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Hours

Monday-Friday 8:00am - 4:00pm

Happy September!!!

August was a busy month here at the Heritage Club. Between the Gala, trips and activities we had much going on all month. Which is fantastic, I hope we continue to have months like that. It is great when a new activity is added and so many sign up right away.

We continue to get new members each week. I want to thank all of our current members for being so welcoming and inclusive to all the new members. It is hard being “the new person” and you all make it so easy on new members. I am truly thankful for that!

Please remember to check out the board each time you are in the facility for all of the great things happening here. When you sign up there are papers there so you can write down the activities you have signed up for. We want to always make sure if we sign up we either attend or cancel so it opens a spot for someone else. Thank you for being you!!!

Jami Stout~ Executive Director

Our mission

The Steuben County Council on Aging’s mission is to keep seniors active, involved and independent! To provide access to the entire community through Public Transportation.

MONTHLY CALENDAR

					THURS	1	FRI	2	
						9:00am Yoga 9:00am Party Bridge 9:00am Pinochle <u>9:00am Hair Salon/Call for Appt.</u>	10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong		
5	6	7	8	9					
	9:30am Tai Chi 10:00am Grief Counseling 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg <u>Nail Trim/Call for Appt @ (260) 316-0422</u>	10:15am Exercise Class 11:30am Lunch & Learn 12:30pm Canasta 1:00pm Walk Fit/Strong	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle <u>9:00am Hair Salon/Call for Appt.</u> <i>Alzheimer's/Dementia Support Group—Call Heritage Club for more details.</i>	8:30am 2nd Friday Breakfast/Courtesy of Northern Lakes Nursing Home—Guest Speaker: 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong					
12	13	14	15	16					
9:00am Bingo 10:15am Exercise Class 12:00pm Shanghai Rummy 1:00pm Walk Fit/Strong 11:30am to 12:30pm—Featured Food of the Month: Quesadillas/ Courtesy Susan Ralston of Jacob Insurance	9:30am Tai Chi 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg	9:00am Garden Club 10:15am Exercise Class 11:30am Advisory Committee Meeting 12:30pm Canasta 1:00pm Walk Fit/Strong	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle 2:00pm New Age Dance <u>9:00am Hair Salon/Call for Appt.</u>	10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong					
19	20	21	22	23					
10:15am Exercise Class 11:00 Pottery Planter Painting class 12:00pm Shanghai Rummy 1:00pm Walk Fit/Strong	9:30am Tai Chi 10:00am Grief Counseling 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg <u>Nail Trim/Call for Appt @ (260) 316-0422</u>	10:15am Exercise Class 11:30am Lunch & Learn 10:30am Book Club 12:30pm Canasta 1:00pm Walk Fit/Strong <u>Nail Trim/Call for Appt @ (260) 316-0422</u>	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle <u>9:00am Hair Salon/Call for Appt.</u> BUS TRIP—Church	8:30 Chair Yoga 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong					
26	27	28	29	30					
9:00am Bingo 10:15am Exercise Class 12:00pm Shanghai Rummy 1:00pm Walk Fit/Strong	9:30am Tai Chi 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg	10:15am Exercise Class 11:00 Dove the Comfort Dog at COA 12:30pm Canasta 1:00pm Walk Fit/Strong	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle <u>9:00am Hair Salon/Call for Appt.</u>	10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong					

SAVE THE DATE

Second Friday Breakfast

**Friday, September 9th
8:30AM**

Speaker: TBD

**Sponsored by: Northern Lakes Nursing
and Rehabilitation**

**Stop into the center or call in to get signed up
for this event!**



Lunch and Learn

Wednesday, September 21st

Time: 11:30-12:30

**Topic: Train your Brain (Nutrition,
Neurobics, and Notable Ways to Keep Your
Brain Healthy)**

**Speaker: Dana Stanley
from Purdue Extension office**

**Lunch provided from Suttons Deli
Limited to 30 Members**



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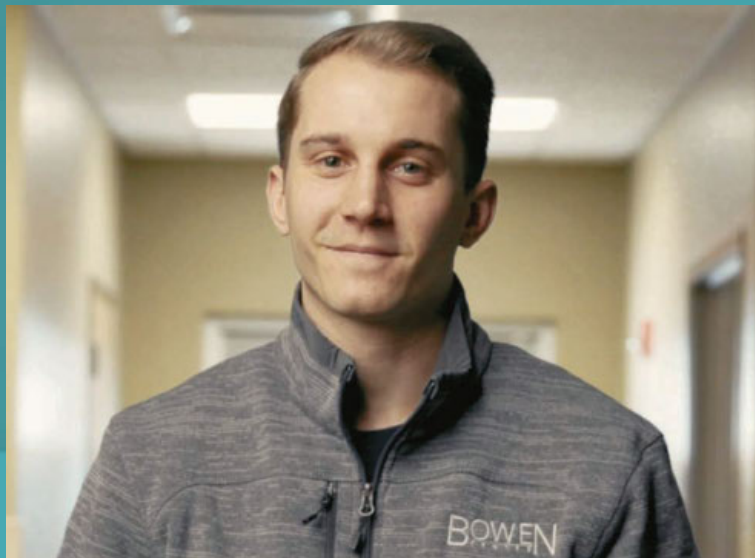
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-Bowen Center Therapist

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HERITAGE CLUB HAPPENINGS

PAGE 4 | PRIME TIME NEWS | SEPTEMBER 2022



Thank you to Jennifer Flynn owner of Hickory Hill Blossoms in Camden, Michigan for coming to the COA to teach members how to create beautiful unique flower arrangements at home. Class participants were able to pick their own vases and learned how to make eye catching arrangements and even learned how to make your own flower food at home. See our newsletter for other fun classes happening at the Council on Aging!



GRIEF SUPPORT GROUP

Join Jonathon Jeran, RN from Heartland Home Health and Hospice every other Tuesday in the Serenity Room. Please check Newsletter Calendar for listed dates.
10:00 AM—11:00 AM

Pottery Painting Class

Monday, September 19th

11:00-12:00

Cost: \$15 per person

Join Janelle of Relic Emporium for this fun class where we will paint a clay planter. After Painting and decorating, pots will be fired and our completed pieces will be returned for you to enjoy!

~Please pay at time of sign up~





Joyce Whitlock	2-Sep	Patricia A Parr	11-Sep	Carol Bond	21-Sep
Heather A Fritz	3-Sep	Denna L Lagemann	13-Sep	Edward D Hardiek	21-Sep
Larry Ashley	4-Sep	Dianna H Caparrotti	13-Sep	Jackie Kohrman	21-Sep
Rosalie A Curtland	5-Sep	Janis A Penick	13-Sep	Linda S Grogg	21-Sep
Sue A Waite	5-Sep	Christa Mann	13-Sep	Pamela K Farrell	22-Sep
Carlton D Reinhard	5-Sep	Jeanette Justice	14-Sep	Catherine L Thiess	22-Sep
Carol A Morton	6-Sep	David J Haslinger	14-Sep	Darlene S Hart	23-Sep
Virginia V Ralston	6-Sep	Frank H Anspaugh	16-Sep	Roberta S Keller	23-Sep
Patricia A McGregor	6-Sep	Eunice D Hoover	17-Sep	Gloria A McGinnis	25-Sep
Cynthia L Nowicki	6-Sep	Sherrie A Cook	17-Sep	Katherine J Jackson	25-Sep
Patricia A McGregor	6-Sep	Tammy K Jones	18-Sep	Yvonne J Bennett	26-Sep
Kerry L Ruoff	7-Sep	Rosemary Aronen	19-Sep	Margaret E Ballinger	26-Sep
Marian G Cary	7-Sep	Linda K Christlieb	19-Sep	Michael E VanWesten	28-Sep
Steve Elett	8-Sep	Shirley A Friel	19-Sep	Dolly Kressley	29-Sep
William A Church	8-Sep	Donelda L Hantz	19-Sep	Edward C Lake	29-Sep
James L Brown	9-Sep	Carolyn J McNabb	19-Sep	Susan A Sonner	29-Sep
Susan M Olmstead	10-Sep	Marilyn E Karpinski	19-Sep	Lucinda M Anderson	29-Sep
Joyzell M Corron	10-Sep	Cheryl A Strader	19-Sep	Peanut Wick	29-Sep
Terri D Freije	10-Sep	Loraine K Uhl	20-Sep	FaraLee A Baidinger	30-Sep
Theodore C Ferguson	10-Sep	Donna L Rabe	20-Sep	Eleanor M Gregory	30-Sep
Mary V Martin	11-Sep	Janel K Denny	20-Sep	Diana M Deller	30-Sep
Linda M Thompson	11-Sep	Carolyn S Harpenau	20-Sep		



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JEFFERY CROOKS
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ED RALSTON
KERRY BAKER
PAUL ALLISON
GLEN ROGERS
JOHN MARTIN



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- Rewarding and satisfying job
 - All Training paid for
- All ages 21+ welcome to apply

Transportation information for the Month of the July:

Transportation Miles Driven....8483

Total Transportation Clients Served.....102

Total Trips Made....1126

New Transportation Clients....16

WE SALUTE YOUR BRAVERY

We have partnered with the Angola American Legion and now offer rides for veterans to any out of county medical appointments for a \$20 co-pay.



We're proud of all you've done for our country.

Lunch and Learn

Wednesday, September 7th

11:30-12:30

Speaker: Dana Stanley
from Purdue Extension office

Topic: Eating Better on a Budget

Lunch will be provided from Suttons Deli
Limited to 30 members



September Food of the Month

Quesadillas

Monday, September 12th
11:30-12:30

Sponsored By: Susan Ralston
of Jacob Insurance

Please sign up to attend this event




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- Parkinson's Therapy
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- Long-term Care
- Adult Day Care
- NEW Post-Discharge Home Visit Wellness Program (4-weeks)
- Hospice Services



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How to Adopt a Heart-Smart Lifestyle during Retirement

Heart disease is the leading cause of death for both men and women worldwide. Research shows that 1 in 4 deaths can be attributed to heart disease. Experts say it doesn't have to be this way. Many risk factors that contribute to cardiac diseases can be controlled with a healthy lifestyle.

In honor of National Heart Month, recognized in February each year, we are sharing steps you can take to lower your risk for heart disease.

9 Steps to Promote Heart Health

1. Eat a healthy breakfast: Start the day off right with a well-balanced breakfast. This sets the tone for the food choices you'll make all day. A breakfast high in fiber and protein, such as a bowl of oatmeal or a smoothie, will also keep you feeling full longer. That makes you less likely to reach for sugary treats midmorning.

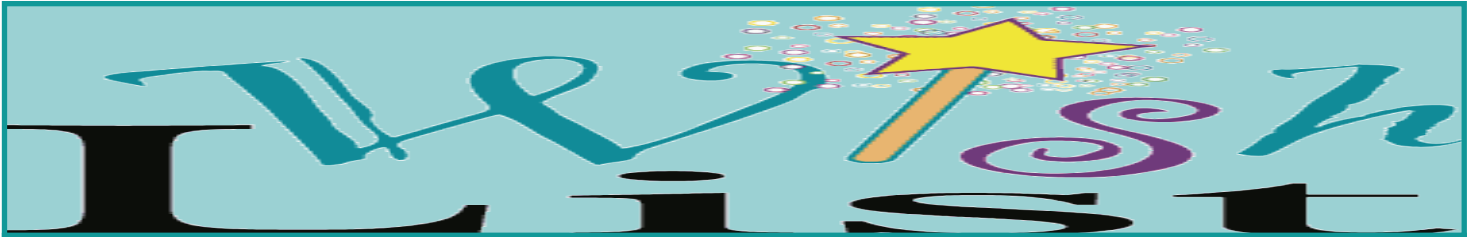
2. Sweets in moderation: Everyone likes a sweet treat now and then. The key is to indulge only in moderation. Elevated blood sugar levels are linked to heart disease, especially for women. The American Heart Association guidelines recommend no more than 6 teaspoons per day of added sugar for women, and 9 teaspoons for men.

3. Skip processed foods: Western diets are often filled with packaged and processed foods. Though they may be convenient, most are high in sodium, trans fat, and calories. Too much sodium increases blood pressure putting you at a high risk for cardiac-related illnesses. The added calories and fat can also contribute to weight gain and obesity.

4. Limit alcohol: You may be surprised to learn that overindulging in alcohol can increase your risk for heart disease. While some studies seem to indicate red wine is good for your heart, it's important to limit how much you consume. Ask your physician for advice on how much alcohol is safe considering your personal medical history.

5. Stay active: A sedentary lifestyle, especially when combined with a lack of exercise, also raises your risk for heart disease. In fact, researchers say sitting too much can be as dangerous for your health as smoking! Lower your risk by exercising at least 150 minutes a week and avoid sitting for long periods of time. It might help to invest in a fitness tracker that counts the steps you take, as well as alerts you if you've been sedentary for too long.

6. Sleep well: Many adults underestimate the importance of a good night's rest. Too little sleep leaves you tired and groggy. That can cause you to make bad choices during the day, such as watching too much television or indulging in too many carbohydrates. If you aren't able to sleep well or if you feel tired when you wake up, talk to your physician. You might have a medical issue that needs to be addressed.



DONATIONS are always a welcome commodity here at The Heritage Club. Below are a few of the items that we seem to be constantly running low on—any and all contributions are greatly appreciated:

Coffee, Styrofoam Cups, Powdered Creamer (French Vanilla or Hazelnut), Sugar, Coffee Stir Sticks, Bottled Water, Individually Packaged Snacks, Sturdy Paper Plates, Toilet Paper, Napkins, Hand Soap, Plastic Silverware, Tea Bags (individually wrapped), Napkins, Lysol Spray, Kleenex, Kitchen sized trash bags

MEMORIAL TREE WALL

Leaf with engraving
\$50 for 2 lines
\$55 for 3 lines

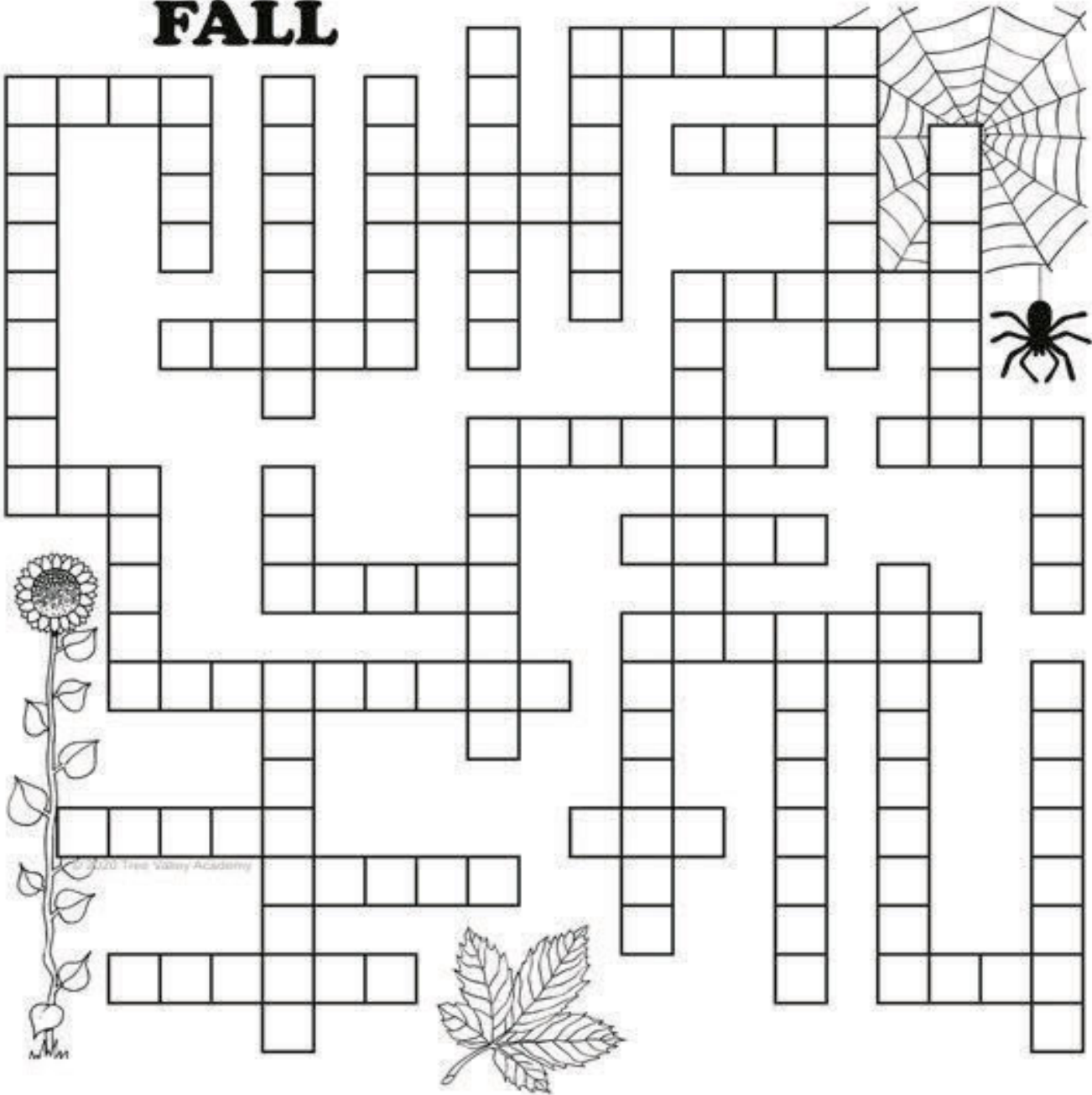
Line 1- _____
Line 2- _____
Line 3- _____

Leaf size:
1-3/4 X 3-1/2



The memorial tree wall outside of the Serenity room is to honor loved ones who have passed away.

FALL



3 letters

- tea
- web
- yam

4 letters

- cozy
- crow
- fall
- leaf
- pile
- rain
- soup

5 letters

- acorn
- birds
- brisk
- crops
- frost
- wheat

6 letters

- chilly
- jacket
- season
- spider
- squash

7 letters

- blanket
- bonfire
- flannel
- foliage
- hayride
- migrate
- October
- tractor

8 letters

- football
- November
- pumpkins
- squirrel

9 letters

- scarecrow
- September
- sunflower

**2022 COA Bus Trips
Calendar of Events**

1. **September 22nd Church Basement Ladies** @ Cornwell theater. Cost \$130 per person. Pick up Heritage Club
2. **October 5th Daniel O'Donnell** @ Shipshewana Blue Gate Cost \$150 per person. Pick up Heritage Club
3. **December 13th-15th Nashville, TN at Christmas.** Cost \$869 per person. Double Riders only. Pick up @ Heritage Club Angola

We still have spaces available for some of our upcoming 2022 bus trips!!

Please see Allison or Karen for event flyers and to sign up/pay for trips. All trips are first come first serve and they do sell out. All trips require a minimum of 10 members for Angola pick up. Evelyn's Excursion requires proof of vaccination.



Janelle from Relic Emporium came to the COA for a fun summer t-shirt tie dye class. Members learned different techniques and got to have fun using a lot of bright dye colors! Check the newsletter for the next art class with Janelle!



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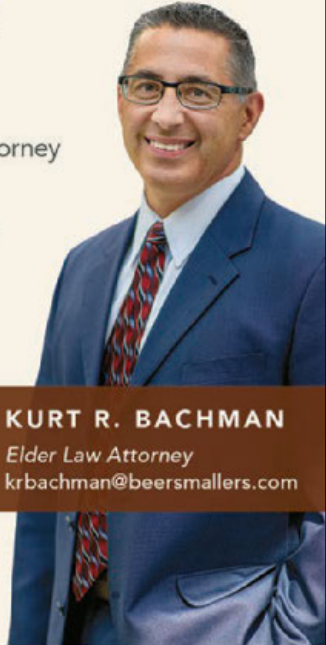
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DID YOU KNOW?

...these fun facts about our staff: This Month— **Glen Rogers,** **STAR Transportation Driver**

- *Where was your first Job? Taking out trash after school at Rogers Wreath Company
- *How do you wind down after work? Play Cards on the Computer
- *What is your favorite thing to do when you're not working? Play Golf
- *If all jobs had the exact same salary, which career would you want? Scotch Tester
- *How do you describe what you do for a living to your family and friends? Drive a van or bus for Star Transportation
- *What's a topic you wish you knew more about? Everything
- *Where are you in birth order (Oldest, Middle, Youngest)? Second out of Four
- *How many different states have you lived in? One
- *What kind of pet(s) do you have and how did you choose name(s)? None
- *If you could choose any age to be forever, what age and why? 60—Good health at that time...and smarter
- *What are 3 items you would take with you to a deserted island? Food, gun and boat
- *What's your favorite sports team? Fort Wayne Tin Caps
- *If you could only eat one meal for the rest of your life, what would it be? Steak & Potatoes
- *What TV show or movie do you absolutely refuse to watch and why? The View, can't stand it
- *What is the furthest you've ever been from home? Anchorage, Alaska
- *What characteristic do you like most about yourself? Easy Going
- *If you could live in any city, where would it be and why? Angola, Indiana—Safest place in the county
- *When you were in elementary school, what did you want to be when you grew up? Manager of my Father's Factory



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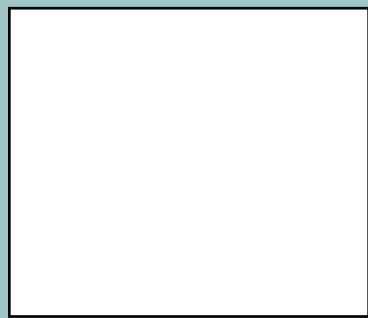
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FOOD OF THE MONTH



September's Food of the Month Celebration was fabulous. Members enjoyed a variety of cupcakes as well as fruit and beverages. Our sponsor was Church Funerals Direct. They were also at the center to answer questions members may have about their business; they even had a drawing for a gift card to Applebee's! Be sure to sign up for our September Food of the Month by stopping into the center or calling in.



SECOND FRIDAY BREAKFAST

Second Friday breakfast had a great turn out. What a beautiful day to be able to enjoy time with friends and of course enjoy some delicious food. Our event sponsor, Northern Lakes made French toast, sausage, and fruit. The guest speaker for August was none other than our wonderful executive director at the Heritage Club Jami Stout. Jami discussed the gala fundraiser and even showed a video that was played the night of the fundraiser.



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Learn New Age Dances

**Thursday, September 15th
2PM-3PM**

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The CHA CHA

The Wobble

And

Cupids Shuffle

Instructor is Heather Pressler

**Learn these fun dances for your next wedding or
special event. Get ready to bust a move on the
dance floor!**

