

# HERITAGE

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## COMMUNITY CENTER

# FEBRUARY 2022

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



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301 4th ST EAST      Thief River Falls  
218-681-2793



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 THE 2ND MONDAY OF EACH MONTH AT 10 AM

**MEMBERSHIP DUES ARE \$25.00 ANNUALLY**

DIRECTOR SHANNON OLSON

President Ray Berg      Vice President Skip Swanson

Secretary Ila Anderson

Board members

Jeanne Johnson, Phil Torgerson Elvera Cullen

TREASURER-Sherry Abbott

Gambling Manager- Barb Natvik

# ABOUT OUR CENTER

## SHANNON'S CORNER

We have had quite an interesting winter so far. I believe we already have more snow than we had in all of last year but we have still had many winters with a lot more snow than we have now. I won't complain as we need the snow for moisture in the spring after last years drought. One thing I can say for sure is we really never know what the weather will be from year to year as it is an ever changing thing. I guess variety is the spice of life. Just for your information you need to listen to the radio if the weather is bad. If schools close we close the Center. If you miss the radio blurb then call us before you venture out. If we don't answer it means we are not open. We don't close for a little cold or a little snow but when that wind begins to blow and driving becomes hazardous we will be closing our doors. We want to keep you safe.

## Sponsor Highlight

McMullen

Auctioneers & Real Estate

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## 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**

# EVENTS SPOTLIGHT

# 3

Footcare Clinic will be held the 2nd, 3rd and 4th Thursday of each month. Call 681-0876 to make a foot care appointment.



Come and join our Aerobics class. We meet every Monday, Wednesday and Friday from 9 to 10 am.

The Golden Pioneers meet at the Heritage Center every Tuesday morning at 9am.





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Contact Us for a Medicare Coverage Review

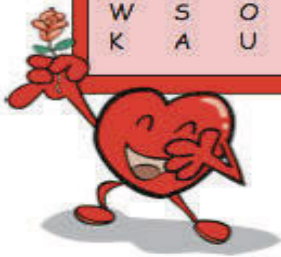
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## Chef Solus Valentine's Day Healthy Heart Word Search Puzzle!



S	O	N	O	Q	V	C	F	S	R	A	W	O	D	C
C	O	I	V	T	E	E	D	W	K	G	F	F	O	L
I	O	A	H	P	G	E	R	T	A	F	W	O	L	P
B	S	Q	E	A	E	V	A	L	E	N	T	I	N	E
O	L	V	A	S	T	G	I	M	Y	S	J	I	S	C
R	X	N	L	K	A	E	N	B	A	F	L	T	F	X
E	K	K	T	R	B	S	W	I	A	N	U	Q	N	V
A	L	B	H	N	L	I	B	E	A	B	S	O	Q	S
F	E	H	Y	H	L	C	I	R	E	B	I	F	I	J
F	G	A	U	M	S	R	O	G	B	T	Q	C	U	E
Q	U	A	P	P	L	E	S	X	I	H	V	V	R	V
I	M	H	T	O	I	X	I	R	H	E	A	N	R	I
W	S	O	S	X	D	E	T	G	W	N	U	L	U	T
K	A	U	T	Q	N	R	Q	O	Y	C	J	E	N	A



APPLES  
FIBER  
BEANS  
HEART  
VALENTINE

LOWFAT  
EXERCISE  
VEGETABLES  
LEGUMES  
SEEDS

NUTS  
HEALTHY  
AEROBICS  
NUTRITION  
ACTIVE



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## SUDOKU

							7
			7				
	6						
	4		3				
		1	5				8
				2		7	
			1	4			
			4				
1							

BINGO				
1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65

CHARITABLE GAMING  
BINGO IS PLAYED  
EVERY TUESDAY AT 1  
PM. MUST BE 18 YEARS  
OF AGE OR OLDER TO  
PLAY, LICENSE#00175



## THANK YOU

We would like to take this time to thank everybody who has paid their 2022 membership dues. People often say what difference does my 25 dollars make? \$25 by itself does not do a lot but if 100 people pay membership all of a sudden we have \$2500 and that pays a lot of our bills. It helps provide goodies for our fun days it keeps the snow shoveled and in general helps keep our doors open. We depend on our membership when we apply for grants Membership means people care that we are here to offer services for our senior population. Please consider becoming a member.

## DONATIONS

The Heritage Center is very dependent on the generosity of others to be able to maintain what we do. We are very thankful for the help we get from the City of Thief River Falls, The Noper Foundation, the Community Fund The Donlinger Trust , Digi Key Cares and many private donations. Without these we would have closed our doors years ago. Each year it gets tougher to maintain the quality of programs we offer. Once again as we have done many times before we are asking the community to please remember that one day we will all need the service we provide for seniors and we ask that you consider us in your charitable giving.

 <p>Public Health Home Health Care Foot care Vaccinations</p> <p><b>218-681-0876</b></p>	 <p><b>Tri-Valley</b> Opportunity Council, Inc. <i>Senior Programs</i></p>	<p><i>Change a child's life, change a senior's life, change your life!</i></p> <p><b>JOIN OUR TEAM, CALL TODAY!</b></p> <p><b>800-584-7020</b></p> <p><small>www.tvoc.org</small></p>	 <p><b>BRING IN THIS AD FOR 10% OFF YOUR NEXT PURCHASE</b></p> <p><b>(218) 681-3914</b></p> <p><a href="http://www.HazelBlueFurniture.com">www.HazelBlueFurniture.com</a> 201 LaBree Ave N., Thief River Falls</p> <p><small>NOT VALID WITH ANY OTHER DISCOUNTS</small></p>
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<p><b>Inter-County Community Council</b></p>  <p>An equal opportunity employer &amp; program provider Auxiliary aids and services are available upon request to individuals with disabilities</p> <p><b>888-778-4008</b> <a href="http://www.intercountycc.org">www.intercountycc.org</a></p>	<p><b>ENERGY ASSISTANCE</b></p> <p>Are you or someone you know struggling to keep up with energy bills?</p> <p>We're here to help!</p> <p>Dial Option 4</p> 	<p><b>HEAD START</b></p> <p>Do you have grandkids that need help getting ready for Kindergarten?</p> <p>Help for pregnant moms and children birth to 5 years old.</p> <p><i>Play, Learn, Grow Together!</i></p> <p>Dial Option 5</p> <p><small>supported in part by</small> </p>	<p><b>FAMILY SERVICES</b></p> <p>We can help with:</p> <ul style="list-style-type: none"> <li>• Preventing eviction</li> <li>• Homelessness</li> <li>• Housing support for youth</li> <li>• Food Support</li> <li>• Help applying for health insurance</li> </ul> <p>We're here to help!</p> <p>Dial Option 6</p>	<p><b>EMPLOYMENT &amp; TRAINING</b></p> <p>Are you looking to get a job or enhance your career opportunities?</p> <ul style="list-style-type: none"> <li>• Job Training</li> <li>• Career exploration</li> <li>• Career Counseling</li> </ul> <p>Dial Option 7</p>
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# FEBRUARY 2022

Sun

Mon





















Tue

Wed

Thu

Fri

Sat

<p><b>BOARD MEMBERS</b>          Pres <i>Ray Berg</i>          Vice <i>Skip Swanson</i>          Sec <i>Ila Anderson</i>  <i>Jeanne Johnson</i>  <i>Elvera Cullen</i>  <i>Phil Torgerson</i></p>		<p><i>1</i>  <i>Golden Pioneers 9am</i>  <b>BINGO 1pm</b></p> 	<p><i>2</i>  <i>Aerobics 9am</i></p> 	<p><i>3</i>  <b>DANCE 2-5</b>  <i>Cathy Erickson</i>    <i>BL Pressure</i>  <i>11:15-11:45</i></p>	<p><i>4</i>  <i>Aerobics 9am</i></p> 	<p><i>5</i></p>
<p><i>6</i></p> 	<p><i>7</i>  <i>Aerobics 9am</i></p> 	<p><i>8</i>  <i>Golden Pioneers 9am</i>  <b>BINGO 1pm</b></p> 	<p><i>9</i>  <i>Aerobics 9am</i></p> 	<p><i>10</i>  <i>Foot Care 9</i>    <i>Blood pressure</i>  <i>11.15-TO 11.45</i></p>	<p><i>11</i>  <i>Aerobics 9am</i></p> 	<p><i>12</i></p>
<p><i>13</i></p> 	<p><i>14</i>  <i>Aerobics 9</i>  <i>HBoard 10</i>  <i>HGeneral 12:30</i></p>	<p><i>15</i>  <i>Golden Pioneers 9am</i>  <b>BINGO 1pm</b></p> 	<p><i>16</i>  <i>Aerobics 9am</i>  <b>Valentine Party 1-3</b>  <b>Bring 1/2 dozen goodies to share for lunch</b></p>	<p><i>17</i>  <i>Foot Care 9</i>  <i>BPressure 11:15</i></p> 	<p><i>18</i>  <i>Aerobics 9am</i></p> 	<p><i>19</i></p>
<p><i>20</i></p> 	<p><i>21</i>  <i>Aerobics 9am</i></p> 	<p><i>22</i>  <i>Golden Pioneers 9am</i>  <b>BINGO 1pm</b></p> 	<p><i>23</i>  <i>Aerobics .9am</i></p> 	<p><i>24</i>  <i>Foot Care 9</i>  <i>Bpressure at</i>  <i>11:15-1145</i></p>	<p><i>25</i>  <i>Aerobics 9am</i></p> 	<p><i>26</i></p>
<p><i>27</i></p> 	<p><i>28</i>  <i>Aerobics 9am</i></p> 					

## EASY CHICKEN BAKE

BY LISA TVEDT

### INGREDIENTS

- 1 PACKAGE STOVE TOP STUFFING FOR CHICKEN
- 1/3 CUP SOUR CREAM
- 1 1/2 LB BONELESS/SKINLESS CUBED CHICKEN BREAST
- 1 CAN CONDENSED CREAM OF CHICKEN SOUP
- 1 PKG (16 OZ) FROZEN MIXED VEGETABLES THAWED AND DRAINED

### INSTRUCTIONS:

HEAT OVEN TO 400 F. PREPARE STUFFING AS DIRECTED ON PACKAGE. MIX REMAINING INGREDIENTS IN 9 BY 13 INCH BAKING DISH SPRAYED WITH COOKING SPRAY. TOP WITH STUFFING. BAKE 30 MINUTES, OR UNTIL CHICKEN IS DONE.

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# FEBRUARY 2022 MENU

Sun

Mon


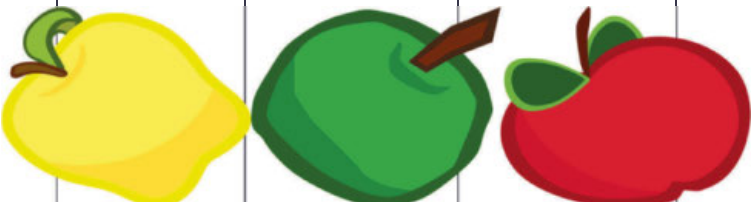
Tue

Wed

Thu

Fri

Sat

<p>Nutrition Council Roberta Kloety Elody Olson Lucy Aasland <a href="#">Bev Aakhus</a></p> <p><u>MEALS ARE SERVED WITH BREAD &amp; MILK</u></p>	<p>Suggested donation for a meal for those over 60 is \$5.00. Under 60 meals are available for \$8.75 No one over 60 will be denied a meal due to Inability to donate.</p>	<p><b>On Site Meals are served at 11:45</b></p> <p><b>MEALS MUST BE ORDERED AT LEAST ONE DAY IN ADVANCE BY CALLING 681-2793</b></p>			<p>FROZEN MEALS ARE AVAILABLE FOR DELIVERY HOT MEALS. FOR CURB SIDE PICK-UP AS WELL AS INSIDE DINING. CALL 681-2793 TO MAKE YOUR RESERVATION ONE DAY IN ADVANCE Meals are subject to change upon availability of product.</p>	
<p>The Nutrition program is funded by the older Americans act and is distributed by Dancing Sky AAA. Additional funds are provided by the State of Minnesota, United Way and other adult contributions</p>		<p>1 Turkey Stuffing Casserole Mixed Veggies Sliced Apples Dessert</p>	<p>2 Lasagna Cal Blend Peaches Dessert</p>	<p>3 Baked Chicken Baked Potato s/c Italian Blend Dessert</p>	<p>4 Beef Chili/Beans Romaine salad with Dressing, Corn bread Blushing pears Cookie</p>	<p>5</p>
<p>6</p>	<p>7 Chk Chow mein Brown Rice Oriental veggies Mandarin Oranges Pudding whip top</p>	<p>8 Creamy Chicken Mashed Potatoes Peas &amp; Carrots warm fruit Crisp</p>	<p>9 Spaghetti Meat Sauce Romains Salad with dressing Texas Toast</p>	<p>10 Pork Loin Candied Yams Broccoli Dessert</p>	<p>11 Meat Loaf Butter nut Squash Stewed Tomatoes Dessert</p>	<p>12</p>
<p>13</p>	<p>14 Tator Tot Casserole Green Beans Warm peaches Cookie</p>	<p>15 Chk Wild Rice soup , Meat Sand Broccoli Pineapple Cookie</p>	<p>16 Swedish meat-balls Mashed Pts Carrots</p>	<p>17 Rst Turkey/gravy Mashed Potatoes Peas, Sage Dressing Dessert</p>	<p>18 BBQPork on a bun Baked Beans Spiced Pears Dessert</p>	<p>19</p>
	<p>21 Orange Chicken Brown Rice oriental Veggies Mandarin Orange Cookie</p>	<p>22 Goulash Peas Bread Stick Tropical fruit Dessert</p>	<p>23 COOKS CHOICE</p>	<p>24 Beef&amp;Bean Burrito bake with Lettuce, tomato, s/c Pears Dessert</p>	<p>25 18Fish patty on a bun, tartar sauce, Cheesy hash-browns , Baked Beans Peaches</p>	<p>26</p>
<p>27</p>	<p>28 Chk Fried Steak Mashed pts/gravy Green beans Dessert</p>					



## LSS DINING

### Fruits and Vegetable Facts

There are many benefits to eating fruits and vegetables. They protect your health by containing many vitamins, minerals and fiber They boost your immune system They keep you full longer and most importantly they give you more energy. Eat a variety of colors as each color has different needed vitamins Fruits and vegetables are important for all around good health.

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Cathy Erickson



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## APPRECIATION AWARDS.



We have had many wonderful volunteers over the years. When you have a small non profit like the Heritage Center we are dependent on having volunteers to run our programs. Jean Hellie was treasurer for many years and Harry Oen was the gambling manager. Jon Metusalem was President and served on the board of directors in many positions through out the years. All of these positions were volunteer and we still operate the same today.

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— — — — —  
 "Happiness is  
 letting go of what  
 you think your  
 life is supposed  
 to look like."  
 — — — — —

GH

## MORNING OUT

Julie Praska-Moser Regional  
 Coordinator for

**Caregiver Support and Respite**  
**218-686-6228**

### DATE & TIME:

Second Thursday of each month from  
 10am to 11 am.

### LOCATION

ZION LUTHERAN CHURCH  
 505 MAIN AVENUE NORTH  
 THIEF RIVER FALLS ,MN 56701

Do you provide the primary care for a family member who is older, has a chronic condition or is disabled? If so, this monthly discussion is for you.

During the time, family caregivers can talk about their experiences, share tips, receive training about caring for a loved one and self care and enjoy social time. All caregivers are welcome and invited to attend as they are available. We offer affordable fees designated to fit your budget

Email-Julie.praska-moser@lssmn.org

FROM ALL OF US AT THE  
 Heritage Center

*Happy  
 Valentine's  
 Day*