HERITAGE
COMMUNITY CENTER

JUNE 2021

Heritage Community Center offers a place for seniors to come for companionship, activities, resources, and meals.

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301 4th Street East | Thief River Falls, MN

(218) 681-2793

@heritagecommunitycentertrf

THE GENERAL MEETING OF THE HERITAGE CENTER IS HELD ON THE 2ND MONDAY OF EACH MONTH AT 12:30.

THE REGULAR BOARD MEETING OF THE HERITAGE CENTER

Is held on the 2nd Monday of each month at 10 am

DIRECTOR SHANNON OLSON

President Ray Berg Vice President Skip Swanson

Secretary Ila Anderson

Board members

Jeanne Johnson, Phil Torgerson Elvera Cullen

TREASURER Joyce Christensen

ABOUT OUR CENTER

SHANNON'S CORNER

As we head into June it is so nice to see some of the covid restrictions lifting. We are being told that by July 1st they should all have been lifted. It is so nice to see smiling faces without mask coverings. Everybody just seems so much happier. We can go out to eat with our friends and families again. We can get together for family functions. We can hug our grandchildren. I do realize that there is still some fear as we have been programmed for over a year about wearing masks so if you feel safer still wearing yours, please realize you are not the only one feeling this way and it is absolutely acceptable to keep wearing it. We will continue to have a sanitizing stations up at the center for your convenience. We will no longer put 6 people to a table, they will be limited to 4 I think we have learned some good practices during this last year and some we will continue with. It is just nice to feel some normalcy coming back to our lives. We only have a few request for anyone coming to the Center. If you do not feel well please stay home. Repect other's choices when it comes to mask wearing It is not your business whether someone has or has not been vaccinated And if you struggle with this please stay home.

Sponsor Highlight

INTER-COUNTY NURSING SERVICE

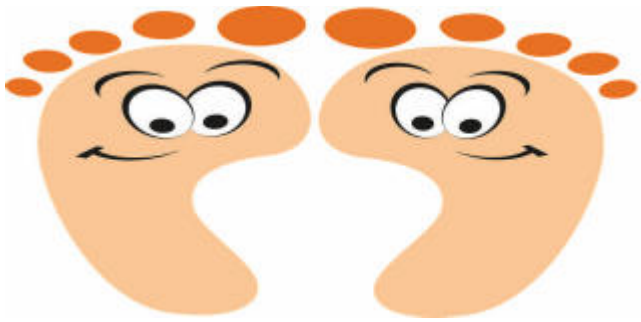
BLOOD PRESSURE AND FOOTCARE OFFERED AT THE HERITAGE CENTER THE 2ND, 3RD AND 4TH THURSDAY OF EACH MONTH. CALL 681-0876 TO MAKE YOUR APPOINTMENT

OUR MISSION

TO MAINTAIN A BUILDING IN WHICH SENIORS MAY ENGAGE IN ACTIVITIES WHICH SHALL PROMOTE AND FOSTER EDUCATIONAL, RECREATIONAL, PHYSICAL AND SOCIAL BENEFITS AND TO PROMOTE A MUTUAL UNDERSTANDING AND GOODWILL AMONG SENIORS AND THE ENTIRE COMMUNITY

WE AT THE HERITAGE CENTER TAKE YOUR SAFETY AS OUR RESPONSIBILITY. OUR FACILITY IS OPEN TO THE PUBLIC AND WE FOLLOW SAFETY PROTOCOLS FOR YOUR WELL BEING. EVEN IF YOU HAVE BEEN VACCINATED IF YOU DO NOT FEEL WELL "STAY HOME". MASKS ARE NOW OPTIONAL. PEOPLE HAVE A CHOICE AND WE WILL NOT QUESTION THEIR CHOICE. IF YOU FEEL SAFER WEARING A MASK PLEASE DO. IF YOU DON'T WEAR A MASK THAT IS FINE. WE LIVE IN A COUNTRY OF CHOICES AND I FEEL THAT YOU HAVE THE RIGHT TO MAKE WHAT EVER CHOICE YOU ARE COMFORTABLE WITH. SHAMING WILL NOT BE TOLERATED

Footcare will resume on June 10th at 9 a.m. And will be held the 2nd, 3rd and 4th Thursday of each month. Call 681-0876 to make an appointment.



Aerobics is up and running
Classes are held Monday, Wednesday And Friday from 9-10

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4 WORD SEARCH

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H P M S N J C N E X T A L B N B B E A R Z Q C I I Y G U I
M L P A W H U R U O P E M R F K E J G T T K I E A N A M P
T T I K L C M N R D F T Q G Q D G S N V T O A U A C O I G
G O F G T G C R I F N T J H P I O W U C W F C N E F O D R
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Q H O X W G R W O I M U O R U A R X T L E M A C A W W O C
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P A D A T J G T O F O C I N B C Q B B H U Y Y N P A Z N C
A U A J U N B U H M T R L I A T C B T T T Y Y A T K T C A
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SCORPION
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FLAMINGO
DOLPHIN
PENGUIN
LEOPARD
TURKEY
PELICAN
EAGLE
HORSE
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PANTHER
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MONKEY
LIZARD
IGUANA
ARMADILLO
EARTHWORM
OCTOPUS
MOUSE
ELEPHANT
GIRAFFE
TURTLE
KANGAROO
BIRD
MOSQUITO
JAGUAR
BEAR
ALLIGATOR
PARROT
HAMSTER
COYOTE
CHIMPANZEE
DINOSAUR
BUTTERFLY
HIPPOPOTAMUS
RHINOCEROS

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	5	8						
4	3							
2								8
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						2	5	
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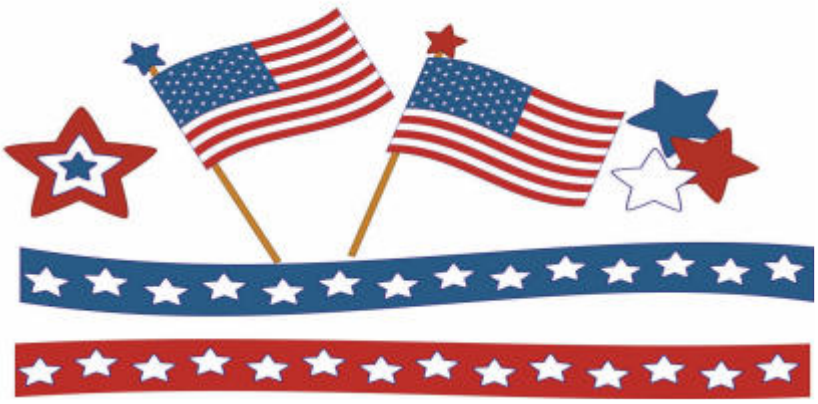
				9	8			

MINNESOTA CHARITABLE BINGO IS PLAYED AT THE HERITAGE CENTER EVERY TUESDAY AT 1.00. MUST BE 18 YEARS OF AGE OR OLDER TO PLAY. #00175

FRIDAY JUNE 18th will be a fun day at the Heritage Center. Come on out from 1-3 and enjoy friends, fun and food.



We are going to start having a monthly educational forum on the 3rd Wednesday of each month at 1 pm We hope to have a speaker followed by a question and answer time and sometimes a hands on training. We will be working with other agencies in the community to bring you helpful and healthful information that we hope will only make your life easier. For more info call 681-2793

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Home Health Care
Foot care
Flu shots
218-681-0876

CALENDER OF EVENTS

JUNE 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
BOARD MEMBERS *Pres Ray Berg* *Vice Skip Swanson* *Sec Ila Anderson* *Jeanne Johnson* *Elvera Cullen* *Phil Torgerson*		*1* *BINGO 1* 	*2* *Aerobics 9* 	*3*	*4* *Aerobics 9*	*5* *RENTAL*
6 	*7* *Aerobics 9* 	*8* *BINGO 1* 	*9* *Aerobics 9*	*10* *Footcare 9* *Blood pressure 11* 	*11* *Aerobics 9* 	*12*
13 *RENTAL* 	*14* *Aerobics 9* *HBoard 10.00* *Heritage General* *Meeting 12:30*	*15* *BINGO 1* 	*16* *Aerobics 9* *Eductional* *Forum 1-3* *Topic TBA*	*17* *Foot Care 9* *Blood Pressure 11* 	*18* *Aerobics 9* *FUN DAY 1-3* 	*19*
20 	*21* *Aerobics 9* 	*22* *BINGO 1* 	*23* *Aerobics .9* 	*24* *Footcare 9* *Blood Pressure 11* 	*25* *Aerobics 9* 	*26*
27 	*28* *Aerobics 9* 	*29* 	*30* *Aerobics 9* 			

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JUNE 2021 MENU

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nutrition Council Roberta Kloety Elody Olson Lucy Aasland Bev Aakhus MEAKS ARE SERVED WITH BREAD & MILK	Suggested donation for a meal for those over60 is $5.00. Under60 meals are available for $8.75 No one over 60 will be denied a meal due to inability To donate	WE HOPE TO REOPEN SOMETIME IN JUNE FOR LSS MEALS, IT IS UP TO LSS NOT THE HERITAGE CENTER AS TO WHEN MEALS CAN RESTART.				
		1 Kielbasa mashed potatoes Sauerkraut Dessert	2 Sloppy Joe/ bun Broccoli salad Baked Beans Dessert	3 Roast Beef Mashed pts, gravy California blend dessert	4 Chk Alfredo Mixed Veggies Mandarin oranges dessert	5
6	7 Salisbury Steak Mashed Pts/gravy Green Beans Dessert	8Chk Noodle Casserol, mixed vegetables Peaches Dessert	9 Chk Fried Steak with gravy Mashed pts Carrots, Dessert	10 Chicken Parm Spaghetti Noodles Broccoli Dessert	11 BBQ Pork on bun Coleslaw Fresh Fruit Jello/ Whip topping	12
13	14 Pork Loin Candy yams Broccoli Dessert	15 Baked Fish Brown rice Oriental Blend peaches	16Taco Salad with all the trimmings Corn Chips Fresh Fruit desser	17 Spaghetti/ Lettuce Salad Fruit Dessert	18 Ham Scalloped pts Peas Dessert	19
20	21 COOKS CHOICE	22 Tator Tot Hotdish Green Beans Peaches	23 Chicken-a-la-king over Biscuit Carrots Pears	24 Turkey with gravy Mashed potatoes Squash Dessert	25 Vegetable soup Crackers Meat Sandwich Tomato,cucumber salad, Dessert	26
27	28 Baked Chicken Au Gratin potatoe Peas Dessert-	29 Goulash Broccoli Tropical fruit	30 Chicken-a-la-king over Biscuit Carrots Pears	FROZEN MEALS ARE AVAILABLE FOR DELIVERY AND HOT MEALS FOR CURB SIDE PICK-UP. CALL 681-2793 TO MAKE YOUR RESERVATION. Meals are subject to change upon availability of product. No Congregate meals till further notice		ThenNutrition Program is funded by the older Americans act and is distributed by the Dancing Sky AAA. Additional funds are provided by the State of Minnesota, United Way and other adult contributions