



2019

HERITAGE CENTER
MONTHLY
NEWSLETTER



**FATHER'S
DAY**





JUNE BIRTHDAYS

Margaret Egger	2 nd	Lou Blagg	20 th
Sheryl Brunner	3 rd	Al Peltzer	20 th
Virginia Stieb-Yahn	8 th	Janet Foos	23 rd
Mary Rich	10 th	Sammy Kuhns	23 rd
Marcia Elwood	11 th	Vi Weingardt	23 rd
Charles Miner	11 th	Maxine Dennington	24 th
Linda Buescher	12 th	Faye Fehring	24 th
Marcella Schumacher	12 th	Bob Mullanix	26 th
Bernie Lewis	16 th	Marlene Keil	27 th
Betty Scharf	19 th		


JUNE WEDDING ANNIVERSARIES

Gordon & Donna Sonnenberg	June 9, 1957
Neil & Judy Lindstrom	June 10 th , 1966
John & Karen Ertle	June 12 th , 1970
Russel & Ann Withrow	June 21, 1953

PLEASE JOIN US IN CELEBRATING
CLUB MEMBERS BIRTHDAYS AND
ANNIVERSARIES ON

FRIDAY, JUNE 28TH @ 3:00 P.M.

JUNE 2019
HERITAGE MEET & EAT
FOR RESERVATIONS OR CANCELATIONS CALL 522-1237 BY 8:00 A.M.

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>IF YOU CHOOSE THE CHOICE ENTRÉE, RESERVATIONS MUST BE MADE 1 DAY IN ADVANCE.</p>																																																																																						
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LIVER & ONIONS	CAL 619 kcal																																																																																									
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PEAR ORANGE FRUIT CUP	FAT 24.1 gm																																																																																									
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June 2019

Mon	Tue	Wed	Thu	Fri	Sat
					1 Dance w/ Classic Country 6:30 p.m. \$7.00 Everyone Welcome
3 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	4 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 2:00 Billiards	5 9:00 Council on Aging @ CSUOOE 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 3:30 Sr. Citizen's Club Busn. Meeting	6 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 7:00 Camera Club	7 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	6:30 p.m. Dance w/ Classic Country \$7.00 Public Welcome
10 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool;	11 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic 12:00 Meet & Eat 1:30 Sewing & Etc. 2:00 Billiards	12 10:00 SilverSneakers® Yoga 11:15 SilverSneakers® Quarterly Birthday Party 12:00 Meet & Eat 1:00 Cards & Pool	13 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi	14 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	15 Dance w/ Jim Ehrlich 6:30 p.m. \$7.00 entry Everyone Welcome
17 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic	18 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas Bridge Club 1:30 Sewing & Etc. 2:00 Billiards	19 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	20 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Billiards 1:30 Novice Tai Chi 2:00 Movie Matinee "Rooster Cogburn" 7:00 Camera Club	21 10:00 Qi Gong 10:00-4:00 Area Agency on Aging Legal Aid Day w/ Mark Earnhart 12:00 Meet & Eat 1:00 Cards & Pool	22 6:30 p.m. Dance w/ Paul's Country \$7.00 Everyone Welcome
24 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	25 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Bunco 2:00 Billiards	26 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	27 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Tai Chi	28 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	29 6:30 p.m. Dance w/ Dan Dobson \$7.00 Everyone Welcome

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

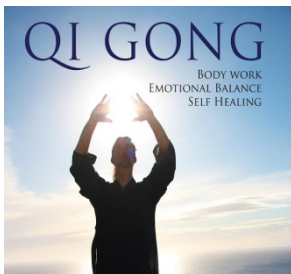


SilverSneakers® Yoga

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.



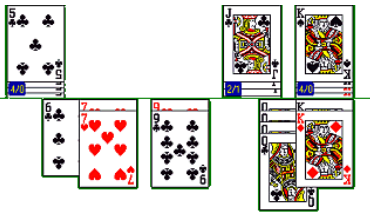
LEGAL AID DAY

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.

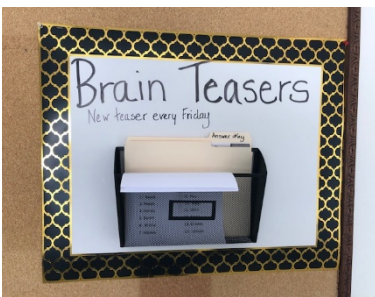
“Rooster Cogburn”
Starring John Wayne & Katharine Hepburn

2:00 p.m.
Thursday, June 20th



DANCE SCHEDULE

June 1st	FM Country
June 8 th	Classic Country
June 15 th	Jim Ehrlich
June 22 nd	Paul's Country
June 29 th	Dan Dobson



Don't forget to exercise your brain, grab a brain teaser each week, work the puzzle, turn it in for a prize. A new teaser goes out every Friday morning.



SILVERSNEAKERS® 2nd
Quarter Birthday Party

All SilverSneakers participants are invited! The guests of honor will be those with birthdays in April, May, June, please let Cynthia know if you will be attending.

Wednesday, June 12th

11:15 a.m.



MINDFULNESS SERIES

Join us for our last Mindfulness program on
JUNE 6th 1:00-2:00

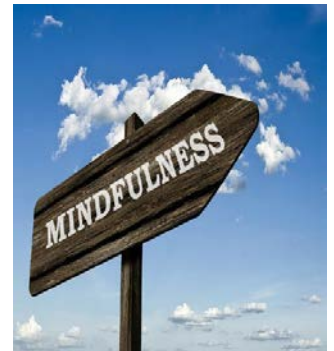
CSU Office of Engagement

This month's topic

"EVERYDAY MINDFULNESS"

This is a Free class and you will not be at a disadvantage if you were not able to attend the previous sessions.

Handouts and a recorded version of the previous sessions are available upon request.





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

ADVANCED DIRECTIVES

FREE LEGAL AID DAY

“Do you have your affairs in order?” Is getting your Power of Attorney, Living Will and DNR been something you know you need to do but just haven't got it done. The Area Agency on Aging in partnership with Mark Earnhart, Attorney at law would like to help you get that done for **FREE**. Mark Earnhart will be at the Heritage Center on Friday, June 21st from 10:00-4:00 to provide appointments and information on completing your Medical Power of Attorney, General Power of Attorney, and Living Wills.





TOUR ICELAND

Join Jill Aikin of Sterling Travel and Matt Greenwaldt of Mayflower Tours & Cruises on

SATURDAY, JUNE 22nd 1:30 p.m. AT

Logan County Heritage Center

To hear about this amazing trip to Iceland!!

Those that sign up for the trip on June 22nd will receive a discount of \$200 per person. This unbelievable tour will be October 20, 2020. If you will be attending this program, please RSVP to

Jill Aikin at 970-580-4309

COUNTRY CHRISTMAS AT OPRYLAND RESORT

December 5-9, 2019

Call Jill Aikin, at Sterling Travel
at 970-580-4309 to request more
information about this vacation
to Nashville.



SUMMER SHAPE-UP CHALLENGE

From Now to June 30th members and non-members can sign up to be entered to win a \$500 Visa gift card. Go to www.SilverSneakers.com/Shapeup to download your Bingo card and to learn participating rules.