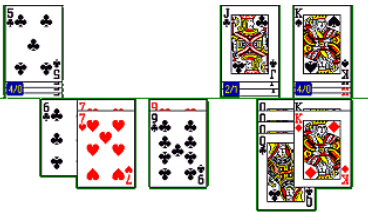
### **LEGAL AID DAY**

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**

2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month

1:00 – 4:00 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**

2<sup>nd</sup> 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**

4<sup>th</sup> 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



**JOIN THE LOGAN COUNTY HERITAGE CENTER TO SEE THE  
DINNER THEATRE PERFORMANCE OF**

**GREASE The Musical  
SUNDAY, AUGUST 19<sup>TH</sup>  
MATINEE PERFORMANCE**

**At Midtown Arts Center**

**Tickets \$49.00**

**Bus is \$26.00**

**SIGN UP DEADLINE IS AUGUST 3RD**

**If you cancel after the deadline you are still responsible for the  
cost of the trip and/or finding a someone to go in your place.**

**CALL 522-1237 TO MAKE YOUR RESERVATION**

### **MOVIE MATINEE**

**TUESDAY, JULY 24<sup>TH</sup>**

**2:00 P.M.**

### **NATIONAL TREASURE**

Join us for this action and adventure film starring Nicolas Cage; a treasure hunter that uses clues from our Founding Fathers, the Declaration of Independence and many more references to our Nation's history.



*Patrick Kramer Photography*

### **DAY TRIP**

**Thursday, July 19<sup>th</sup>**

**The Heritage Center will be traveling to Longmont to  
tour the historic Callahan House, dine at the Cheese  
Importers, view the "Tower of Compassion at  
Kanemoto Park.**

**Cost of the trip will be transportation (estimated cost  
of \$18.00), lunch on your own and \$5.00 admission  
donation to Callahan House.**



## **MARK YOUR CALENDARS**

**MONDAY, AUGUST 6<sup>TH</sup>**

**National Root Beer Float Day**

**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.**

## **SAVE THE DATE**

Mark your calendars for our day trip in September.

**DESTINATION:** Fort Collins

**DATE:** Wednesday, September 26<sup>th</sup>

**ATTRACTIONS:** Trolley Ride on the restored 1919 Birney Safety Car Municipal Railway, Lunch at a fine local eatery, and a tour of the Historic Avery House

## **DANCE SCHEDULE**

Live Music, Everyone welcome, \$7.00 cover charge

July 7<sup>th</sup> FM Country

July 14<sup>th</sup> Classic Country

July 21<sup>st</sup> Jim Ehrlich

July 28<sup>th</sup> Paul Evans

