



2018

HERITAGE CENTER

MONTHLY

NEWSLETTER





These Senior Citizen's Club Members have birthdays & anniversaries this month. If you want your birthday to be seen here please join the Senior Citizen's Club for \$5.00 a year.

Aline Charles	October 3
Dorothy Dobson	October 6
Lloyd Hobbs	October 9
Louise Jones	October 9
Bob Slonecker	October 10
Marlene Moyer	October 11
Vicki Chamberlain	October 13
Dick Ogley	October 13
Kathy Schwartz	October 13
John Sandoval	October 14
Mary Vierow	October 20
Carol Graybill	October 21
Grace Schroeder	October 21
Nancy Pasqua	October 23
Don Morgan	October 28
Clark Bernhardt	October 30
Anita Fielder	October 31
Neil Lindstrom	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

BIRTHDAYS AND ANNIVERSARIES ON

FRIDAY, OCTOBER 26TH @ 3:00 P.M.

OCTOBER 2018 HERITAGE MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
HAMBURGER ON A BUN BAKED BEANS CALIFORNIA VEGETABLES PEAR SLICES Cal: 682 Protein: 45.1g Carb: 83.2g Fat: 21.6g Sod: 795mg Fib: 13.1g	TUNA SALAD 3 BEAN SALAD FRENCH BREAD MANDARIN ORANGES & BANANAS CHERRY CAKE Cal: 602 Protein: 30.6g Carb: 89.3g Fat: 16.4g Sod: 792mg Fib: 10.1g	MEATLOAF/GRAVY BAKED POTATO CAROLINA SALAD ROLL FRUIT COCKTAIL Cal: 663 Protein: 35g Carb: 104.9g Fat: 13.9g Sod: 772mg Fib: 10.5g	PENNE & CHEESE APPLE/CARROT/RAISIN SALAD BRUSSEL SPROUTS WW ROLL TROPICAL FRUIT CUP Cal: 699 Protein: 32g Carb: 94g Fat: 24.9g Sod: 662mg Fib: 11.9g	SCALLOPED POTATOES & HAM COUNTRY MIX VEGETABLES CARAWAY ROLL FRESH FRUIT CUP COOKIE w/ CHOCOLATE CHIPS Cal: 737 Protein: 33.1g Carb: 96.2g Fat: 27.1g Sod: 949mg Fib: 9.8g
8	9	10	11	12
CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD GREEN BEANS ONION ROLL PLUMS Cal: 639 Protein: 37.2g Carb: 79.9g Fat: 21.2g Sod: 560mg Fib: 10.7g	CORN TACO CASSEROLE REFRIED BEANS TOSSED SALAD FRUIT CUP Cal: 664 Protein: 35.8g Carb: 89.9g Fat: 20g Sod: 763mg Fib: 13.2g	SPRING GARDEN CHICKEN CALIFORNIA VEGETABLES ONION ROLLS BANANA SPLIT FRUIT CUP Cal: 650 Protein: 43.3g Carb: 77.4g Fat: 20.9g Sod: 695mg Fib: 10g	HAM & BEANS PINEAPPLE COLESLAW CORN MUFFINS APRICOT HALVES CINNAMON CRISPY Cal: 677 Protein: 29.1g Carb: 110.5g Fat: 15.3g Sod: 958mg Fib: 15g	ROAST BEEF MASHED POTATOES & GRAVY CONFETTI COLESLAW PEAS & CARROTS ANNA'S DILLY BREAD CRANBERRY MOLD Cal: 614 Protein: 35.7g Carb: 94.2g Fat: 13.1g Sod: 989mg Fib: 9.9g
15	16	17	18	19
CHICKEN NOODLE SOUP PEAS BLUEBERRY MUFFIN PINEAPPLE ORANGE COMPOTE BROWNIE Cal: 706 Protein: 40g Carb: 101.4g Fat: 17.9g Sod: 423mg Fib: 11.9g	BRAISED BEEF MASHED POTATOES BEAN MEDLEY SALAD HARVARD BEETS ROLL CINNAMON APPLE SLICES Cal: 615 Protein: 27.7g Carb: 95.9g Fat: 15.5g Sod: 794mg Fib: 12.1g	Senior Citizen's Club Anniversary Dinner NO MEAL SERVED OR DELIVERED TODAY	BAKED FISH BAKED POTATO CAROLINA SALAD ROLL PEACH SLICES Cal: 610 Protein: 29.2g Carb: 101.4g Fat: 12.6g Sod: 770mg Fib: 9.6g	SALISBURY STEAK MASHED POTATOES STIR FRY VEGETABLES ONION ROLL FRUIT COCKTAIL Cal: 697 Protein: 41.9 Carb: 84.4g Fat: 22.3g Sod: 697mg Fib: 10.0g
22	23	24	25	26
BEEF STROGANOFF NOODLES LAYERED SALAD WINTER MIX VEGETABLES WW ROLL FRUIT CUP Cal: 634 Protein: 37.6g Carb: 87.3g Fat: 17.3g Sod: 657mg Fib: 10.8g	SPAGHETTI w/ MEATSAUCE TOSSED SALAD GARLIC BREAD CINNAMON APPLE SLICES Cal: 608 Protein: 30.4g Carb: 88.6g Fat: 18.1g Sod: 413mg Fib: 12g	BRUNSWICK STEW GREEN BEANS & TOMATOES ONION ROLL WINTER FRUIT CUP COOKIE w/ RAISINS Cal: 672 Protein: 38.1 Carb: 80.1g Fat: 24.5g Sod: 462mg Fib: 10.9g	SWISS STEAK BAKED POTATO ITALIAN VEGETABLES BRAN MUFFIN BANANA SLICES Cal: 723 Protein: 41.5g Carb: 95.8g Fat: 22.2g Sod: 528mg Fib: 12.9g	BAKED FISH MASHED POTATOES/GRAVY CALIFORNIA VEGEGABLES BRAN MUFFIN APRICOT HALVES CINNAMON CRISPIE Cal: 712 Protein: 33.5 Carb: 107.2g Fat: 19.9g Sod: 1080mg Fib: 11.8g
29	30	31		
SWEDISH MEATBALLS MASHED POTATOES STIR FRY VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP BIRTHDAY RECOGNITION Cal: 647 Protein: 33.8g Carb: 98.1g Fat: 16g Sod: 664mg Fib: 12.5g	BBQ CHICKEN 3 BEAN SALAD POTATO SALAD BRAN MUFFIN TROPICAL FRUIT CUP Cal: 814 Protein: 44.6 Carb: 108.5g Fat: 24.3g Sod: 1277mg Fib: 12.1g	SMOTHERED PORK CHOP SCALLOPED POTATOES GREEN BEANS w/ CORN ONION ROLL MANDARIN ORANGES & BANANAS COOKIE w/ RAISINS Cal: 855 Protein: 43.3g Carb: 107g Fat: 31g Sod: 618mg Fib: 10.8g	Suggested Donation - \$3.00 Under Age 60 Mandatory Charge - \$11.00 Menu may change due to availability of food items or conditions that cause the kitchen to close.	
			For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.	

October 2018

Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 a.m Sr. Citizen's Club Business Meeting 10:00 SilverSneakers® Yoga Noon Meet & Eat meal meal 1:00 p.m. Cards & Pool 1:00 p.m. Pinochle	2 10:00 SilverSneakers® Classic Noon Meet & Eat meal meal 1:30 Sewing & Etc. 2:00 Billiards	3 9:00 Council on Aging 10:00 SilverSneakers® Yoga Noon Meet & Eat meal meal 1:00 p.m. Cards & Pool	4 10:00 SilverSneakers® Classic Noon Meet & Eat meal meal 1:30 Novice Tai Chi 2:00 p.m. Billiards 7:00 p.m. Camera Club	5 10:00 Qi Gong Noon Meet & Eat meal meal 1:00 p.m. Cards & Pool	6 6:30 p.m. Dance w/ FM Country \$7.00 cover charge All ages welcome
8 Business Office Closed in Observance of Columbus Day No SilverSneakers® Yoga Meals will be delivered at 11:00 And served at Noon	9 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat meal meals 1:30 Sewing & etc. 1:30 Humanities Meeting 2:00 Billiards	10 10:00 SilverSneakers® Yoga Noon Meet & Eat meal Meals 1:00 p.m. Cards & Pool	11 10:00 SilverSneakers® Classic Noon Meet & Eat meal meals 1:00 p.m. Hand & Foot Canasta 1:30 Novice Tai Chi	12 10:00 Qi Gong Noon Meet & Eat meal 1:00 p.m. Cards & Pool	13 6:30 p.m. Dance w/ Out of the Blue \$7.00 cover charge Public Welcome
15 8:15 Desk Assistant Training 10:00 SilverSneakers® Yoga Noon Meet & Eat meal 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic	16 10:00 SilverSneakers® Classic Noon Meet & Eat meal 1:00 p.m. Cards & Pool 1:00 Las Amigas Bridge Club	17 10:00 No SilverSneakers today 12:00 Sr. Citizen's Club Anniversary Dinner \$7.00 Reservations required 1:00 Cards & Pool	18 10:00 SilverSneakers® Classic 11:00-12:00 Flu Shot Clinic Noon Meet & Eat meal 1:30 Novice Tai chi 2:00 Movie Matinee	19 10:00 Qi Gong Noon Meet & Eat meal 1:00 p.m. Cards & Pool	20 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 cover charge Public Welcome
22 10:00 SilverSneakers® Yoga 12:00 Meet & Eat meal 1:00 Cards & Pool	23 10:00 SilverSneakers® Classic 12:00 Meet & Eat meal 2:00 Billiards	24 10:00 SilverSneakers® Yoga 12:00 Meet & Eat meal 1:00 Cards & Pool	25 9:30 Departure for Butterfly Pavilion 10:00 No SilverSneakers 12:00 Meet & Eat meal 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi	26 10:00 Qi Gong 12:00 Meet & Eat meal 1:00 Cards & Pool	27 6:30 p.m. Dance w/ Paul's Country \$7.00 cover charge All ages welcome
29 10:00 SilverSneakers® Yoga 12:00 Meet & Eat meal 1:00 Cards & Pool	30 10:00 SilverSneakers® Classic 12:00 Meet & Eat meal 1:30 BUNCO 1:30 Sewing & Etc.	31 9:30 Costume Contest 10:00 SilverSneakers® Yoga Noon Meet & Eat meal 1:00 Cards & Pool			

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

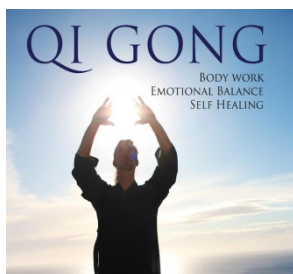


SilverSneakers® Yoga

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.



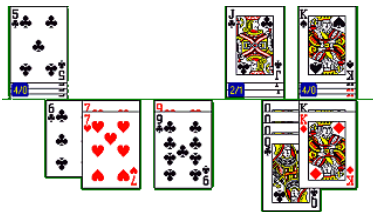
LEGAL AID DAY

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 Members
Annual Anniversary Dinner
Wednesday, October 17th
Tickets \$7.00
Reservations are due October 11th



Just a friendly reminder, Monday, October 8th the Heritage Center business office will be 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
THURSDAY, OCTOBER 18th at 11:00 a.m.-12:00 p.m.
Bring your Medicare Card!



MOVIE MATINEE
**Thursday, October 18th
2:00 p.m.**
STEEL MAGNOLIAS
Comfortable seating, intermission and refreshments provided.

For those of you who have attended a local Tai Chi Class, you are welcome to continue your “practice” of this wonderful form of exercise. Each Thursday at 1:30 here at the Heritage Center. It is listed on our calendar as “Novice Tai Chi”



Lenz Family Farms of Wray, Colorado is offering their wonderful Yukon Gold potatoes at the following sizes and prices. Call in or sign-up for your order, deliveries on Monday and please have your order paid for prior to delivery. Cash or Checks made to Lenz Family Farms

\$2.00 for a 5 lb. bag

\$10 for a 50 lb. bag

\$17 for a 50 lb. carton



OCTOBER DANCE SCHEDULE

Dance to live music and a variety of bands.

6:30 p.m.-10:00 p.m.

\$7.00 admission All Ages WELCOME

OCT. 6TH FM COUNTRY

OCT. 13TH OUT OF THE BLUE

OCT. 20TH JIM EHRLICH

OCT. 27TH PAUL'S COUNTRY





OCTOBER DAY TRIP

THURSDAY, OCTOBER 25TH

Lunch at CINZZETTI'S ITALIAN MARKET
PLACE RESTAURANT

TEA TIME AT THE BUTTEFLY PAVILION

We will have an informal tea at 2:30 at the Butterfly Pavilion and be provided with a program on the Butterfly Basics. Take a closer look at some of Butterfly Pavilion's most interesting creatures. See (and feel!) them up close as we spend time with some of our world's smallest wonders.

\$8.99 or 10.99 for Cinzzetti's

\$9.00 admission and program at Butterfly Pavilion

\$25.00 estimated transportation cost

SIGN—UP DEADLINE MONDAY, OCTOBER 8TH

If you cancel after the deadline of the 8th you are still responsible for ALL cost and/or finding someone to take your place.



Sr. Citizen's Club

Thanksgiving Dinner

WED. NOVEMBER 14TH

Reservations due by 5th

\$7.00



ATTENTION Meet & Eat Volunteers our annual required training is coming up.

**Desk Assistants will meet Monday, October 15th
8:30 a.m.-11:30 a.m.**

**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 2018 may not be as effective in 2019. 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 enroll you in a plan or to check if plan is right for 2019 is FREE OF CHARGE.

Call to schedule an appointment on these AVAILABLE DATES:

October 17th	November 1st	November 13th	December 4th
October 23rd	November 6th	November 20th	December 6th
October 31st	November 8th	November 29th	

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