



**SENIOR
CITIZEN'S
NEWSLETTER
2017**



MAY BIRTHDAYS

Opal Amen	May 1
LaVerna Waitley	May 2
Gerald Jeffries	May 6
Ken Wylie	May 11
Anna Adams	May 12
Carol Pershing	May 15
Marge Stewart	May 24
Mike Canchola	May 27
Maryanne Forwood	May 28

WEDDING ANNIVERSARIES

Rock & Darlene Roche

May 21, 1955

PLEASE JOIN US IN CELEBRATING
CLUB MEMBERS BIRTHDAYS
AND ANNIVERSARIES ON
MAY 26TH @ 3:00 P.M.

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

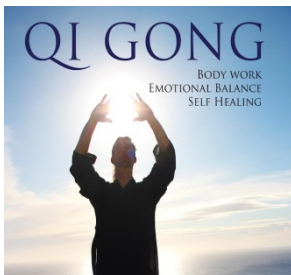


SilverSneakers® Yoga

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



QUILTING CLASSES FOR ANYONE INTERESTED
NO EXPERIENCE OR SEWING MACHINE REQUIRED.
TUESDAYS AFTERNOONS 1:30 P.M.
QUESTIONS CALL KATHY CAMPBELL AT (970) 371-2143



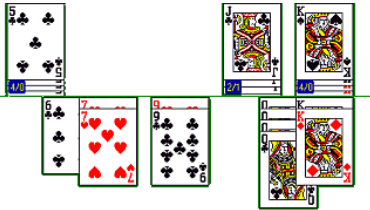
LEGAL AID DAY

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. 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



**VIKINGS
BEYOND THE LEGEND
WEDNESDAY, JUNE 14TH**

Denver Museum of Nature & Science

Join the Heritage Center for a trip to the Museum of Nature and Science to view the exhibition Vikings. Lots of artifacts and hands-on activities to reveal glimpses into family, community, religion and rituals, travel and trade, aristocracy and slavery and the significant role of women.

Cost for admission is \$21.00, Estimated cost of transportation for a bus of 25 is \$24.00 and Lunch is on your own

SIGN-UP DEADLINE IS FRIDAY, JUNE 9TH

If you cancel after the deadline you are still responsible for the cost of the trip or finding a replacement.



Dr. Pete, Physical Therapist with ApexNetwork will be here Tuesday, May 16th 10:45 a.m. to share with us ideas and suggestions for challenging our daily workouts and our goals to remain independent. All persons are welcome to attend.

KNITTING & CROCHETING CLASSES

I have had a request to have knitting and/or crocheting classes here at the Heritage Center in the evenings. I am wondering if anyone would be willing to teach these classes and how many others would be interested in attending. Please let me know at 522-1237.




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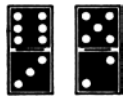
CODERED



The CodeRED is used to send emergency notifications, from evacuation notices to missing child alerts. This replaced the Reverse 9-1-1 system and unless you are registered you will not receive messages/phone calls with important information regarding the safety of you and our community. Residents and businesses located within Logan County are encouraged to sign up for CodeRED to be sure they receive timely emergency notifications and other important information and instructions when alerts are issued. The CodeRED alert system is free to Logan County residents. You **MUST** register on-line to begin receiving this alert notification system.

Kyle Moulton, Logan County Emergency Manager will be at the Heritage Center, **Thursday, May 18th from 11:00-1:00** to help people get their home phone numbers, cell phones and/or emails registered to receive critical information.

We are looking for individuals who are interested in forming a Heritage Center Book Club  or



Dominoes Group or



Mah Jong

Let Cynthia Know if you are interested 522-1237

DANCE SCHEDULE

Join us every Saturday Night for dancing to live music.

Cover Charge \$7.00

6:30-10:00 p.m.



May 6th

May 13th

May 20th

May 27th

June 3rd

June 10th

June 17th

June 24th

FM Country

Joe Judd

Jim Ehrlich

Classic Country

FM Country

Joe Judd

Jim Ehrlich

Classic Country

May 2017

Mon	Tue	Wed	Thu	Fri
1 9:00 a.m. SCC Busn Mtg 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Pinochle 2:30-3:30 p.m. Tai Chi 5:15-6:15 p.m. Tai Chi	2 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Quilting Class	3 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 2:30-3:30 Tai chi 5:15-6:15 Tai Chi	4 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 2:30-3:30 Tai chi 5:15-6:15 p.m. Tai chi 7:00 p.m. Camera Club	5 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool
8 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	9 10:00 a.m. Foot Care Clinic 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Quilting Class	10 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	11 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Hand & Foot Canasta	12 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool
15 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Pinochle 2:30-3:30 p.m. Tai Chi	16 10:00 a.m. SilverSneakers® Classic 10:45 a.m. Dr. Pete w/ ApexNetwork- Setting Goals for Independence 11:30-12:30 Meet & Eat 1:00 p.m. Las Amigas Bridge Club 1:30 p.m. Quilting Class	17 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 2:30-3:30 p.m. Tai Chi	18 10:00 a.m. SilverSneakers® Classic 11:00-1:00 CodeRed sign-up assistance 11:30-12:30 Meet & Eat 2:00 Movie Matinee <i>Sound of Music</i> 2:30-3:30 Tai Chi 7:00 p.m. Camera Club	19 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 6:00 p.m. Victory Christian Church
22 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards 2:30-3:30 p.m. Tai chi	23 9:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Quilting Class 2:30-3:30 Tai chi	24 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 2:30-3:30 Tai Chi	25 10:00 a.m. NO SilverSneakers® Classic Today 11:30-12:30 Meet & Eat 1:00 p.m. Hand & Foot Canasta 2:30-3:30 Tai Chi	26 10:00 a.m. Qi Gong 10:00 a.m. Blood Pressure Clinic 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 3:00 p.m. Sr. Citizen's Club B-day & Anniv. Party
29 CLOSED FOR MEMORIAL DAY No activities No Meals served or delivered	30 8:00 a.m. Inter-Agency Council for the Elderly (I.C.E.) meeting 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Bunco 1:30 p.m. Quilting Class 2:30-3:30 Tai Chi	31 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 2:30-3:30 Tai chi		

May 2017 Meet & Eat Menu

FOR RESERVATIONS OR CANCELLATIONS CALL 522-1237 BY 8:00 A.M.

Mon	Tue	Wed	Thu	Fri
1 PORCUPINE MEATBALLS POTATOES CARROT RAISIN SALAD ONION ROLL FRUIT CUP	2 TUNA PASTA SALAD TOMATO SLICES CONFETTI COLESLAW WW ROLL CHERRY BANANA SURPRISE	3 LASAGNA ROTINI CASSEROLE TOSSED SALAD & DRESSING GREEN BEANS FRENCH BREAD PEACH POLKA DOT SALAD	4 BBQ PORK CHOPS SCALLOPED POTATOES CABBAGE CARAWAY ROLL BANANA SLICES	5 HOT ROAST BEEF SANDWICH JEANNIE'S SALAD CALIFORNIA VEGETABLES PEAR HALF w/ CRANBERRY SAUCE CHOCOLATE CHIP COOKIE
8 SWEET & SOUR PORK RICE ORIENTAL VEGETABLES WW ROLL MANDARIN ORANGES w/ BANANAS	9 SHEPHARD'S PIE CABBAGE TOSS HARVARD BEETS ROLL STRAWBERRY APPLESAUCE	10 CHICKEN POT PIE JEANNIE'S SALAD FRUIT CUP NATURE COOKIE	11 ROAST TURKEY YAM APPLE BAKE BROCCOLI WW ROLL PEAR SLICES	12 CITRUS PEPPER SALMON FILET BAKED POTATO MIXED VEGETABLES OREGON BERRY COMPOTE
15 POTATO SOUP SUPREME TUNA CROISSANT PEACH SLICES COOKIE w/ CHOCOLATE CHIPS	16 BRAISED BEEF RICE HARVARD BEETS ROLL TROPICAL FRUIT CUP NATURE COOKIE	17 CHICKEN CACCIATORE MASHED POTATOES ASPARAGUS CUTS WW ROLL FRUIT COCKTAIL YELLOW CAKE	18 WHITE BEAN SOUP LAYERED SALAD CORN MUFFIN MANDARIN ORANGES & BANANAS	19 SPAGHETTI TOSSED SALAD & DRESSING GREEN BEANS GARLIC BREAD FRUIT CUP
22 VEGETABLE BEEF SOUP FRITO SALAD APRICOT HALVES BANANA NUT BREAD	23 CHICKEN SALAD BEAN MEDLEY SALAD WW ROLL ORANGE WEDGES CARROT CAKE	24 BAKED FISH TARTAR SAUCE BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES	25 CHEESE POTATO OMELET BROCCOLI BRAN MUFFIN OREGON BERRY COMPOTE CINNAMON CRISPY	26 HOT TURKEY SANDWICH MARINATED VEGETABLE SALAD PEAR SLICES COOKIES w/ RAISINS
29 CLOSED FOR MEMORIAL DAY No activities No Meals served or delivered	30 TUNA LASAGNA TOSSED SALAD & DRESSING PEAS & CARROTS GARLIC BREAD FRUIT CUP	31 SCALLOPED POTATOES w/ HAM LAYERED SALAD SPINACH ROLL PEAR ORANGE FRUIT CUP		