



2018

HERITAGE CENTER
MONTHLY
NEWSLETTER



**FATHER'S
DAY**





JUNE BIRTHDAYS

<i>Margaret Egger</i>	<i>2nd</i>	<i>Al Peltzer</i>	<i>20th</i>
<i>Sheryl Brunner</i>	<i>3rd</i>	<i>Sammy Kuhns</i>	<i>23rd</i>
<i>Virginia Stieb-Yahn</i>	<i>8th</i>	<i>Vi Weingardt</i>	<i>23rd</i>
<i>Charles Miner</i>	<i>11th</i>	<i>Maxine Dennington</i>	<i>24th</i>
<i>Linda Buescher</i>	<i>12th</i>	<i>Faye Fehringer</i>	<i>24th</i>
<i>Marlene Foos</i>	<i>14th</i>	<i>Bob Mullanix</i>	<i>26th</i>
<i>Bernie Lewis</i>	<i>16th</i>	<i>Marlene Keil</i>	<i>27th</i>
<i>Betty Scharf</i>	<i>19th</i>	<i>Orin Nicholson</i>	<i>29th</i>
<i>Low Blagg</i>	<i>20th</i>	<i>Rosemary Steinbach</i>	<i>29th</i>

JUNE WEDDING ANNIVERSARIES

Neil & Judy Lindstrom *June 10th, 1966*

John & Karen Ertle *June 12th, 1970*

PLEASE JOIN US IN CELEBRATING
CLUB MEMBERS BIRTHDAYS AND
ANNIVERSARIES ON

FRIDAY, JUNE 29TH @ 3:00 P.M.

JUNE 2018 HERITAGE MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</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>		<p>BEEF O'LE REFRIED BEANS MEXICALI CORN FRUIT CUP</p> <p>Cal: 624 Protein: 36.6g Carb: 88.5g Fat: 16.5g Sod: 566mg Fib: 11.8g</p>
4	5	6	7	8
<p>BRUNSWICK STEW GREEN BEANS w/ TOMATOES ROLL ORANGE WEDGES</p> <p>Cal: 617 Protein: 42.7g Carb: 69.0g Fat: 20.5g Sod: 496mg Fib: 10.6g</p>	<p>BEEF GOULASH MIXED VEGETABLES ROLL CINNAMON APPLE SLICES</p> <p>Cal: 617 Protein: 31.4g Carb: 100.1g Fat: 13.7g Sod: 471mg Fib: 13.1g</p>	<p>SPANISH RICE w/ GROUND BEEF TOSSED SALAD w/ SALAD DRESSING ROLL PEACH SLICES</p> <p>Cal: 600 Protein: 29.8g Carb: 85.1g Fat: 18.2g Sod: 527mg Fib: 9.9g</p>	<p>HAMBURGER STEAK POTATOES PARSLIED CARROTS WW ROLL TROPICAL FRUIT CUP</p> <p>Cal: 694 Protein: 39.5g Carb: 77.9g Fat: 25.9g Sod: 458mg Fib: 10.1g</p>	<p>TUNA SALAD 3 BEAN SALAD FRENCH BREAD MANDARIN ORANGES w/ BANANAS CHERRY CAKE</p> <p>Cal: 615 Protein: 33.4g Carb: 89.3g Fat: 16.4g Sod: 833mg Fib: 10.6g</p>
11	12	13	14	15
<p>BBQ CHICKEN ROTINI PASTA SALAD SPINACH APPLE MUFFIN APRICOT HALVES</p> <p>Cal: 698 Protein: 46.6g Carb: 83.1g Fat: 22.2g Sod: 964mg Fib: 12.6g</p>	<p>CABBAGE BURGERS COBBLER CORN BEAN MEDLEY SALAD BANANA SPLIT FRUIT CUP CHOCOLATE CAKE</p> <p>Cal: 739 Protein: 31.3g Carb: 109.4g Fat: 23.5g Sod: 412mg Fib: 12.9g</p>	<p>BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD PEACH POLKA DOT SALAD NATURE COOKIE</p> <p>Cal: 744 Protein: 38.0g Carb: 118.8g Fat: 17.0g Sod: 883mg Fib: 13.8g</p>	<p>BAKED FISH / TARTAR SAUCE MASHED POTATOES / GRAVY TOSSED SALAD w DRESSNG GREEN BEANS BRAN MUFFIN PEACH SLICES</p> <p>Cal: 620 Protein: 30.4g Carb: 91.3g Fat: 17.4g Sod: 1030mg Fib: 10.9g</p>	<p>SWEET & SOUR CHICKEN RICE ORIENTAL VEGETABLES WW ROLL FRUIT CUP</p> <p>Cal: 641 Protein: 35.2g Carb: 98.7g Fat: 12.5g Sod: 489mg Fib: 10.3g</p>
18	19	20	21	22
<p>SOUTHERN BEEF PIE BEAN MEDLEY CINNAMON APPLE SLICES NATURE COOKIE</p> <p>Cal: 601 Protein: 29.7g Carb: 97.6g Fat: 12.8g Sod: 334mg Fib: 12.1g</p>	<p>HAM POTATO OMELET GREEN BEANS ROLL FRUIT CUP COOKIE w/ RAISINS</p> <p>Cal: 731 Protein: 33.6g Carb: 89.2g Fat: 29.2g Sod: 778mg Fib: 10.5g</p>	<p>TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN MANDARIN ORANGES & BANANAS</p> <p>Cal: 620 Protein: 32.0g Carb: 99.0g Fat: 13.0g Sod: 658mg Fib: 9.8g</p>	<p>LIVER & ONIONS SCALLOPED POTATOES BRAISED CELERY & TOMATOES WW ROLL APPLESAUCE</p> <p>Cal: 668 Protein: 35.7g Carb: 91.9g Fat: 19.7g Sod: 718mg Fib: 10.2g</p>	<p>SWEDISH MEATBALLS NOODLES FRITO SALAD ROLL PEAR ORANGE FRUIT CUP</p> <p>Cal: 790 Protein: 38.7g Carb: 110.0g Fat: 24.2g Sod: 556mg Fib: 12.7g</p>
25	26	27	28	29
<p>CORN TACO CASSEROLE REFRIED BEANS TOSSED SALAD w/ SALAD DRESSING CANTALOUPE CUBES</p> <p style="text-align: center; color: red;">BIRTHDAY RECOGNITION</p> <p>Cal: 607 Protein: 34.9g Carb: 74.7g Fat: 19.8g Sod: 736mg Fib: 10.9g</p>	<p>TUNA BROCCOLI CASSEROLE COUNTRY MIXED VEGETABLES BRAN MUFFIN FRUIT CUP</p> <p>Cal: 630 Protein: 35.4g Carb: 87.2g Fat: 18.7g Sod: 919mg Fib: 11.2g</p>	<p>ROAST BEEF MASHED POTATOES & GRAVY CALIFORNIA VEGETABLES ROLL TROPICAL FRUIT CUP COOKIE w/ RAISINS</p> <p>Cal: 599 Protein: 33.3g Carb: 78.1g Fat: 18.7g Sod: 652mg Fib: 9.6g</p>	<p>HAMBURGER ON A BUN POTATO SALAD LETTUCE /TOMATO /ONION /PICKLES BROCCOLI ORANGE WEDGES</p> <p>Cal: 724 Protein: 46.3g Carb: 88.9g Fat: 22.9g Sod: 724mg Fib: 13.1g</p>	<p>SPRING GARDEN CHICKEN ASPARAGUS APPLE MUFFIN OREGON BERRY COMPOTE</p> <p>Cal: 650 Protein: 42.5g Carb: 75.2g Fat: 21.0g Sod: 746mg Fib: 9.9g</p>

June 2018

Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 am Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	2 6:30 pm Dance w/ D & D Squares Public Welcome \$7.00
4 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	5 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 2:00 Billiards	6 9:00 Council on Aging 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	7 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Tai Chi 7:00 Camera Club	8 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	9 6:30 pm Dance w/ Classic Country Public Welcome \$7.00
11 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	12 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic 12:00 Meet & Eat 1:30 Sewing & Etc. 2:00 Billiards	13 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	14 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Tai Chi	15 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	16 6:30 pm Dance w/ Jim Ehrlich Public Welcome \$7.00
18 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30-4:30 Legal Aid Clinic	19 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas Bridge Club 1:30 Sewing & Etc. 2:00 Billiards	20 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Cards & Pool	21 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Billiards 1:30 Tai chi 2:00 Movie Matinee-Miracles from Heaven 7:00 Camera Club	22 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 1:00 Cards & Pool	23 6:30 p.m. Dance w/ Joe Judd Public Welcome \$7.00
25 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	26 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 BUNCO 2:00 Billiards	27 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	28 10:00 SilverSneakers® Classic 11:15 SilverSneakers Quarterly Birthday Party 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Tai Chi 2:00 Billiards	29 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool 3:00 SCC B-day & Anniv. Party	30 6:30 Dance w/ FM Country Public Welcome \$7.00

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

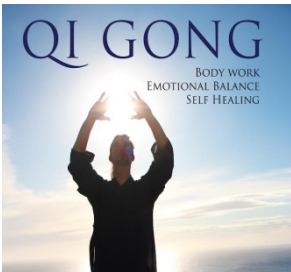


SilverSneakers® Yoga

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



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.



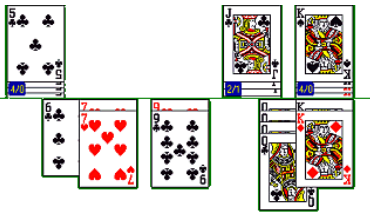
LEGAL AID DAY

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



MOVIE MATINEE

Join us for a cool, comfortable
afternoon to watch a great
movie.

“Miracles from Heaven”

2:00 p.m.

Thursday, June 21st

DAY TRIP

Thursday, July 19th

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.



Patrick Kramer Photography



DANCE SCHEDULE

June 2 nd	D & D Squares
June 9 th	Classic Country
June 16 th	Jim Ehrlich
June 23 rd	Joe Judd
June 30 th	FM Country



**SILVERSNEAKERS® 2nd
Quarter Birthday Party**

All SilverSneakers participants are invited and our guest of honor will be those with birthdays in April, May, June

Thursday, June 28th

11:15 a.m.



LEGAL AID CLINIC

**Judge Jim Leh will be here on
Monday, June 18th and is
taking ½ hour appointments
from 1:30- 4:30**

**Call Cynthia or Vicki at
522-1237 to schedule an
appointment for
Free legal advice or
consultation**

