



2019

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
Marge Bowin	July 16	Paulette McCoy	July 31

JULY ANNIVERSARIES

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 26th @ 3:00 P.M.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
MEATLOAF POTATOES & GRAVY CARRIFRUIT SALAD APPLE MUFFINS FRUIT CUP Cal:686 Carb: 107.4g Fiber: 10.1g Protein: 33.6g Fat: 16.4g Sod: 1095mg	CHICKEN A LA KING BISCUIT PERFECTION SALAD MIXED VEGETABLES PEACH SLICES Oatmeal banana raisin COOKIE Cal: 706 Carb: 100.2g Fiber:10.4g Protein: 39.2g Fat: 19.6g Sod:599mg	BEEF STROGANOFF/ NOODLES LAYERED SALAD BROCCOLI WW ROLL BANANA SPLIT FRUIT CUP Cal: 644 Carb: 89.5g Fiber:11.2g Protein: 38.2g Fat: 17.3g Sod: 651mg		TUNA PASTA SALAD TOMATO SLICES CONFETTI COLESLAW OATMEAL ROLL CINNAMON APPLE SLICES Cal: 614 Carb: 103.0g Fiber:12.7g Protein: 24g Fat: 16.2g Sod:669mg
8	9	10	11	12
BEEF GOULASH PARSLIED CARROTS ONION ROLL STRAWBERRIES & BANANAS Cal:598 Carb: 81.9g Fiber:14.0g Protein: 35.6g Fat: 17.5g Sod: 561mg	CHICKEN SALAD MARINATED VEGETABLE SALAD WW ROLL PINEAPPLE MAN ORANGE COMPOTE CARROT CAKE Cal: 678 Carb: 90.5g Fiber:9.5g Protein: 35.5g Fat: 22.1g Sod:806mg	SMOTHERED PORK CHOP SCALLOPED POTATOES BRUSSEL SPROUTS CARAWAY ROLL FRESH FRUIT CUP Cal: 677 Carb:77.9g Fiber:9.8g Protein: 41.7g Fat:24.1g Sod:642mg	CORN TACO CASSEROLE REFRIED BEANS TOSSED GREEN SALAD CANTALOUPE CUBES Cal: 605g Carb: 74.5g Fiber:11g Protein: 34.9g Fat: 19.9g Sod:762mg	Hamburger steak Mashed Potatoes Confetti Coleslaw Peas Rolls Fruit Salad Cal:740 Carb: 91.8g Fiber:12.8g Protein:44.9g Fat:23.6g Sod: 746mg
15	16	17	18	19
SWEET & SOUR CHICKEN RICE ORIENTAL VEGETABLES WW ROLL Mandarin orangesw/bananas Cal:637 Carb: 99.5g Fiber:9.4g Protein:34.5g Fat: 12.5g Sod: 480mg	SCALLOPED POTATOES & HAM BROCCOLI WW ROLL CINNAMON APPLE SLICES Cal:610 Carb: 87.5g Fiber:11.3g Protein:30.6g Fat: 18.3g Sod: 891mg	BBQ CHICKEN ROTINI PASTA SALAD STIR FRY VEGETABLES BRAN MUFFIN PEACH SLICES Cal:705 Carb: 84.6g Fiber:12g Protein: 43.3g Fat: 23.3g Sod:877mg	Baked Fish Baked Potato Mixed Vegetables Roll Cherry Banana Surprise Cal: 606 Carb: 100.3g Fiber:10.4g Protein:30.4g Fat: 12.4g Sod: 662mg	LASAGNA TOSSED SALAD ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP Cal: 641 Carb: 86.4g Fiber:11.2g Protein:33.8g Fat: 20.9g Sod: 595mg
22	23	24	25	26
TERIYAKI BEEF RICE SPINACH MANDARIN ORANGE SALAD ROLL PEAR SLICES Cal:631 Carb: 106.3g Fiber:10.0g Protein:28.4g Fat: 12.4g Sod: 443mg	BACON POTATO BREAKFAST BURRITO GREEN CHILI W/PORK SPANISH RICE TOSSED GREEN SALAD STRAWBERRIES & BANANAS COOKIES W/RAISINS Cal: 783 Carb: 97.4g Fiber:9.5g Protein: 29.3g Fat: 32.6g Sod: 863mg	BRAISED BEEF MASHED POTATOES FRITO SALAD HARVARD BEETS ROLL MANDARIN ORANGES Cal: 621 Carb: 87.4g Fiber:9.8g Protein:30.4g Fat: 18.6g Sod: 957mg	HAM & BEANS WALDORF SALAD CORN BREAD MELON CUP Cal: 611 Carb: 100.1g Fiber:12.4g Protein: 28.7g Fat: 12.8g Sod: 847mg	OVEN FRIED LIVER PARSLIED POTATOES BRAISED CELERY & TOMATOES WW ROLL PEAR ORANGE FRUIT CUP Cal: 683 Carb: 101g Fiber:12.9g Protein:34.4g Fat: 18g Sod: 58mg
29	30	31		
SPANISH RICE w/ GROUND BEEF PEAS WW ROLL PEACH SLICES CINNAMON CRISPIE BIRTHDAY RECOGNITION Cal:651 Carb: 98.7g Fiber:14.4g Protein:34.6g Fat: 15.9g Sod: 489mg	HOT TURKEY SANDWICH JEANNIES'S SALAD BANANA SPLIT FRUIT CUP Lentil COOKIE W/CHOCOLATE CHIPS Cal: 733 Carb: 99.1g Fiber:9.6g Protein: 29.8g Fat: 27g Sod: 864mg	Porcupine Meatballs Scalloped Potatoes Peas and carrots Anna's Dilly Bread Fruit Cocktail Cal: 619 Carb: 93.6g Fiber:11.3g Protein:36.2g Fat: 14.3g Sod: 594mg	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.	
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.				

July 2019

Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	2 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Hobbies 2:00 Billiards	3 9:00 Council on Aging @ CSUREC 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	4 CLOSED IN OBSERVANCE OF 4 TH OF JULY NO MEALS SERVED NO ACTIVITIES	5 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	6 6:30 p.m. Dance w/ FM Country \$7.00 Public Welcome
8 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	9 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc.	10 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	11 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:00 Lifelong Learning "In & Outs of Cell Phones @ CSUREC 1:30 Novice Tai Chi	12 ¹ 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	13 Everyone is Welcome, All Ages \$7.00 6:30 p.m. Dance w/ Classic Country
15 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	16 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas 1:30 Sewing & Hobbies	17 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	18 10:00 SilverSneakersClassic 12:00 Meet & Eat 1:30 Novice Tai Chi 2:00 Movie Matinee "1776" 7:00 Camera Club	19 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	20 6:30 p.. Dance w/ Jim Ehrlich \$7.00 Everyone is Welcome
22 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	23 10:00 SilverSneakers® Classic 11:00-1:00 Intergenerational Play Day @ Prairie Park 12:00 Meet & Eat 1:30 Sewing & Hobbies	24 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	25 10:00 SilverSneakers® Classic 11:00-1:00 Intergenerational Game Day 12:00 Meet & Eat 1:00 Hand & Foot Canasta	26 10:00 Qi gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 1:00 Cards & Pool 3:00 SCC B-day & Anniv Party	27 6:30 p.m. Dance w/ Paul's Country Everyone is welcome
29 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	30 8:00 I.C.E. Meeting 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Bunco 1:30 Sewing & Hobbies	31 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool			

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



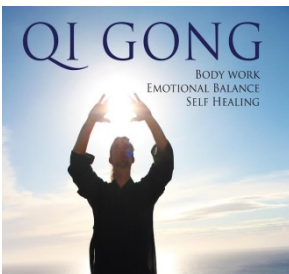
SilverSneakers® Yoga

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

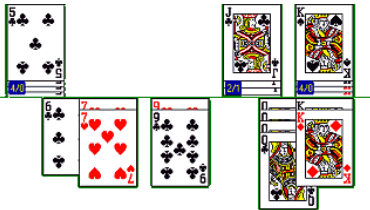


LEGAL AID DAY

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 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



FREE SEMINAR

BACK AND NECK PAIN SPECIALIST

Dr. Scott Dhupar, M.D.

Board certified specialist will answer your questions and address your concerns regarding conservative and operative treatment.

Monday, July 1st

1:00 P.m.

CSU Regional Engagement Center

The Ins and Outs of Cell Phones

- ◇ What fun, new features are available?
- ◇ What apps are appealing to seniors?
- ◇ Are there discounts available to seniors?
- ◇ How can I get my phone to do even the most basic things?
- ◇ Are there safety features that I should know about?
- ◇ Let's trouble shoot some problems.

July 11, 2019 1 P.M.-2 P.M.

CSU Northeast Regional Engagement Center

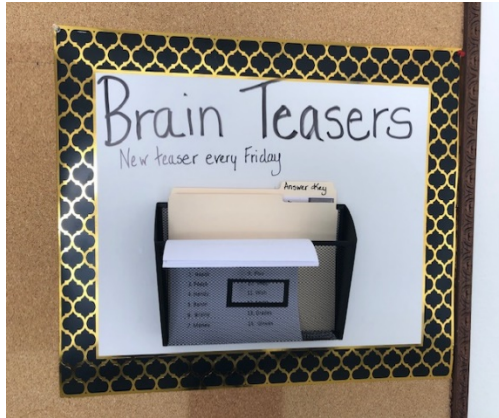


55+ Plus ONLY POOL DAY

The Sterling Recreation Center is offering a 55+ only swim day.

THURSDAY, JULY 25TH

5:00-7:00



BRAIN HEALTH

We are offering brain teasers each week. A new teaser goes out every Friday morning, the answer key is in the box (no cheating). Thank you to Simkins Parlour for door prizes. Turn in your completed teaser to collect.

Fridays, at Meet & Eat we also do a weekly trivia. Join us for the fun, the history and the light-hearted competition.

Movie Matinee

**THURSDAY, JULY 11TH
2:00 P.M.**

**Join us for the Comedy/Musical
"1776"**

The nation's fathers harmonize their way through the founding of America in this musical adapted from a popular Broadway show. Colonial representatives gather in Philadelphia with the aim of establishing a set of governmental rules for the burgeoning United States. Benjamin Franklin (Howard da Silva) and John Adams (William Daniels) charge Thomas Jefferson (Ken Howard) with the work of writing a statement announcing the new country's emancipation from British rule.



DANCE SCHEDULE

Live Music, Everyone welcome, \$7.00 cover charge

July 6 th	FM Country
July 13 th	Classic Country
July 20 st	Jim Ehrlich
July 27 th	Paul's Country



INTERGENERATIONAL PLAY DAY

Come watch, participate, teach, and learn the games of yesteryear and the games of new.

Join us at Prairie Park to interact with community youth and learn their games as they learn yours.

TUESDAY, JULY 23RD 11:00-1:00

THURSDAY, JULY 25TH 11:00-1:00

Come alone, bring a friend, or better yet bring your grandkids and show'em whatcha got!!!



MARK YOUR CALENDARS

TUESDAY, AUGUST 6TH

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.



LIFELONG LEARNING SERIES

The next program in our Lifelong Learning Series will be Ronda Monheiser, retired NJC Business instructor will provide us with helpful and fun apps for our phones (and how to use them).

APP IT UP

THURSDAY, AUGUST 1ST 1:00 P.M.

CSU Regional Engagement Center