

# HERITAGE

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## COMMUNITY CENTER

# APRIL 2022

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



### INSIDE THIS ISSUE

#### TABLE OF CONTENT

DIRECTOR CORNER	PAGE 2
SPONSOR SPOTLITE	PAGE 2
FOOTCARE	PAGE 3
AEROBICS	PAGE 3
WORD PUZZLES	PAGE 4
SUDUKO	PAGE 4
THANK YOU'S	PAGE 5
CALENDER OF EVENTS	PAGE 6
DIGIKEYCARES RECIPE	PAGE 7
LSS MENU	PAGE 8
LSS SNAP	Page 9
CURRENT EVENTS	Page 10
REMEMBER WHEN	Page 11
LSS CAREGIVER SUPPORT	Page 12

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

April showers bring May flowers. Uhm how about April showers help get rid of the snow. Its been many years since I have seen this much snow in March and April. The best we can hope for is that it helps with the drought we had been experiencing. Crops will go in late but maybe with a good start they will be able to sustain whatever the summer throws at them. So why am I talking about crops? Well with the food shortages that keep being predicted we will need everything the farmers can grow this year. This is the year to have a garden or at least patio planters to help keep you in healthy vegetables at an affordable price. Throw a couple of vegetable seeds in your flower gardens and see what you can produce. You will most likely enjoy eating what you grow and I am sure your flowers wont mind sharing for a good cause.

## April Sponsor Highlight

**PaPa Murphy's  
Take N Bake Pizza  
218-683-5129**

**Great supporter of Community events**

## 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 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**



Always fun to get out and enjoy a dance



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.



<p>Are you turning 65 or new to Medicare? Call your local licensed sales agent. <b>Humana</b></p>	 <p><b>Russell Sparby</b> <b>218-303-1665</b> <b>(TTY: 711)</b></p> <p>Monday - Friday, 8 a.m. - 5 p.m. <a href="http://humana.com/rsparby">humana.com/rsparby</a></p>	 <p><b>PENNINGTON HEALTH SERVICES</b></p> <p><b>(218) 683-8100</b> <a href="http://www.phs.sfhs.org">www.phs.sfhs.org</a></p> <p>2001 Eastwood Drive Thief River Falls</p>	 <p><b>FACE RISK HEAD ON</b></p> <p>Contact Us for a Medicare Coverage Review (218) 681-1714 <a href="http://NORTHRISKPARTNERS.COM">NORTHRISKPARTNERS.COM</a></p>
 <p><b>i'm lovin' it</b></p> <p>Please present this coupon for your <b>FREE</b> Ice-Cream Cone or Sundae Expires 12/31/2022 Valid at the Thief River Falls location only</p>	 <p><b>McMullen</b> <i>Auctioneers &amp; Real Estate</i></p> <p>218-681-3960 <a href="http://www.mcmullensales.com">www.mcmullensales.com</a></p>	<p><b>GROW YOUR BUSINESS BY PLACING AN AD HERE!</b></p> <p><b>CONTACT US!</b></p> <p>Contact David Petfalski to place an ad today! <a href="mailto:dpetfalski@lpicommunities.com">dpetfalski@lpicommunities.com</a> or (262) 785-1188 x2675</p> 	
 <p><b>\$5 OFF</b> When you spend \$25.00 or more Expires 12-31-21</p> <p><b>\$10 OFF</b> When you spend \$40.00 or more Expires 12-31-21</p> <p><b>(218) 681-0644</b> Thief River Falls, MN  <a href="http://LasRanitasMexicanRestaurant.com">LasRanitasMexicanRestaurant.com</a></p> <p><small>Only 1 coupon per visit. Not to be combined with any other offers. Must present coupon to receive discount. Expires 12-31-21</small></p>			



F T Y E E Y Z V P T S A R J C K F Q A A  
 H L H D P U P H J G H I E N Q I D C G Q  
 S V O C N E E A I N M F W O M N N K I Q  
 V M J R T A H T A B I W O D O G A Z A O  
 I K C U O J D R A R K Y L I R C A X Q S  
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AMAZY DAYZEE  
 COPY FLOWER  
 FIRE FLOWER  
 KING CROACUS  
 PETUNIA

BLOOMSDAY  
 DIZZY DANDY  
 FLORO SAPIEN  
 PANSER  
 TOLIELIP

BUBULB  
 EGGO DIL  
 KA BLOOM  
 PETEY PIRANHA  
 TURBO TULIP

## SUDOKU

8		9	7	5			4
		1	8	4		2	
4	2				6		9 8
7	9	3					
	4						8
					9	2	6
6	1		5				3 2
		5		6	4	7	
9			3	8	6		5

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

FOR ALMOST 20 YEARS JOYCE CHRISTENSEN HAS BEEN THE TREASURER FOR THE HERITAGE CENTER. ABOUT 5 YEARS AGO JOYCE DECIDED IT WAS TIME TO RETIRE SO THE JOB TO FIND ANOTHER TREASURER WAS ON. BECAUSE THIS IS A VOLUNTEER POSITION NO ONE WAS STEPPING UP AND FOR 5 YEAR JOYCE CONTINUED ON. THIS YEAR TO JOYCE'S DELIGHT SHERRY ABBOTT STEPPED UP AND TOOK OVER THE POSITION. WE WOULD LIKE TO THANK JOYCE FOR HER UNSELFISH DEDICATION TO THE HERITAGE CENTER, AND WELCOME SHERRY ABOARD.

## 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 had to close 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 services we provide for seniors and we ask that you consider us in your charitable giving.

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Dial Option 4



**HEAD START**

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Dial Option 5

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- Preventing eviction
- Homelessness
- Housing support for youth
- Food Support
- Help applying for health insurance

We're here to help!

Dial Option 6

**EMPLOYMENT & TRAINING**

Are you looking to get a job or enhance your career opportunities?

- Job Training
- Career exploration
- Career Counseling

Dial Option 7

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# APRIL 2022

7Sun

Mon



Tue

Wed

Thu

Fri

Sat

<p><b>BOARD MEMBERS</b>                  Pres Ray Berg                  Vice Skip Swanson                  Sec Ila Anderson                  Jeanne Johnson                  Elvera Cullen                  Phil Torgerson</p>					<p>1 Aerobics 9am</p> 	<p>2</p>
<p>3 RENTAL</p> 	<p>4 Aerobics 9am</p> 	<p>5 Golden Pioneers 9am BINGO 1pm</p> 	<p>6 Aerobics 9am</p> 	<p>7 Dance 2-to 5 Cathy Erickson Blood pressure 11.15-TO 11.45</p> 	<p>8 Aerobics 9am</p> 	<p>9</p>
<p>10 RENTAL</p> 	<p>11 Aerobics 9 HBoard 10 HGeneral 12:30 Annual Meeting &amp; Elections 1pm</p>	<p>12 Golden Pioneers 9am BINGO 1pm</p> 	<p>13 Aerobics 9am</p> 	<p>14 Foot Care 9 BPressure 11:15</p> 	<p>15 CLOSED</p> 	<p>16</p>
<p>17</p> 	<p>18 Aerobics 9am</p> 	<p>19 Golden Pioneers 9am BINGO 1pm</p> 	<p>20 Aerobics .9am</p> 	<p>21 Foot Care 9 Bpressure at 11:15-1145</p>	<p>22 Aerobics 9am Spring Fling 1 to 3, come for fun</p>	<p>23</p>
<p>24</p> 	<p>25 Aerobics 9am</p> 	<p>26 Golden Pioneers 9 BINGO 1PM</p> 	<p>27 Aerobics 9am</p> 	<p>28 footcare 9- BPressure 11:15</p> 	<p>29 Aerobics 9</p>	<p>30</p>



# APRIL 2022 MENU

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>MEALS ARE SERVED WITH MILK &amp; BREAD</p> <p>The nutrition program is funded by the Older American 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>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</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>1 Fish Patty on Bun Tartar sauce Cheesy Hashbrown Baked Beans Dessert</p>	<p>2</p>
<p>3</p>	<p>4 Baked Ziti Mixed veggies Peaches dessert</p>	<p>5 Sausage Egg Bake Broccoli Cinn Apple Sauce Muffin/coffee cake</p>	<p>6 Roast Beef Mp\p/gravy Cal Blend Dessert</p>	<p>7 Ham Au gratin Pts Peas Dessert</p>	<p>8 Lemon Pepper Fish Baked Potato Green Beans Dessert</p>	<p>9</p>
<p>10</p>	<p>11 Baked Chicken Baked Potato sour cream Italian Blend Dessert</p>	<p>12 Chk Fried Steak Mashed pts/gravy Green beans Dessert</p>	<p>13 Lasagna Cal Blend Peaches dessert</p>	<p>14 Chicken Salad on croissant Cole slaw Tropical Fruit Dessert</p>	<p>15 16 Closed for Good Friday</p>	<p>16</p>
<p>17</p>	<p>18 Creamed Chicken Mashed Pts Peas/carrots Fruit Crisp</p>	<p>19 Chk Chow Mein/ brown Rice Oriental veggies Mandarin oranges Pudding/topping</p>	<p>20 Pork Loin Candied Yams Broccoli Dessert</p>	<p>21 Swedish Meatballs Mashed Pts Carrots Dessert</p>	<p>22 Cheese Ravioli Romaine salad Apple Dessert</p>	<p>23</p>
<p>24</p>	<p>25 Chicken Fajita Wheat Shell Spanish rice Pineapple</p>	<p>26 Tator Tot Casserole Green Beans Warm peaches Dessert</p>	<p>27 COOKS CHOICE</p>	<p>28 Roast Turkey/ Mashed Potatoes Peas Dessert</p>	<p>29 BBQPork on Bun Creamy Cuke Salad Pears Dessert</p>	<p>30</p>
<p><b>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.</b></p>						



## EAT RIGHT, BITE BY BITE

Eating fruit provides health benefits. People who eat fruit on the whole are more healthy and have reduced risk of some chronic diseases. Fruits provide nutrition vital for health such as potassium, fiber, vitamin C and folate, Focus on whole fruits-fresh, canned, frozen or dried instead of juice. The sugar found naturally in fruit does not count as added sugar. Keep a bowl of fruit within reach as we all know once it is out of site it is also out of mind.

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Cathy Erickson



SENIOR DANCES



SENIOR MEALS



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Having people who will step up and serve on our board of directors is a very important aspect of our Center. Without these people we would have never been able to serve the community for the past **35 years.**

Every April we have our Annual meeting and elections of officers. Members serve on the board for 2 years and this is where all decisions for the Heritage Center are made.

We depend on the seniors stepping up and holding these positions and are very thankful that we continue to get great support from great people.

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**THE HERITAGE CENTER  
ANNUAL MEETING AND ELEC-  
TION OF OFFICERS WILL BE  
HELD APRIL 11, 2022 AT 1 PM**

## **Powerful Tools for Caregivers**

### **DATE & TIME:**

**Classes begin Tuesday March 1st 2022  
Meeting each Tuesday with last meeting  
on April 5th.**

**Virtual meetings on Microsoft Teams  
3:30 to 5.00 P.M.**

**Who takes care of you when you are  
busy taking care of others.**

### **This class will help you**

**Learn to Reduce Stress, Improve self  
confidence, Better communicate your  
feelings, Balance your life, Increase your  
ability to make tough decisions and lo-  
cate helpful resources.**

**Julie Praska-Moser Regional  
Coordinator for**

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

**Email-Julie.praska-moser@lssmn.org**

**Tara Giese: 216-303-9929**

**Email-tara.giese@lssmn.org**

**FROM ALL OF US AT THE  
Heritage Center**

