

# **SENIOR CITIZEN'S CLUB NEWSLETTER**

**SEPTEMBER**

**2017**



# BIRTHDAY!

## BIRTHDAYS

Gail Shafer	September 14 <sup>th</sup>
Jean Williamson	September 14 <sup>th</sup>
Greg Dyson	September 16 <sup>th</sup>
Terry Frese	September 17 <sup>th</sup>
Eula Mae Green	September 17 <sup>th</sup>
Elaine Grauberger	September 18 <sup>th</sup>
Bill Dobson	September 19 <sup>th</sup>
Jeanet "Jan" Lebsock	September 21 <sup>st</sup>
Brenda Ertle	September 24 <sup>th</sup>
Sandy Proctor	September 25 <sup>th</sup>
Ellis Schmidt	September 25 <sup>th</sup>
Alice Pitcher	September 28 <sup>th</sup>

## ANNIVERSARIES

Jim & Jean Williamson	September 11, 1955
Emil & Marianne Trott	September 3, 1966
Russ & Judy Clodfelder	September 16, 1967
Frank & Faye Fehringer	September 18, 1951

PLEASE JOIN US IN CELEBRATING CLUB MEMBERS

BIRTHDAY'S AND ANNIVERSARIES ON

SEPTEMBER 29<sup>TH</sup> @ 3:00 P.M.

# September 2017

Mon	Tue	Wed	Thu	Fri
<b>For reservations please call by 8:00 a.m. 522-1237. Leave a message if no answer.</b>	<b>If you need to cancel your meal please call by 8:00 a.m. if no answer leave a message. 522-1237</b>	<b>Suggested Donation of \$3.00 for 60 yrs and up</b>		<b>1</b> Salmon Chowder Crackers Mixed Vegetables Cottage Cheese & Pineapple Cherry Banana Surprise
<b>4</b> CLOSED NO MEALS SERVED OR DELIVERED LABOR DAY OBSERVED	<b>5</b> Pork Chop Suey Rice Carrot Coins Apple Juice Whole Wheat Roll Pineapple Tidbits	<b>6</b> Savory Baked Chicken Mashed Potatoes & Gravy Green Beans w/ Tomatoes Whole Wheat Roll Strawberries & Bananas Nature Cookie	<b>7</b> Tuna Salad Three Bean Salad French Bread Pear Orange Fruit Cup Carrot Cake	<b>8</b> Southern Beef Pie Red Beets Tossed Salad & Dressing Fruit Cocktail Cookie
<b>11</b> Cabbage Burgers Cobbler Corn Zucchini Tomato Bake Fruit Cup	<b>12</b> Taco Casserole Salsa Refried Beans Tossed Salad & Dressing Fruit Salad	<b>13</b> Citrus Pepper Salmon Filet Parslied Potatoes Mixed Vegetables Orange Muffin Oregon Compote	<b>14</b> BBQ Beef Sandwich Brussel Sprouts Potato Salad Peach Slices	<b>15</b> Chicken Croissant Tuscany Soup Spinach Strawberry Salad Pineapple Tidbits Nature Cookie
<b>18</b> Spaghetti W/ Meat Sauce Marinated Vegetable Salad Garlic Bread Plums Cookie	<b>19</b> Seafood Burger Tartar Sauce Lettuce/Tomato/Onion Baked Potato California Vegetables Pear Slices	<b>20</b> Beef O'le Refried Beans Mexicali Corn Melon Cup	<b>21</b> Chili w/ Beans Waldorf Salad Garlic Cheese Biscuit Mandarin Oranges w/ Bananas	<b>22</b> Lasagna Tossed Salad & Dressing Peas Garlic Bread Applesauce
<b>25</b> Salisbury Steak Baked Potato Layered Salad Oatmeal Roll Banana Split Fruit Cup	<b>26</b> Tahitian Chicken Rice Oriental Vegetables Raisin Roll Cantaloupe Cubes Nature Cookie	<b>27</b> Swedish Meatballs Mashed Potatoes Frito Salad Whole Wheat Roll Pear Orange Fruit Cup	<b>28</b> Roast Pork Mashed Potatoes & Gravy Confetti Coleslaw Harvard Beets Whole Wheat Roll Fruit Cup	<b>29</b> Tuna Penne Casserole Country Mix Vegetables Bran Muffin Mandarin Oranges w/ Bananas

# September 2017

Mon	Tue	Wed	Thu	Fri	Sat
<b>For more information on any of our activities contact Cynthia at 522-1237.</b>				<b>1</b> 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat	<b>2</b> 6:30 p.m. Dance w/ Paul's Country Rounders OPEN to the Public \$7.00 cover charge
<b>4</b> <b>LABOR DAY, CLOSED</b> No Activities No Meals served or delivered	<b>5</b> 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Sewing and etc.	<b>6</b> 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	<b>7</b> 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 7:00 p.m. Camera Club	<b>8</b> 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	<b>9</b> 6:30 p.m. Dance w/ FM Country OPEN TO THE PUBLIC \$7.00 cover charge
<b>11</b> 9:00 a.m. Senior Citizen's Club Business Meeting 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Pinochle	<b>12</b> 10:00 a.m. Foot Care Clinic 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:30 p.m. Sewing and etc. 6:30 p.m. Genealogy 101 w/ Judy Fehringer	<b>13</b> 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	<b>14</b> 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Hand & Foot Canasta	<b>15</b> 10:00 a.m. Qi Gong 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	<b>16</b> 6:30 p.m. Dance w/ Jim Ehrlich OPEN TO THE PUBLIC \$7.00
<b>18</b> 8:00 a.m. Departure for Georgetown 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Pinochle 1:30 p.m. Legal Aid Clinic	<b>19</b> 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Las Amigas Bridge Club 1:30 p.m. Sewing and Etc.	<b>20</b> 10:00 a.m. SilverSneakers® Yoga 11:15-12:30 a.m. Kyle Moulton CodeRed Sign-up 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	<b>21</b> 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 11:30 a.m. SilverSneakers® Quarterly B-day Party 11:30 a.m. SilverSneakers® "Fall into Fitness" Kick-off 2:00 p.m. Movie Matinee "We Bought a Zoo"	<b>22</b> 10:00 a.m. Qi Gong 11:00 Blood Pressure Clinic 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 3:00-5:00 p.m. OPEN HOUSE CELEBRATION	<b>23</b> 6:30 p.m. Dance w/ Joe Judd OPEN TO THE PUBLIC \$7.00
<b>25</b> 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool	<b>26</b> 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. Sewing and Etc. 1:30 p.m. Bunco	<b>27</b> 10:00 a.m. SilverSneakers® Yoga 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. AARP Senior Forum	<b>28</b> 10:00 a.m. SilverSneakers® Classic 11:30-12:30 Meet & Eat 1:00 p.m. Hand & Foot Canasta	<b>29</b> 10:00 a.m. Qi Gong 11:00-11:45 "Try Tai Chi" 11:30-12:30 Meet & Eat 1:00 p.m. Cards & Pool 3:00 p.m. Sr. Citizen's Club B-Day & Anniv. Party	<b>30</b> 6:30 p.m. Dance w/ Eldorado

# LOGAN COUNTY HERITAGE CENTER

## ACTIVE AGING ADULT FITNESS CLASSES

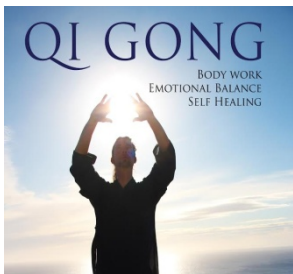


### SilverSneakers® Yoga

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.



### TAI CHI

Kathy Graham will be offering a sample class of Tai Chi. This will allow you to sample the class with no commitment or fee.

(this class counts for your Silversneakers® activity card)

**SEPTEMBER 29<sup>TH</sup>**

**11:00-11:45**



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.



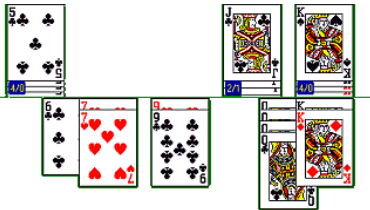
### **LEGAL AID DAY**

**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**

**2<sup>nd</sup> and 4<sup>th</sup> 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**

**2<sup>nd</sup> 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**

**4<sup>th</sup> 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.



September 2<sup>ND</sup>

Paul's Country Rounders

September 9<sup>th</sup>

FM Country

September 16<sup>th</sup>

Jim Ehrlich

September 23<sup>rd</sup>

Joe Judd

September 30<sup>th</sup>

Eldorado



## MOVIE MATINEE

“We Bought a Zoo”

**THURSDAY, SEPTEMBER 21<sup>ST</sup>**

**2:00 P.M.**

**Intermission and Popcorn Provided**

Benjamin has lost his wife. In a bid to start his life over, he purchases a large house that has a zoo. This is welcome news for his daughter, but his son is not happy about it. The zoo is in need of renovation and Benjamin sets about the work with the head keeper, Kelly, and the rest of the zoo staff.

## SAVE THE DATE

Senior Citizen's Club Members

Annual Anniversary Dinner

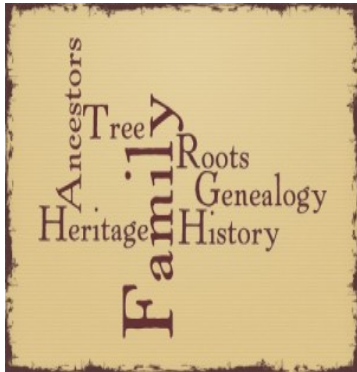
Wednesday, October 18<sup>th</sup>

Tickets \$7.00 and will go on sale September 25th



**SEPTEMBER IS NATIONAL SENIOR CENTER MONTH**

**JOIN US FOR ONE OF THESE MANY ACTIVITIES TO HELP US CELEBRATE.**



**GENEALOGY 101**

**TUESDAY, SEPTEMBER 12<sup>TH</sup>**

**6:30 P.M.**

**Judy Fehringer**, local Genealogy expert and a member of the local Genealogical Society will present a program on how to get started learning your family history and finding your ancestors.

**SIGN-UP NOW FOR  
FALL COLORS ON THE  
GEORGETOWN LOOP RAILROAD  
MONDAY,  
SEPTEMBER 18<sup>TH</sup>**

**Sign up deadline  
FRIDAY, SEPT. 8<sup>TH</sup>**

Lunch is on your own

Train tickets \$25.95

Transportation \$25.00

25 tickets left

Call Cynthia at 522-1237 to save your seat.



**Wednesday, September 20<sup>th</sup>  
11:15-12:30**

**Kyle Moulton, Logan County Emergency Manager will be here to help you sign-up for CodeRed. Stay informed and get notices about community events and emergencies.**

**(This replaces Reverse911 and you must be registered to get the call)**

Sign up for...

**CODE  
RED**  
Keeping citizens informed.





**SILVERSNEAKERS®  
QUARTERLY BIRTHDAY PARTY**

Please join us

**Thursday, September 21<sup>st</sup>**

**11:30-12:30** to celebrate birthdays. Everyone is invited but our guests of honor will be those with birthdays in July, August and September.

Please RSVP to 522-1237 by September 18th



**It's a FALL  
FITNESS FRENZY!**

**THURSDAY, SEPTEMBER 21<sup>ST</sup>**

**11:30-12:30**

**Join us for the Kick-off party of our Fall Fitness Frenzy!**

Activity Cards will be distributed at the party. From September 21<sup>st</sup> through October 20<sup>th</sup>, come to any SilverSneakers® class or event and receive a stamp for your participation. (Kick-off party included, AND if you try a new form of exercise such as Qi Gong, or Tai Chi (Sample class on the 29<sup>th</sup>) you will be given an extra stamp. Prizes awarded for completing the card and turning it into the office. Completed cards will be entered to win a SilverSneakers® sweatshirt.



**AARP will be here for a  
Senior Forum on  
Wednesday,  
September 27<sup>th</sup>  
1:00 p.m.**

**Come receive information on how to  
protect yourself from Identity Theft, what  
to do if you are a victim of Identity Theft.  
Learn the newest scams and frauds.**



**You are Invited to an  
OPEN HOUSE**

**FRIDAY, SEPTEMBER 22<sup>ND</sup>**

**3:00-5:00 P.M.**

**Heritage Center  
821 N. Division Avenue**

**Help us Celebrate  
National Senior Center Month  
& the  
42<sup>nd</sup> Anniversary of the  
Logan County Heritage Center**