



2022

Logan County
Heritage Center
Newsletter





Glenda Conley	April 3
Tyson Phillips	April 6
Clay Prall	April 8
JoAnn Rizzolo	April 9
Rena Morrison	April 12
Dave Conley	April 13
Darlene Roche	April 13
Ron McCoy	April 16
Margaret Meyer	April 20
Erma Miner	April 20
Gloria Phillips	April 22
Sue Horton	April 23
Erwin Dobson	April 27
Ruth Prall	April 30

Wedding Anniversaries

Tyson & Gloria Phillips	April 22, 1951
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Join us Wednesday, April 27th 3:00 p.m.
to celebrate Sr. Citizen Club Members
birthday's and Anniversaries

April 2022

Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Meeting 1:30 Cards, Checkers, Chess & Pool	2 Dance w/ Classic Country 6:30 p.m. All Ages Welcome
4 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	5 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 375 Greeting cards Project w/ Jane DeSanti 1:30 Billiards	6 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citrzen's Club Business Meeting 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	7 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Billiards 2:00 Novice Tai chi	8 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	9 Dance w/ Jim Ehrlich 6:30 p.m. Everyone Welcome \$7.00
11 10:00 SilverSneakers® Yoga Noon Meet & Eat 12:45 Area Agency on Aging Regional Meeting 1:30 Cards & Pool	12 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 375 Greeting cards Project w/ Jane DeSanti 1:30 Rummy & Billiards	13 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	14 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai chi	15 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	16 Dance w/ Dan Dobson 6:30 p.m. No membership required \$7.00
18 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	19 10:00 SilverSneakers® Classic Noon Meet & eat 1:30 375 Greeting Cards Project w/ Jane Desanti 1:30 Billiards	20 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	21 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "The Music Man" 1:30 Billiards 2:00 Novice Tai chi	22 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	23 6:30 Dance w/ FM Country \$7.00 6:30 p.m.
25 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	26 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 375 Greeting cards Project w/ Jane DeSanti 1:30 Rummy & Billiards	27 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool 3:00 Sr. Citizen's Club Birthday & Anniversary party	28 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai Chi	29 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	30 Dance w/ Ray & Pauletta 6:30 p.m. \$7.00



APRIL 2022 HERITAGE MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 522-1237 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50 Menu may change due to availability of food items or conditions that cause the kitchen to close.	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE	For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.		1 TUNA NOODLE CASSEROLE BROCCOLI WW ROLL APRICOT HALVES OATMEAL COOKIE w/ RAISINS Calories: 709 Carb: 94.9g Fiber: 10.1g Protein: 36.1g Fat: 23.3g Sodium: 647mg
				8 MEATLOAF MASHED POTATOES W/ GRAVY CALIFORNIA VEGETABLES OATMEAL ROLL BANANA SPLIT FRUIT CUP SUGAR COOKIE Calories: 632 Carb: 94.6g Fiber: 10.6g Protein: 35.4g Fat: 14.9g Sodium: 813mg
11 LASAGNA BIANCO BEAN MEDLEY FRENCH BREAD FRUIT SALAD Calories: 749 Carb: 80.6g Fiber: 11.2g Protein: 50.6g Fat: 27.0g Sodium: 919mg	12 BACON POTATO BREAKFAST BURRITO GREEN CHILI w/ PORK SPANISH RICE TOSSED GREEN SALAD PEAR ORANGE FRUIT CUP BROWNIES Calories: 753 Carb: 105.1g Fiber: 10.2g Protein: 28.8g Fat: 26.1g Sodium: 1043mg	13 CHILI CON CARNE & BEANS JEANNIE'S SALAD GARLIC CHEESE BISCUIT PINEAPPLE TIDBITS Calories: 672 Carb: 83.2g Fiber: 11.5g Protein: 28.8g Fat: 27.6g Sodium: 1052mg	14 BEEF BARLEY SOUP BROCCOLI SALAD CORN BREAD OREGON BERRY MIX OATMEAL CHOCOLATE CHIP COOKIES Calories: 640 Carb: 93.5g Fiber: 11.7g Protein: 23.9g Fat: 20.0g Sodium: 839mg	15 BAKED FISH OVEN BROWNED POTATOES COUNTRY MIX VEGETABLES RAISIN BRAN MUFFIN PEACH SLICES Calories: 787 Carb: 128.3g Fiber: 15.8g Protein: 35.4g Fat: 19.7g Sodium: 1018mg
18 CHICKEN FRIED STEAK MASHED POTATOES W/ GRAVY CALIFORNIA VEGETABLES ROLL SLICED BANANAS Calories: 713 Carb: 86.8g Fiber: 9.8g Protein: 38.7g Fat: 26.1g Sodium: 736mg	19 BEEF STROGANOFF CONFETTI COLESLAW BRUSSEL SPROUTS SUPREME ONION ROLL FRUIT COCKTAIL Calories: 641 Carb: 95.7g Fiber: 10.1g Protein: 34.9g Fat: 15.5g Sodium: 790mg	20 MEXICAN BEEF SPANISH RICE GREEN BEANS & CORN ROLL SUMMER FRUIT SALAD NATURE COOKIE Calories: 758 Carb: 114.5g Fiber: 12.8g Protein: 29.6g Fat: 23.6g Sodium: 1002mg	21 CHICKEN ALFREDO CAESAR SALAD MIXED VEGETABLES GARLIC BREAD WINTER FRUIT CUP Calories: 714 Carb: 97.4g Fiber: 10.5g Protein: 36.9g Fat: 22.7g Sodium: 624mg	22 PORK CHOP SUEY BROWN RICE ORIENTAL VEGETABLES WW ROLL APRICOT HALVES COOKIES W/ RAISINS ORANGE JUICE Calories: 772 Carb: 106.8g Fiber: 10.0g Protein: 36.2g Fat: 23.2g Sodium: 490mg
25 SWISS STEAK MASHED POTATOES SPINACH MANDARIN ORANGE SALAD ONION ROLL CINNAMON APPLE SLICES BIRTHDAY RECOGNITION Calories: 710 Carb: 89.0g Fiber: 10.5g Protein: 40.1g Fat: 23.6g Sodium: 680mg	26 TUNA PASTA SALAD TOMATO SLICES CONFETTI COLESLAW WW ROLL CHERRY BANANA SURPRISE NATURE COOKIE Calories: 732 Carb: 110.9g Fiber: 10.4g Protein: 32.1g Fat: 22.4g Sodium: 914mg	27 CHICKEN RICE SOUP BRAISED CELERY & TOMATOES BRAN MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE Calories: 654 Carb: 87.9g Fiber: 10.5g Protein: 34.2g Fat: 20.7g Sodium: 868mg	28 PULLED PORK SANDWICH OVEN BROWNED POTATOES BAKED BEANS CREAMY COLESLAW TROPICAL FRUIT CUP Calories: 722 Carb: 106.1g Fiber: 10.8g Protein: 40.2g Fat: 16.9g Sodium: 1293mg	29 SHEPHERD'S PIE APPLE CARROT RAISIN SALAD HARVARD BEETS ROLL STRAWBERRY APPLESauce Calories: 654 Carb: 109.8g Fiber: 11.5g Protein: 30.1g Fat: 14.2g Sodium: 931mg

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



SilverSneakers® Yoga

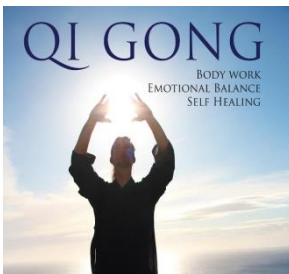
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

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.



NOVICE TAI CHI



This class is offered on Thursdays at 2:00 for those who have already completed a beginners Tai Chi class or are familiar with the practice. There is no instructor, this is a collaborated effort of those attending.

Renew Active
by  **UnitedHealthcare**

Renew Active™, the gold standard in Medicare fitness programs for body and mind, is coming to Logan County Heritage Center in January. The program is available at no additional cost with UnitedHealthcare® Medicare plans. In the meantime, you can learn more at UHCRenewActive.com



RUMMY

New to the line-up at the Heritage Center is Rummy. We will be playing on the 2nd and 4th Tuesdays of each month starting at 1:30 p.m. Bring a snack and enjoy the company of others in a relaxed atmosphere.



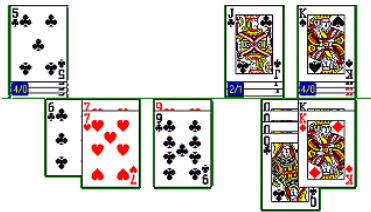
Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1: 30 start time, Snack break at 3:00



SEWING AND HOBBIES

Like to share ideas and work as a group. Bring what you want to work on and be prepared to talk/visit. All ideas/projects are welcome.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month

1:30 – 4:00 p.m. 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.

MAH JONG, CHESS, DOMINOES, CORNHOLE

These other recreational games are offered throughout the month, we would love to get enough interest to start a league. Please call us or sign up for the newsletter to find out when these games are on the monthly calendar. Please provide your name and contact information so we can start forming leagues.

FOOT CARE CLINIC

2nd Tuesday of every other month

10:00-11:00 a.m. BY APPOINTMENT ONLY

Call 522-1237 to schedule your 15 minute appointment

Suggested donation no less than \$5.00

Please soak your feet before you come and bring a towel for your added comfort

Provided by Sterling MedCare Home Health



MOVIE MATINEE

“THE MUSIC MAN”

Thursday, April 21ST

1:30 p.m.

Harold Hill, who poses as a boys' band organizer and leader and sells band instruments and uniforms to naïve **Midwestern** townsfolk, promising to train the members of the new band. Harold is no musician, however, and plans to skip town without giving any music lessons. Prim librarian and piano teacher Marian sees through him, but when Harold helps her younger brother overcome his lisp and social awkwardness, Marian begins to fall in love with him. He risks being caught to win her heart. Winner of five Tony Awards.

FRESH POPCORN AND INTERMISSION PROVIDED



APRIL DANCE SCHEDULE

April 2ND

Classic Country

April 9th

Jim Ehrlich

April 16th

Dan Dobson

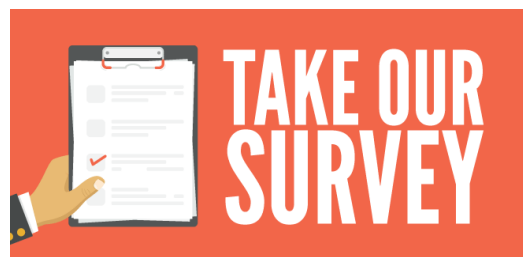
April 23rd

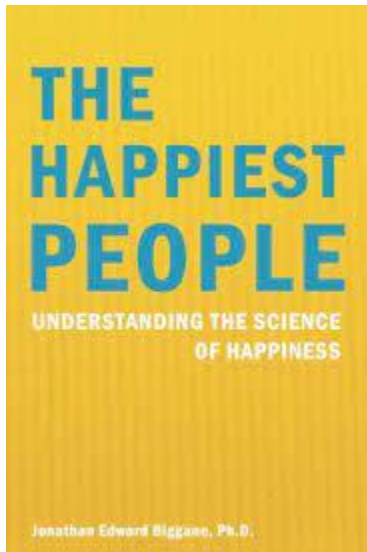
FM Country

Age-Friendly Community Survey

The Logan Co. Coalition on Aging is an informal group of citizens, interested in the well-being of older adults in Logan County. They would like to find out what you feel would make your community a great place to live as you get older. Your views are important and they would greatly appreciate your participation in this survey. Answers are anonymous. This survey has 45 questions for those that are 18 years of age and older. It will take about 20 minutes to complete. Paper copies are available at the Logan County Heritage Center or at CSU Regional Engagement center. **OR** you can do the on-line version at the following link.

<https://tinyurl.com/LoganAgingSurvey>





BOOK DISCUSSION AND LECTURE

CSU Osher Lifelong Learning Program invites you to join Dr. Jonathan Biggs as he discusses his new book, *THE HAPPIEST PEOPLE: Understanding the Science of Happiness*. Learn about current research on positive emotions, what makes a life worth living, and how to cultivate happiness. His book is a practical guide to well-being that uses interventions and research from the fields of positive psychology, neuroscience and business.

MONDAY, MAY 16TH 1:00-3:00 P.M.

Only 10 seats available

Please register by emailing

peggy.stoltenberg@colorstate.edu



Alzheimer's Association Caregiver Support Group

Offering a safe place for people living with dementia and their care partners to develop a support system, exchange practical information on challenges and possible solutions, talk through issues and ways of coping, share feelings, needs, concerns, and learn about community resources.

THIRD WEDNESDAY OF EVERY MONTH

2:00-3:00

Christ United Methodist Church

104 S 4th Street
Sterling, CO

To register call 800-272-3900

DAY TRIPS RETURNING

Plans are being made for day trips in the near future.

Please be watching for details.

Due to fuel prices we will have to have a guarantee
of 30 people to attend.

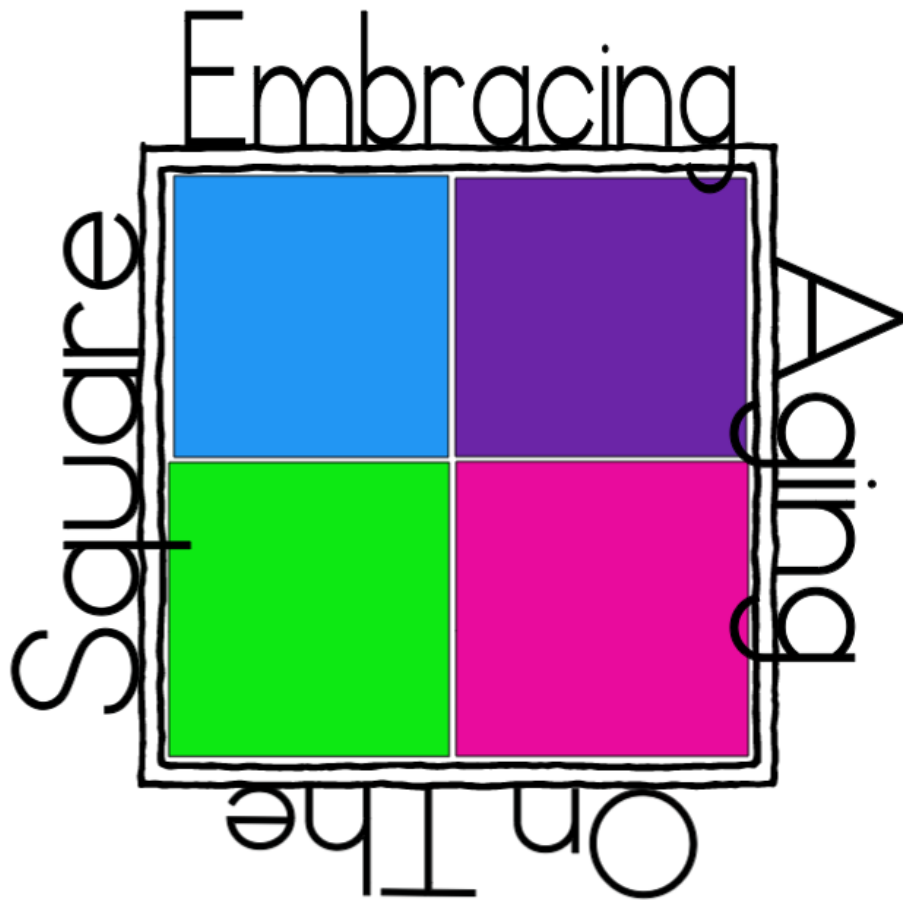
May Terry Bison Ranch Cheyenne, WY

**June Fort Collins 1919 Trolley Car ride and 1879
Avery House tour**

**August Golden Spike Tower and Bailey Rail
Yard**

Please let me know what other places you want to
see or things you want to do.





2022

AGE MY WAY!

CELEBRATE OLDER AMERICANS MONTH

FRIDAY, MAY 6TH

12:45 P.M.

LOGAN COUNTY
COURTHOUSE SQUARE
315 MAIN STREET
STERLING, CO

JOIN US TO
CELEBRATE AND
HONOR OLDER
ADULTS

TAKE A FEW LAPS
AROUND THE
COURTHOUSE
SQUARE &
ENJOY INTERACTIVE
BOOTHS FROM
LOCAL AGENCIES
AND BUSINESSES
THAT SUPPORT AN
AGE FRIENDLY
COMMUNITY

FOR MORE INFORMATION
CONTACT KAREN OR PEGGY
AT 970-522-7207 OR
CYNTHIA AT
970-522-1237



One Pass Accepted Here

One Pass™ gives you access to a healthier lifestyle with the convenience of a single program. Ask an associate for details.

Renew Active

by  UnitedHealthcare®

Available here

**Stay active.
Stay focused.
Stay you.**

**We are excited to be participating
in Renew Active®, the gold
standard in Medicare fitness
programs for body and mind**



Participation in the Renew Active® program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Renew Active includes standard fitness membership and other offerings. Fitness membership equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, discounts, classes events, and online fitness offerings are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in these third-party services are subject to your acceptance of their respective terms and policies. UnitedHealthcare is not responsible for the services or information provided by third parties. The information provided through these services is for informational purposes only and is not a substitute for the advice of a doctor. The Renew Active program varies by plan/area. Access to gym and fitness location network may vary by location and plan. Renew Active premium gym and fitness location network only available with certain plans.

Plans insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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VOLUNTEER



An hour can make a difference

**The Heritage Center NEEDS drivers
to deliver meals to seniors.**

**Monday—Friday
11:00 am—12:00 pm**

**Must be 18 and have a valid driver's license
(Volunteers under 18 must be with a licensed adult)**

**For more information or to volunteer contact the Heritage
Center at 970-522-1237 or stop by and see us at 821 Division
Avenue**

"No act of kindness, no matter how small is ever wasted."
-Aesop