



SR. CITIZEN'S NEWSLETTER



2017





NOVEMBER BIRTHDAY'S

Anne Dye
Dorothy Hanson
Modesta Stoops
Hi Buescher
Rita Wickham
Sally Lock
Shirley Manuello
Kay Dana
Joyce Lybarger
Russell Clodfelder
Adelaide Cook
Gene Facchinello

November 1st
November 3rd
November 4th
November 8th
November 11th
November 20th
November 24th
November 25th
November 25th
November 26th
November 26th
November 29th

WEDDING ANNIVERSARIES

Bob & Marilyn Slonecker

November 15, 1942

Neil & Barbara Haines

November 25, 1978

Janice Bellendir-Steib (John)

November 25, 2016

Rosemary Steinbach (Joe)

November 21, 1949

PLEASE JOIN US IN CELEBRATING
CLUB MEMBERS BIRTHDAY'S AND
ANNIVERSARIES ON
NOVEMBER 17TH @ 3:00 P.M.

November 2017

Mon	Tue	Wed	Thu	Fri
		1 BBQ Chicken Bean Medley Salad Potato Salad Bran Muffin Tropical Fruit Cup	2 Tuna Croissant Potato Soup Supreme Carrot Raisin Salad Apricot Halves	3 Cabbage Burgers Zucchini Tomato Bake Cobbler Corn Oregon Berry Compote Cinnamon Crispy
6 Soft Shell Tacos Refried Beans Country Mix Vegetables Fruit Cup	7 Beef & Noodles Apple Carrot Raisin Salad Cauliflower & Peas Onion Roll Plums	8 Baked Fish Baked Potato Carolina Salad Roll Peach Slices	9 Liver & Onions Scalloped Potatoes Braised Celery & Tomatoes Whole Wheat Roll Applesauce	10 Sloppy Joe Sandwich Potato Salad Spinach Apricot Halves
13 Beef Goulash Green Beans & Corn Roll Cinnamon Apple Slices	14 Salmon Chowder Crackers Cottage Cheese Peach Salad Mixed Vegetables Winter Fruit Cup	15 No Meet & Eat No Home Delivered Meals Sr. Citizen's Club Thanksgiving Dinner Reservations required \$7.00	16 Chicken Pot Pie Marinated Vegetable Salad Fruit Cup Brownies	17 Ham Potato Omelet Bean Medley Bran Muffin Banana Split Fruit Cup
20 Hot Roast Beef Sandwich Frito Salad Brussel Sprouts Fruit Cup	21 Roast Turkey & Dressing Mashed Potatoes & Gravy Broccoli Yam Apple Bake Cranberry Sauce Pumpkin Cookies	22 Shepherd's Pie Carrot Raisin Salad Roll Strawberry Applesauce	23 HAPPY THANKSGIVING No Meals served or Delivered today	24 Seafood Burger on a Bun Lettuce/Tomato/O ion Potato Salad California Vegetables Pear Slices
27 White Bean Soup Crackers Layered Salad Mandarin Oranges w/ Bananas Cinnamon Crispy	28 Roast Pork Mashed Potatoes & Gravy Parslied Carrots Caraway Roll Orange Wedges Nature Cookie	29 Beef O'le Refried Beans Fruit Cup	30 Tuna Noodle Casserole Carolina Salad Whole Wheat Roll Pineapple Tidbits Cookie w/ Raisins	

November 2017

Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 Council on Aging 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:30 Tai Chi	2 10:00 SilverSneakers® Classic 12:00 Meet & Eat 2:00 Billiards 7:00 Camera Club	3 10:00 Qi gong 12:00 Meet & Eat 1:00 Cards & Pool	4 6:30 Dance w/
6 9:00 Sr Citizen's Club Bus Mtg 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Tai Chi	7 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Tai Chi	8 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:30 Tai Chi	9 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta	10 10:00 Qi Gong 12:00 Meet & Eat 1:00 Building Closes Business Office Closed today In Observance of Veteran's Day	11 6:30 Dance w/
13 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	14 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Humanities Meeting	15 10:00 NO YOGA TODAY 12:00 Sr. Citizen's Club Thanksgiving Dinner Reservatiosn required 1:00 Cards & Pool	16 10:00 SilverSneakers® Classic 12:00 Meet & Eat 2:00 Movie Matinee 7:00 Camera Club	17 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	18 6:30 Dance w/
20 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic	21 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas 1:30 Sewing & Etc	22 10:00 SilverSneakers®Yoga 12:00 Meet & Eat 1:00 Cards & Pool	23 Closed No Meals Served or Delivered No Activities HAPPY THANKSGIVING	24 12:00 Meet & Eat 1:00 Heritage Center Closes	25 6:30 Dance w/
27 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	28 8:00 Inter-agency Council for Elderly 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Bunco	29 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	30 10:00 SilverSneakers® Classic 12:00 Meet & Eat		

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

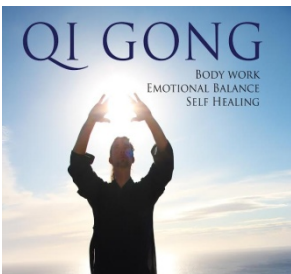


SilverSneakers® Yoga

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.



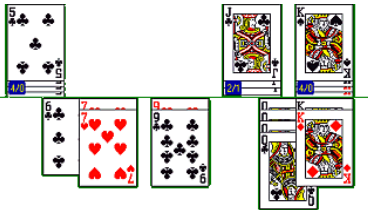
LEGAL AID DAY

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



SENIOR CITIZEN'S CLUB THANKSGIVING DINNER

Wednesday, NOVEMBER 15th, @ Noon

Tickets on Sale now for \$7.00

We must have your reservation in no later than November 8th
so we can order the turkeys.

Please remember your utensils.



Medicare Part D

**Remember open enrollment is October 15th through
December 7th.**

You can schedule an appointment with Karen to make changes
or review your plan.

Please call 474-3736 OR 522-1970
to set up your appointment.

MOVIE MATINEE

Join us

Thursday, November 16th

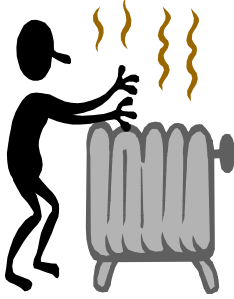
2:00 p.m.

For the afternoon showing of

YOU'VE GOT MAIL

**Comfortable seating and
refreshments provided**





L.E.A.P. starts November 1

The Low-income Energy Assistance Program starts November 1st and applications are accepted through April 30th. LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. It is not intended to pay the entire cost of home heating, but rather to help alleviate some of the burden associated with the colder months. You can qualify if your monthly income for 1 person is \$1658 or less or \$2233 for a 2 person household.

Applications available at the Heritage Center or Department of Human Services. Applications will not be accepted at the local Dept. of Human Services office. For more information please call Cynthia at 522-1237 or 1-866-432-8435



Please note the Blood Pressure Clinic has been rescheduled due to the Thanksgiving Holiday for Friday, November 17th at 11:00 a.m.

The Sr. Citizen's Club Birthday & Anniversary Dinner has been rescheduled for Friday, November 17th at 3:00 p.m.

DANCE SCHEDULE

Join us every Saturday Night for dancing to live music.

Cover Charge \$7.00

6:30-10:00 p.m.



November 4th

FM Country

November 11th

Dan Dobson

November 18th

Jim Ehrlich

November 25th

Classic Country

LENZ FAMILY POTATO FARMS

We will be partnering with Lenz Family Farms offering you an opportunity to purchase locally grown potatoes through the month of January.

Pick-up will be Monday sometimes Tuesday. Exact change and/or check accepted only. Prices are as follows. Please have your order and money to me by the Thursday prior to delivery day.

10/5 Bale Yukon's	\$17.00
50 lb. Carton Creamers	\$22.00
50 lb. Carton 80, 90, Chefs	\$17.00
50 lb. #2s	\$10.00



SNOW REMOVAL

We are hopeful to start a snow removal program **IF** we can find enough volunteers or interested persons and organizations to provide the service. We would like to start with a list of those who need the service of snow removal. Please call the Heritage Center and speak with Vicki or Cynthia about adding your name to this potential service.

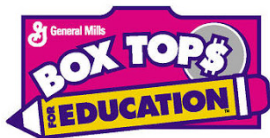
SAVE THE DATE

Senior Citizen's Club

January Winter Feast

Wednesday, January 17th

Tickets go on sale January 2nd



We continue to have a drop off container for the General Mills Box Tops for Education program. The proceeds of your box tops will go toward the Caliche PTO to fund school supplies and field trips. If you are not familiar with Box Tops feel free to ask Cynthia.



You're getting a new Medicare card!

Cards will be mailed between April 2018 – April 2019

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.