

MAY

2018

HERITAGE CENTER

MONTHLY

NEWSLETTER



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MAY BIRTHDAYS

Allen Pancost	May 1 st
Opal Amen	May 1 st
LaVerna Waitley	May 2 nd
Bertha Jones	May 3 rd
Gerald Jeffries	May 6 th
Anna Adams	May 12 th
Carol Pershing	May 15 th
Frank Fehringer	May 25 th
Glenda Castle	May 26 th
Mike Canchola	May 27 th
Maryanne Forwood	May 28 th

MAY ANNIVERSARIES

Rock & Darlene Roche

May 21, 1955

PLEASE JOIN US IN CELEBRATING
CLUB MEMBERS BIRTHDAYS AND
ANNIVERSARIES ON


FRIDAY, MAY 25TH @ 3:00 P.M.

May 2018

Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 a.m. Departure for Denver Museum -Dead Sea Scrolls 10:00 NO SilverSneakers® Classic today 12:00 Meet & Eat 1:00 Billiards 1:30 Sewing & Etc.	2 9:00 Council on Aging 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	3 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Tai Chi 7:00 Camera Club	4 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	5 AAA Volunteer Appreciation Lunch 6:30 p.m. Dance w/ FM Coutry Public Welcome \$7.00
7 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle Group	8 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic 12:00 Meet & Eat 1:00 Billiards 1:30 Sewing & Etc.	9 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	10 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Tai Chi	11 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	12 6:30 p.m. Dance w/ Dan Dobson Public Welcome \$7.00
14 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	15 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas Bridge Club 1:30 Sewing & Etc.	16 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	17 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Billiards 1:30 Tai Chi 2:00 Movie Matinee "The Shack" 7:00 Camera Club	18 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	19 6:30 p.m. Dance w/ Jim Ehrlich Public Welcome \$7.00
21 10:00 a.m. SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic	22 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Billiards 1:30 Sewing & Etc.	23 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	24 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Tai Chi	25 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 1:00 Cards & Pool 3:00 Sr. Cit. Club B-day & Anniv. Party	26 6:30 p.m. Dance w/ Joe Judd Public Welcome \$7.00
28 MEMORIAL DAY Closed No Meals and No activities	29 8:00 a.m. I.C.E. Meeting 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 BUNCO 1:30 Sewing & Etc.	30 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	31 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Billiards 1:00 Tai chi 7:00 Camera Club	Friday, June 1 st 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool Saturday, June 2 nd 6:30 p.m. Dance w/ D & D Squares	

MAY 2018

HERITAGE MEAL SITE
For Reservations or Cancellations call 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<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>TUNA PASTA SALAD TOMATO SLICES CONFETTI COLESLAW WW ROLL CHERRY BANANA SURPRISE</p> <p>Cal: 611 Protein: 26.6g Carb: 94.8g Fat: 17.5g Sod: 794mg Fib: 9.7g</p>	<p>LASAGNA ROTINI CASSEROLE TOSSED SALAD & DRESSING GREEN BEANS FRENCH BREAD PEACH POLKA DOT SALAD</p> <p>Cal: 658 Protein: 38.3g Carb: 86.7g Fat: 19.4g Sod: 596mg Fib: 9.9g</p>	<p>BBQ PORK CHOPS SCALLOPED POTATOES CABBAGE CARAWAY ROLL BANANA SLICES</p> <p>Cal: 765 Protein: 40.1g Carb: 101.3g Fat: 24.9g Sod: 1043mg Fib: 9.5g</p>	<p>HOT ROAST BEEF SANDWICH JEANNIE'S SALAD CALIFORNIA VEGETABLES PEAR HALF w/ CRANBERRY SAUCE CHOCOLATE CHIP COOKIE</p> <p>Cal: 641 Protein: 33.8g Carb: 83.1g Fat: 21.7g Sod: 571mg Fib: 10.8g</p>
7	8	9	10	11
<p>SWEET & SOUR PORK RICE ORIENTAL VEGETABLES WW ROLL MANDARIN ORANGES w/ BANANAS</p> <p>Cal: 695 Carb: 103.2g Fat: 17.0g Sod: 496mg Fib: 10.4g</p>	<p>SHEPARD'S PIE CABBAGE TOSS HARVARD BEETS ROLL STRAWBERRY APPLESAUCE</p> <p>Cal: 629 Carb: 97.0g Fat: 16.3g Sod: 779mg Fib: 10.7g</p>	<p>CHICKEN POT PIE JEANNIE'S SALAD FRUIT CUP NATURE COOKIE</p> <p>Cal: 829 Carb: 106.7g Fat: 32.0g Sod: 481mg Fib: 10.2g</p>	<p>ROAST TURKEY YAM APPLE BAKE BROCCOLI WW ROLL PEAR SLICES</p> <p>Cal: 633 Carb: 91.7g Fat: 20.0g Sod: 665mg Fib: 12.1g</p>	<p>CITRUS PEPPER SALMON FILET BAKED POTATO MIXED VEGETABLES OREGON BERRY COMPOTE</p> <p>Cal: 612 Carb: 95.5g Fat: 14.4g Sod: 891mg Fib: 12.1g</p>
14	15	16	17	18
<p>POTATO SOUP SUPREME TUNA CROISSANT PEACH SLICES COOKIE w/ CHOCOLATE CHIPS</p> <p>Cal: 688 Carb: 98.7g Fat: 18.3g Sod: 552mg Fib: 10.1g</p>	<p>BRAISED BEEF RICE HARVARD BEETS ROLL TROPICAL FRUIT CUP NATURE COOKIE</p> <p>Cal: 714 Carb: 113.6g Fat: 17.2g Sod: 606mg Fib: 9.8g</p>	<p>CHICKEN CACCIATORE MASHED POTATOES ASPARAGUS CUTS WW ROLL FRUIT COCKTAIL YELLOW CAKE</p> <p>Cal: 749 Carb: 83.4g Fat: 27.8g Sod: 1198mg Fib: 9.5g</p>	<p>WHITE BEAN SOUP LAYERED SALAD CORN MUFFIN MANDARIN ORANGES & BANANAS</p> <p>Cal: 615 Carb: 86.1g Fat: 17.0g Sod: 909mg Fib: 12.3g</p>	<p>SPAGHETTI TOSSED SALAD & DRESSING GREEN BEANS GARLIC BREAD FRUIT CUP</p> <p>Cal: 625 Carb: 88.4g Fat: 18.1g Sod: 428mg Fib: 10.1g</p>
21	22	23	24	25
<p>VEGETABLE BEEF SOUP FRITO SALAD APRICOT HALVES CORN MUFFIN</p> <p>BIRTHDAY RECOGNITION</p> <p>Cal: 616 Protein: 30.2g Carb: 88.0g Fat: 17.5g Sod: 773mg Fib: 10.4g</p>	<p>CHICKEN SALAD BEAN MEDLEY SALAD WW ROLL ORANGE WEDGES CARROT CAKE</p> <p>Cal: 683 Protein: 35.9g Carb: 91.4g Fat: 19.4g Sod: 609mg Fib: 11.5g</p>	<p>BAKED FISH TARTAR SAUCE BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES</p> <p>Cal: 609 Protein: 31.6g Carb: 99.8g Fat: 12.2g Sod: 782mg Fib: 12.4g</p>	<p>CHEESE POTATO OMELET BROCCOLI BRAN MUFFIN OREGON BERRY COMPOTE CINNAMON CRISPY</p> <p>Cal: 635 Protein: 29.7g Carb: 83.3g Fat: 22.5g Sod: 770mg Fib: 12.9g</p>	<p>HOT TURKEY SANDWICH MARINATED VEGETABLE SALAD FRUIT SALAD COOKIE w/ RAISINS</p> <p>Cal: 629 Protein: 28.8g Carb: 85.1g Fat: 21.6g Sod: 1031mg Fib: 9.8g</p>
28	29	30	31	
	<p>TUNA ROLL UP TOSSED SALAD & DRESSING PEAS & CARROTS GARLIC BREAD FRUIT CUP</p> <p>Cal: 697 Protein: 44.7g Carb: 90.0g Fat: 20.6g Sod: 825mg Fib: 11.3g</p>	<p>SCALLOPED POTATOES w/ HAM LAYERED SALAD SPINACH ROLL PEAR ORANGE FRUIT CUP</p> <p>Cal: 703 Protein: 37.8g Carb: 94.7g Fat: 22.8g Sod: 1168mg Fib: 14.3g</p>	<p>POT ROAST VEGETABLES CONFETTI COLESLAW ANNA'S DILLY BREAD PEACH SLICES</p> <p>Cal: 603 Protein: 33.5g Carb: 97.7g Fat: 11.6g Sod: 520mg Fib: 10.8g</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>

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

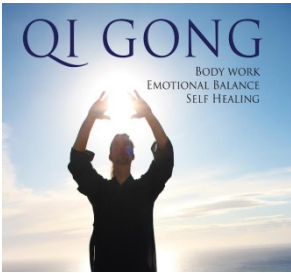


SilverSneakers® Yoga

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.

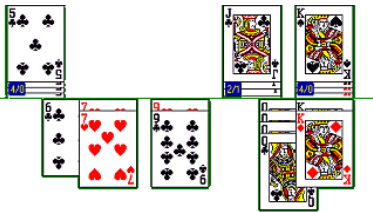
Bring what you want to work on and be prepared to talk/visit.
 Beginning quilting, embroidery, Christmas decorations, Table runners and anything else your crafting heart desires.



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

AARP®

Driver Safety

AARP Safe Driving Course

Thursday, May 24th

at the Northeast Colorado Health Department
9:30-2:30

Call Kathy Kloberdanz at 522-2790 to register

Please bring your Driver's License and AARP card if applicable.

Cost is \$15.00 for AARP members and \$20.00 for non-members. Check with your auto insurance provider to find out how much of a discount would apply upon completion of the course.



Essential Oils and how they can help you, yes even you!

THURSDAY, MAY 10TH
10:00 A.M.

In Cynthia's absence from SilverSneakers® Classic Renee Lauer with DoTerra Oils will be here to present information on Essential Oils.

All our welcome to join us!

Greeting Card Class

Local Volunteer Karen Batman is offering a class to make homemade cards. Materials are provided for a 2 hour session and you will leave with 4 handmade cards. The cost of the class is \$8.00 please sign-up at the Heritage Center or call 522-1237. There must be at least 3 reservations to hold the class.

WEDNESDAY, MAY 16TH 2:00-4:00





MOVIE MATINEE

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

“The Shack”

2:00 p.m.

Thursday, May 17th



Patrick Kramer Photography

SAVE THE DATE

Thursday, July 19th

The Heritage Center will be traveling to Longmont to tour the historic Callahan House, dine at some wonderful local eateries and view the “Tower of Compassion at Kanemoto Park.

We will start taking reservations in June!

THANK YOU THANK YOU THANK YOU

We would like to thank the Council on Aging for their gracious gift that allowed us to update our carpet in the lobby and offices. We are so grateful and love what it does to clean up our Center we are so proud of.



VOLUNTEERS WANTED

We are in need of volunteers for our home delivered meals program. Especially on Tuesday, Thursday, and Friday. This would take 30-60 minutes between 11:00 and 12:00. And you decide if you want to do it every week or every other week. See Vicki or Cynthia for information and application.