



SR. CITIZEN'S NEWSLETTER



2018





NOVEMBER BIRTHDAYS

Anne Dye
Dorothy Hanson
Modesta Stoops
Dorothy Dietz
Hi Buescher
Joyce Morrell
Rita Wickham
Edna Lovell
Jeanne Windsor
Sally Lock
Margaret "Lorrie" Frick
Shirley Manuello
Kay Dana
Joyce Lybarger
Russell Clodfelder
Adelaide Cook
Ann Brunner
Gene Facchinello

November 1st
November 3rd
November 4th
November 8th
November 8th
November 9th
November 11th
November 15th
November 16th
November 20th
November 24th
November 24th
November 25th
November 25th
November 26th
November 26th
November 28th
November 29th


WEDDING ANNIVERSARIES

Bob & Marilyn Slonecker	November 15, 1942
Neil & Barbara Haines	November 25, 1978
Janice Bellendir-Steib (John)	November 26, 2016
Rosemary Steinbach (Joe)	November 21, 1949

PLEASE JOIN US IN CELEBRATING
CLUB MEMBERS BIRTHDAY'S AND
ANNIVERSARIES ON
NOVEMBER 30TH @ 3:00 P.M.

NOVEMBER 2018 HERITAGE MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8	9
<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p style="text-align: center;">For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p style="text-align: center;">If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p style="text-align: center;">Suggested Donation - \$3.00</p> <p style="text-align: center;">Under Age 60 Mandatory Charge - \$11.00</p>	<p>TUNA CROISSANT POTATO SOUP SUPREME CARROT RAISIN SALAD APRICOT HALVES</p> <p>Cal: 609 Protein: 32.3g Carb: 101.3g Fat: 11.2g Sod: 641mg Fib: 9.6g</p>	<p>CABBAGE BURGERS ZUCCHINI TOMATO BAKE COBBLER CORN OREGON BERRY COMPOTE</p> <p>Cal: 598 Protein: 31g Carb: 91.6g Fat: 15g Sod: 394mg Fib: 13.8g</p>
<p>SOFT SHELL TACOS REFRIED BEANS COUNTRY MIX VEGETABLES FRUIT CUP</p> <p>Cal: 652 Protein: 36.9g Carb: 92.9g Fat: 16.7g Sod: 1005mg Fib: 12.5g</p>	<p>BEEF & NOODLES APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS ONION ROLL PLUMS</p> <p>Cal: 604 Protein: 33g Carb: 96.2g Fat: 12.1g Sod: 427mg Fib: 11.9g</p>	<p>BAKED FISH BAKED POTATO CAROLINA SALAD ROLL PEACH SLICES</p> <p>Cal: 610 Protein: 29.2g Carb: 101.4g Fat: 12.6g Sod: 770mg Fib: 9.6g</p>	<p>LIVER & ONIONS SCALLOPED POTATOES BRAISED CLELERY & TOMATOES WW ROLL APPLESAUCE</p> <p>Cal: 667 Protein: 35.7g Carb: 91.5g Fat: 19.7g Sod: 699mg Fib: 10.8g</p>	<p>SLOPPY JOE SANDWICH POTATO SALAD SPINACH MANDARIN ORANGES & BANANAS</p> <p>Cal: 638 Protein: 36.6g Carb: 103.8g Fat: 12.7g Sod: 875mg Fib: 13.3g</p>
12	13	14	15	16
<p>BEEF GOULASH GREEN BEANS & CORN ROLL CINNAMON APPLE SLICES</p> <p>Cal: 599 Protein: 30.7g Carb: 97.4g Fat: 13.6g Sod: 423mg Fib: 13.8g</p>	<p>BBQ PORK CHOPS SCALLOPED POTATOES CABBAGE WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Cal: 713 Protein: 37.4g Carb: 93.7g Fat: 23.3g Sod: 893mg Fib: 9.5g</p>	<p style="text-align: center;">Senior Citizen's Club Thanksgiving Dinner \$7.00 Reservations & Membership required No Meet & Eat today No Meals served or delivered</p>	<p>CHICKEN POT PIE MARINATED VEGETABLE SALAD FRUIT CUP BROWNIES</p> <p>Cal: 774 Protein: 36.7g Carb: 90.7g Fat: 32.4g Sod: 585mg Fib: 9.6g</p>	<p>HAM POTATO OMELET BROCCOLI APPLE SALAD BRAN MUFFIN BANANA SPLIT FRUIT CUP</p> <p>Cal: 658 Protein: 30.5g Carb: 85.7g Fat: 24.8g Sod: 1089mg Fib: 9.7g</p>
19	20	21	22	23
<p>HOT ROAST BEEF SANDWICH FRITO SALAD BRUSSEL SPROUTS FRUIT CUP</p> <p>Cal: 617 Protein: 35.9g Carb: 87.2g Fat: 16.3g Sod: 803mg Fib: 12g</p>	<p>ROAST TURKEY & DRESSING MASHED POTATOES & GRAVY BROCCOLI YAM APPLE BAKE CRANBERRY SAUCE PUMPKIN COOKIES</p> <p>Cal: 794 Protein: 28.3g Carb: 122.5g Fat: 23.6g Sod: 972mg Fib: 10.7g</p>	<p>SHEPHERD'S PIE CARROT RAISIN SALAD ROLL STRAWBERRY APPLESAUCE</p> <p>Cal: 611 Protein: 30.3g Carb: 103.6g Fat: 12.1g Sod: 737mg Fib: 10.4g</p>		<p>SEAFOOD BURGER ON A BUN LETTUCE/TOMATO/ONION POTATO SALAD CALIFORNIA VEGETABLES PEAR SLICES</p> <p>Cal: 646 Protein: 34.9g Carb: 103.4g Fat: 13.7g Sod: 837mg Fib: 12.8g</p>
26	27	28	29	30
<p>WHITE BEAN SOUP CRACKERS LAYERED SALAD MANDARIN ORANGES w/ BANANAS CINNAMON CRISPY</p> <p style="color: red; text-align: center;">BIRTHDAY RECOGNITION</p> <p>Cal: 653 Protein: 32.3g Carb: 94.9g Fat: 18.1g Sod: 690mg Fib: 12g</p>	<p>ROAST PORK MASHED POTATOES & GRAVY BROCCOLI CARAWAY ROLL WINTER FRUIT CUP NATURE COOKIE</p> <p>Cal: 726 Protein: 36.8g Carb: 102.4g Fat: 21.7g Sod: 730mg Fib: 11g</p>	<p>BEEF O'LE REFRIED BEANS FRUIT CUP</p> <p>Cal: 617 Protein: 37.7g Carb: 84.1g Fat: 16.3g Sod: 623mg Fib: 13.2g</p>	<p>TUNA NOODLE CASSEROLE CAROLINA SALAD WW ROLL PINEAPPLE TIDBITS COOKIE w/ RAISINS</p> <p>Cal: 785 Protein: 36.4g Carb: 106.1g Fat: 27.4g Sod: 715mg Fib: 10.1g</p>	<p>HAMBURGER STEAK POTATO PEAS WW ROLL ORANGE JUICE BANANA GELATIN SALAD</p> <p>Cal: 722 Protein: 44.8g Carb: 84.6g Fat: 23.8g Sod: 390mg Fib: 11.4g</p>

November 2018

Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 2:00 Billiards 7:00 p.m Camera Club	2 10:00 Qi Gong 12:00 Meet & Eat 12:00 Trivia 1:00 Cards & Pool	3 6:30 p.m. Dance w/ FM Country \$7.00 Public Welcome
5 9:00 Sr. Citizen's Club Busn. Mtg 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	6 No SilverSneakersr Classic No Meet & Eat Business office closes at 1:00	7 9:00 Council on Aging 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 p.m. Cards & Pool	8 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi 7:00 Boy Scouts	9 10:00 Qi gong 12:00 Meet & Eat 12:00 Trivia 1:00 Cards & Pool	10 6:30 p.m. Dance w/ Classic Country \$7.00 All Ages welcome
12 10:00 Silversneakers® Yoga 12:00 Meet & Eat 1:00 Heritage Center Closes in Observance of Veteran's Day	13 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic 12:00 Meet & Eat 1:00 Veteran's Administration Program-Veteran's Benefits 1:30 Sewing & Etc. 1:30 Humanities	14 8:30-Decorate for Thanksgiving Dinner 12:00 Sr. Citizen's Club Thanksgiving Dinner Reservations & Membership required 1:00 Cards & Pool	15 10:00 SilverSneakers® Classic 12:00 Meet & Eat 2:00 Movie Matinee "The Lost City of Z" 7:00 Camera Club	16 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 12:00 Trivia 1:00 Cards & Pool	17 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 Public Welcome
19 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic	20 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas 1:30 Sewing & Etc.	21 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	22 THANKSGIVING No Meals Served or Delivered Business Office Closed	23 10:00 Qi Gong 12:00 Meet & Eat 1:00 Heritage Center Closes	24 6:30 p.m. Dance w/ Ray Mullen \$7.00 All Ages welcome
26 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	27 8:00 Inter-agency Council for Elderly 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Bunco	28 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	29 10:00 SilverSneakers® Classic 12:00 Meet & Eat 2:00 Billiards	30 10:00 Qi Gong 12:00 Meet & Eat 12:00 Trivia 1:00 Cards & Pool 3:00 Sr. Citizen's Club B-day & Anniversary Party	

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



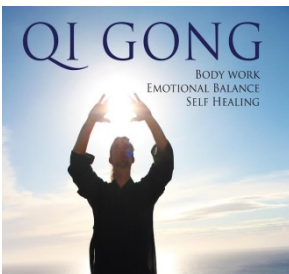
SilverSneakers® Yoga

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.-11:15 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.



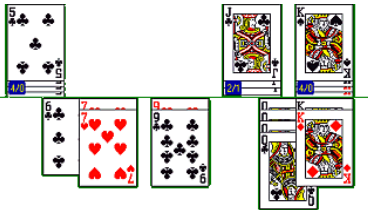
LEGAL AID DAY

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 14th, @ Noon

Tickets go on Sale October 29th for \$7.00

We must have your reservation in no later than November 7th so we can order the turkeys. You must be in good standing with the Senior Citizen's Club (dues paid).

Please remember your utensils.

MENU

Turkey, Dressing, Potatoes & Gravy, Glazed Carrots, Cranberries, Pumpkin Dessert

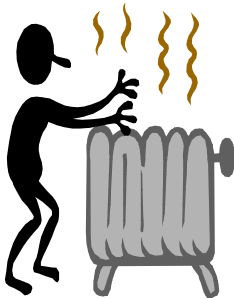


Medicare Part D

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.



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 \$1,670 or less or \$2,264 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



MOVIE MATINEE

Join us

Thursday, November 16th

2:00 p.m.

THE LOST CITY OF Z

Comfortable seating and popcorn provided

The Lost City of Z tells the incredible true story of British explorer Percy Fawcett, who journeys into the Amazon at the dawn of the 20th century and discovers evidence of a previously unknown, advanced civilization that may have once inhabited the region. Despite being ridiculed by the scientific establishment who regard indigenous populations as "savages," the determined Fawcett - supported by his devoted wife, son and aide de camp returns time and again to his beloved jungle in an attempt to prove his case, culminating in his mysterious disappearance in 1925.



Please note the Blood Pressure Clinic has been rescheduled due to the Thanksgiving Holiday for Friday, November 16th at 11:00 a.m.

DANCE SCHEDULE

Join us every Saturday Night for dancing to live music.

Cover Charge \$7.00

6:30-10:00 p.m.

November 3rd

FM Country

November 10th

Classic Country

November 17th

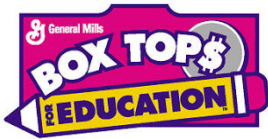
Jim Ehrlich

November 24th

Ray Mullen

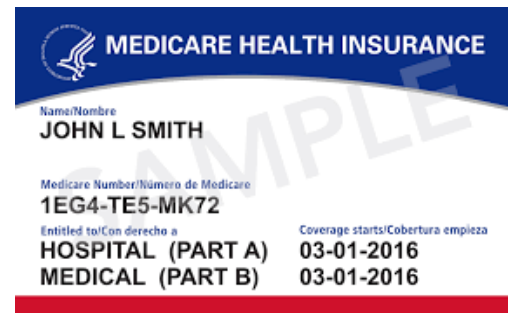


SAVE THE DATE
Senior Citizen's Club
January Winter Feast
Wednesday, January 16th
Tickets go on sale January 2nd



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.

The Area Agency on Aging is offering the service of laminating your NEW Medicare Card. If you would like us to place a hard, durable cover over your new card, stop by the Heritage Center during normal business hours.



ATTENTION ATTENTION

The Logan County Heritage Center will be used as a voter service and polling center on Tuesday, November 6th. Meals will be home delivery ONLY, no meals served at the site. No regularly scheduled morning or afternoon activities as well. Sorry for the inconvenience. Get Out and VOTE!



VETERANS BENEFITS PROGRAM

If you are a veteran or you are a spouse of a veteran please join us
TUESDAY, NOVEMBER 13TH
For lunch and a program.

Lunch at 12:00 and then the program will be from 1:00-2:00.
John Haynie, Logan County Veteran's Service Officer and Samuel House,
Public Affairs Officer from the Cheyenne VA Medical Center will be here to
discuss benefits available right here in Logan County and through the
Veteran's Administration.

Reservations needed to eat lunch, please call 522-1237.

LENZ FAMILY POTATO FARMS

We will be partnering with Lenz Family Farms offering you an opportunity to purchase locally grown potatoes while supplies last (January)
Pick-up will be Monday. Exact change and/or check accepted only. Prices are as follows.
Please have your order and money to me by the Monday morning prior to delivery.

50 lb. carton	\$10.00
50 lb. #2s	\$10.00
5 lb. bags (utilities)	\$2.00

