



**SENIOR CITIZEN'S
CLUB NEWSLETTER**

OCTOBER

2017



HAPPY BIRTHDAY!

BIRTHDAYS

| | |
|------------------------|-------------------|
| Aline Charles | October 3 |
| Dorothy Dobson | October 6 |
| Helen Williams | October 6 |
| Lloyd Hobbs | October 9 |
| Louise Jones | October 9 |
| Bob Slonecker | October 10 |
| Marlene Moyer | October 11 |
| Kathy Schwartz | October 13 |
| Dick Ogley | October 13 |
| Frances Simants | October 20 |
| Mary Vierow | October 20 |
| Carol Graybill | October 20 |
| Grace Schroeder | October 21 |
| Nancy Pasqua | October 23 |
| Melba Hastings | October 25 |
| Don Morgan | October 28 |
| Anita Fielder | October 31 |

ANNIVERSARIES

| | |
|-------------------------------------|-------------------------|
| Harold & Adelaide Cook | October 1, 1942 |
| Greg & Leslie Dyson | October 25, 1981 |
| Miller & Virginia Kelley | October 30, 2015 |

PLEASE JOIN US IN CELEBRATING CLUB MEMBERS
BIRTHDAY'S AND ANNIVERSARIES ON
OCTOBER 27TH@ 3:00 P.M.

October 2017

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|--|---|
| 2 9:00 a.m. Sr. Citizen's Club Business Meeting 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Pinochle | 3 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Sewing & etc. 2:00 p.m. Billards | 4 9:15 a.m. Council on Aging 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool | 5 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 2:00 p.m. Billiards 7:00 p.m. Camera Club | 6 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool | 7 6:30 p.m. Dance w/ FM Country |
| 9 NO YOGA TODAY 11:30-12:30 Meet & Eat 1:00 p.m. Heritage Center Closes in observance of Columbus Day | 10 10:00 a.m. Foot Care Clinic 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Humanities Meeting 1:30 p.m. Sewing & etc. 2:00 p.m. Billards | 11 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool | 12 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Hand & Foot Canasta 2:00 p.m. Billiards 7:00 p.m. Boy Scouts | 13 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool | 14 6:30 p.m. Dance w/ Joe Judd |
| 16 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Pinochle 1:00 p.m. Cards & Pool 1:30 Legal Aid Clinic (appt. encouraged) | 17 10:00 SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Las Amigas 1:30 p.m. Sewing, etc. 2:00 p.m. Billards | 18 NO YOGA TODAY Noon Sr. Citizen's Club Anniversary Dinner Tickets \$7.00 1:00 -2:00 p.m. Flu Shot Clinic 1:00 p.m. Cards & Pool | 19 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 2:00 p.m. MOVIE MATINEE 2:00 p.m. Billiards 7:00 p.m. Camera Club | 20 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool | 21 6:30 p.m. Dance w/ Jim Ehrlich |
| 23 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Tai Chi Class (please pre-register) | 24 10:00 a.m. SilverSneakers® Classic 10:30 a.m. Home Delivery Training 11:30-12:30 Meet & Eat 1:00 P.M. Tai Chi 1:30 p.m. Sewing, etc. | 25 9:15 a.m. SilverSneakers® Anniv. Breakfast 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Tai Chi 1:00 p.m. Cards & Pool | 26 9:15 a.m. SilverSneakers® Anniv. Breakfast 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Hand & Foot Canasta | 27 10:00 a.m. Qi gong 11:00 a.m. Blood Pressure Clinic 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 3:00 p.m. SCC B-day & Anniv Party | 28 6:30 p.m. Dance w/ Classic Country |
| 30 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Tai Chi | 31 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Tai Chi 1:30 p.m. Bunco 1:30 p.m. Sewing & etc. | Please call the Heritage Center for more information or to schedule an appointment at 522-1237. | | | |

October 2017

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|---|
| 2 Hamburger on a Bun Baked Beans California Vegetables Pear Slices | 3 Tuna Salad Three Bean Salad French Bread Mandarin Oranges & Bananas Cherry Cake | 4 Meatloaf & Gravy Baked Potato Carolina Salad Roll Fruit Cocktail | 5 Penne & Cheese Apple/Carrot/Raisin Salad Brussel Sprouts Whole Wheat Roll Tropical Fruit Cup | 6 Scalloped Potatoes & Ham Country Mix Vegetables Caraway Roll Fresh Fruit Cup Cookie w/ Chocolate Chips |
| 9 Chicken Tetrizzini Marinated Vegetable Salad Green Beans Onion Roll Plums | 10 Corn Taco Casserole Refried Beans Tossed Salad Fruit Cup | 11 Salmon Biscuit Roll Perfection Salad Mixed Vegetables Mandarin Oranges & Bananas Nature Cookie | 12 Ham & Beans Pineapple Coleslaw Corn Muffins Apricot Halves Cinnamon Crispy | 13 Roast Beef Mashed Potatoes & Gravy Confetti Coleslaw Peas & Carrots Anna's Dilly Bread Cranberry Mold |
| 16 Chicken Noodle Soup Peas Blueberry Muffin Pineapple Orange Compote Brownie | 17 Braised Beef Mashed Potatoes Bean Medley Salad Harvard Beets Roll Cinnamon Apple Slices | 18 No Meet & Eat No Home Delivered Meals TODAY ONLY Senior Citizen's Club Anniversary Dinner Reservations Required \$7.00 a ticket | 19 Baked Fish Baked Potato Carolina Salad Roll Peach Slices | 20 Salisbury Steak Mashed Potatoes Stir Fry Vegetables Onion Roll Fruit Cocktail |
| 23 Beef Stroganoff Noodles Layered Salad Winter Mix Vegetables Whole Wheat Roll Fruit Cup | 24 Spaghetti w/ Meat sauce Tossed Salad Bean Medley Garlic Bread Cinnamon Apple Slices | 25 Brunswick Stew Green Beans & Tomatoes Onion Roll Winter Fruit Cup Cookie w/Raisins | 26 Swiss Steak Baked Potato Italian Vegetables Bran Muffin Banana Slices | 27 Tuna Roll up Tossed Salad Broccoli Garlic Bread Fruit Cup |
| 30 Swedish Meatballs Mashed Potatoes Stir Fry Vegetables Whole Wheat Roll Pear Orange Fruit Cup | 31 Smothered Pork Chop Mashed Potatoes Green Beans w/ Corn Onion Roll Mandarin Oranges & Bananas Cookie w/ Raisins | | | |

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

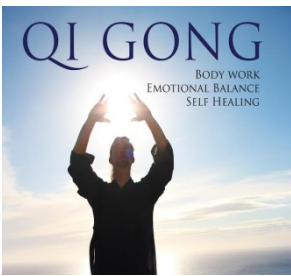


SilverSneakers® Yoga

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.



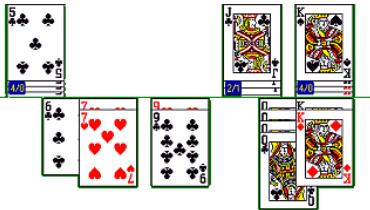
LEGAL AID DAY

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

DANCE SCHEDULE

Join us every Saturday Night for dancing to live music.

Cover Charge \$7.00

6:30-10:00 p.m.



October 7th

FM Country

October 14th

Joe Judd

October 21st

Jim Ehrlich

October 28th

Classic Country

Senior Citizen's Club Members

Annual Anniversary Dinner

Wednesday, October 18th

Tickets \$7.00

Reservations are due October 12th



Just a friendly reminder, Monday, October 9th the Heritage Center business office is closed. There will be no SilverSneakers® or Cards & Pool. Meals will be served at Noon and Meals will be delivered

FLU SHOTS FLU SHOTS

Walker Pharmacy will be here

Wednesday, October 18th at 1:00 p.m.

Bring your Medicare Card! This is right after our banquet dinner; fast, easy and convenient.





NATIONAL SILVERSNEAKERS® WEEK

October 23rd-27th

Help us celebrate their 25th Anniversary milestone and the achievement of providing physical, social and mental health to millions. A light breakfast will be served and then we will do a balloon launch to help spread the good word.

WEDNESDAY, OCTOBER 25TH 9:15 A.M.-Yoga

THURSDAY OCTOBER 26TH 9:15 A.M.-Classic

MOVIE MATINEE HOCUS POCUS

Thursday, October 19th

2:00 p.m.

In honor of Halloween we will watch this Disney comedy starring Bette Midler.

Comfortable seating, intermission and refreshments provided.



WE 
VOLUNTEERS

VOLUNTEER TRAINING

If you are currently a home delivery or kitchen volunteer or are interested in becoming one. Please join us for training on

TUESDAY, OCTOBER 24th 9:30-10:30 a.m.

Kitchen & Set up Volunteers

TUESDAY, OCTOBER 24th 10:30-11:00 a.m.

Home Delivery Volunteers

**MEDICARE PART D: OPEN ENROLLMENT AND
ENROLLMENT CHANGES**

OCTOBER 15TH-DECEMBER 7TH

Karen Ness, Area Agency on Aging will be holding plan comparison and Part D enrollment events at the Logan County Heritage Center. The plan that has served you for 2017 may not be as effective in 2018. Each year the staff from the Area Agency on Aging will meet hundreds of individuals and assist in saving those hundreds and even thousands of dollars over the course of the year.

This service to check your plan and/or to enroll is **FREE OF CHARGE**.

Call to schedule an appointment on the AVAILABLE DATES:

October 18th November 9th December 5th December 7th

October 24th November 21st December 6th

CALL AT 522-1970 OR 474-3736, leave a message if unavailable



LEGAL RESOURCE DAY

October 26, 2017

10:00a.m. -2:00 p.m.

Logan County Justice Center

ATTEND FREE SESSIONS AND LEARN ABOUT:

Estates, Eviction Process, what to expect in divorce/custody cases.

20 minute appointments to speak with an attorney will be available.

TAI CHI CLASSES BEING OFFERED

Kathy Graham will be instructing a beginner's level course in Tai Chi. Sessions will be held at 1:00 p.m. on Monday, Tuesday, and Wednesdays

October 23rd, 24th, 25th 1:00 p.m.

October 30th, 31st, November 1st 1:00 p.m.

November 6th, 7th, 8th 1:00 p.m.

Please pre-register by calling Kathy at 522-2644

Or Cynthia at 522-1237.



VICKI CHAMBERLAIN
Joins Logan County Heritage Center Staff

Please extend a warm welcome to our new assistant Vicki Chamberlain. We are grateful she is here and we look forward to many years of working together.

I am married to Terry who works at Schaefer's Precision Auto Body. I have a son, Chris and daughter, Joi, that live in Northern California, two grandsons in California and a granddaughter in Nebraska. I have a Flame point cat at home named Finney.

I am originally from Sidney so am familiar with the area. We have lived in Nebraska, California and Colorado. My hobbies are reading, cooking and camping. I enjoy going to "Tea" at the Swan House in Loveland, spending time with friends and following the youngest grandson's sporting events via social media.

I look forward to meeting all of you and getting to know you better.

*****SAVE THE DATE*****
Senior Citizen's Club
Thanksgiving Dinner
Wednesday, November 15th

